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Title here: Arial 14, sentence case, short sentence, justified alignment (no more than 16 words)

First Author[1*], Second Author[2], Third Author[3], Forth Author[4]

[1]Department A, Faculty A, Institution A, Country
[2]Department B, Faculty B, Institution B, Country
[3]Department C, Faculty C, Institution C, Country
[4]Department D, Faculty D, Institution D, Country

[*]**Corresponding Author:** Author Name; mail-a@example.com

***Abstract*:**
Abstract is the summary of all article content, including **introduction, aim, method, result, analysis, conclusion, and recommendation**, 200-250 words. Use Arial 10 regular, single line spacing, paragraph: justified alignment.

***Keywords*:**
first key; second key; third key; forth key; maximum 5 keys (please use MeSH)

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INTRODUCTION

All articles must be written with single line spacing, first line indentation: 1 cm, and fonts: Arial 11 regular. Please write the introduction section here (Citation, 0000). The introduction provides the state of the art of the study. It consists of an adequate background, the previous research, and the significance of the study to show the scientific merit or novelties of the paper (Citation et al., 0000). Please write the title of the sub-sections correctly. Please write the citation correctly, as in this example (Citation, 0000). Aim(s) should be written here.

METHOD

To maintain article quality, authors should use reporting guidelines. The method should describe the type of research, design, population and sample, sampling technique, intervention (if needed), place and time, instrument and data collection, data analysis, interpretation, and ethical declaration.

RESULT

Results describe the major findings of the study. It should be clear and concise and can be reported on texts or graphics. Please provide an introduction to the information presented in tables or images. If results are separated into some sub-sections, please follow the example. If you choose the table as the data presentation tool, please choose the open table (only use the horizontal lines), table position: center, sentences position: center, title position: top.

Sub Title I of Result

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If results are separated into some sub-sections, please follow the example. If you choose the table as the data presentation tool, please choose the open table (only use the horizontal lines), table position: center, sentences position: center, title position: top.

Table 1. Formatting rules

Characteristics	Frequency	Percentage
Age		
Adolescent	854	85.4
Adult	246	24.6
Formal Education		
No education	50	5.0
High school	900	90.0
Graduate	50	5.0
Total	1000	100.00

If results are separated into some sub-sections, please follow the example. If you choose the table as the data presentation tool, please choose the open table (only use the horizontal lines), table position: center, sentences position: center, title position: top.

Sub Title II of Result

If results are separated into some sub-sections, please follow the example. If you choose the table as the data presentation tool, please choose the open table (only use the horizontal lines), table position: center, sentences position: center, title position: top.

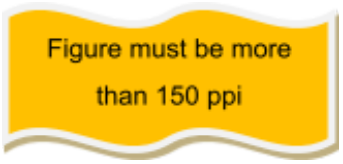


Figure 1. Formatting rules

If results are separated into some sub-sections, please follow the example. If you choose the table as the data presentation tool, please choose the open table (only use the horizontal lines), table position: center, sentences position: center, title position: top.

DISCUSSION

In this section, please do not repeat what you wrote in the introduction, but you should explain your findings, support, compare, and contrast with the previous study (Citation, 0000). The discussion must be clear, and the answer to the research question must be explained. Explain your novelty in the discussion section. In addition, you can explain the findings that can contribute to nursing or health sciences. Explore the significance of the results of the study. You can add study limitations here.

CONCLUSION

Write the conclusion here. Don't write a conclusion with numbering or bulleting. In the last section, write the key point of your finding and the answer to the research question. You don't need citations in this section. The suggestion or recommendation can be added after the conclusion (included in this section).

ACKNOWLEDGEMENT

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If needed, you can state thanks to the research funders and any research participants in this section.

CONFLICT OF INTEREST

Please state the conflict of interest that may happen. If there is no conflict, please make a statement.

REFERENCES

All references from the manuscript body should be written here. The author used more than 20 references, priority from international reputable journal databases, no more than 10 years, and less than 10% from books.

References should be correctly written in APA 7th edition style (article doi must be included). All references must be written with single line spacing, 0 spacing before, 3 spacing after, with fonts: Arial regular 10.

Please use the reference application manager to provide correcting styles, such as Mendeley, EndNote, and others.

The author should cite articles from the NHSJ and can cite no more than two articles from the same author.