ANONYMIZED MAIN DOCUMENT

Do not include author names, affiliations, ORCID iDs, email addresses, acknowledgments, institution-identifying file properties, or other information that could reveal authorship. Replace every bracketed field and delete all instructional text before submission.

Article type: [Original Research / Review Article]

[Full article title]

ABSTRACT

Use a structured abstract. State the essential information only and avoid citations, undefined abbreviations, tables, figures, and identifying details.

Introduction: [Brief context, research gap, and objective.]

Methods: [Design, setting, participants or data sources, key measures, and analysis.]

Results: [Principal numerical findings, effect estimates, uncertainty, and relevant p values.]

Conclusion: [Direct answer to the objective and the principal implication, without overstatement.]

Keywords: [3 to 6 standardized terms, separated by semicolons]

INTRODUCTION

Explain the problem, summarize the most relevant evidence, identify the unresolved gap, and finish with a clear study objective or hypothesis. Avoid a long general review and avoid reporting results in this section.

METHODS

Report sufficient detail for replication. Use the applicable reporting guideline for the study design and retain only the subsections relevant to the work.

Study design

[State the design and analytical framework.]

Setting and study period

[Describe the setting, geographic scope, and dates.]

Participants, sample, or data sources

[Define the population, eligibility criteria, sampling, recruitment, sample-size basis, and final analytical sample.]

Variables and measurement instruments

[Define outcomes, exposures, covariates, instruments, scoring, validity, reliability, and operational definitions.]

Data collection and quality control

[Describe procedures, training, calibration, missing-data handling, and quality assurance.]

Statistical or qualitative analysis

[Name the software and version, analytical methods, effect measures, confidence intervals, significance threshold, and sensitivity analyses.]

Ethical considerations

[State the ethical framework, approval number, consent process, confidentiality safeguards, and registration number where applicable. Use anonymized committee wording during blinded review if required.]

RESULTS

Present findings in the same order as the objectives and methods. Begin with participant flow or sample characteristics, then report primary and secondary findings. Do not duplicate all data in both text and tables. Report denominators, effect estimates, confidence intervals, and exact p values where appropriate.

Table 1. [Concise descriptive title]

Variable	Group 1	Group 2	p value
[Outcome or characteristic 1]	[value]	[value]	[value]
[Outcome or characteristic 2]	[value]	[value]	[value]
[Outcome or characteristic 3]	[value]	[value]	[value]

Note: *Define abbreviations and identify the statistical test. Report effect estimates and confidence intervals where applicable.*

[Continue the results narrative here. Additional tables and figures should be numbered in the order first cited in the text.]

DISCUSSION

Interpret the findings rather than repeating the results. Distinguish statistical significance from clinical or public-health importance and avoid causal language unless supported by the design.

Principal findings

[State the main answer to the research question and explain its importance.]

Comparison with existing evidence

[Explain agreements and differences with prior studies and provide plausible mechanisms.]

Strengths and limitations

[Describe methodological strengths, potential biases, imprecision, residual confounding, and limits to generalizability.]

Implications

[Describe implications for practice, policy, programs, theory, or future research without overclaiming.]

CONCLUSION

Provide a concise conclusion that directly addresses the objective, reflects the magnitude and certainty of the findings, and does not introduce new data. Include only recommendations supported by the results.

ETHICS AND DATA STATEMENTS

Retain statements required for transparent review while avoiding author-identifying details. Full author contributions, funding, conflicts of interest, acknowledgments, and corresponding-author information belong in the separate Title Page file.

Ethics approval and consent

[Insert the anonymized approval and consent statement.]

Data availability

[Insert the repository, persistent identifier, access conditions, or justified restriction.]

Trial or protocol registration

[Insert registry and identifier / Not applicable.]

REFERENCES

Use numbered citations in order of first appearance. Format references consistently in Vancouver style, verify bibliographic details, and include a DOI or stable URL when available. Remove the examples below before submission.

1. [Author surname Initials]. [Article title]. [Abbreviated Journal Title]. [Year];[volume]([issue]):[pages]. doi:[DOI].
2. [Organization]. [Title of web document]. [Year]. Available from: [stable URL]. Accessed [date].

3. [Author surname Initials]. [Book title]. [Edition]. [City]: [Publisher]; [Year].

FIGURE LEGENDS

List every figure legend on a separate paragraph. Define all symbols and abbreviations. Figures should be legible, ethically prepared, and supplied at publication quality.

Figure 1. [Concise title]. [Explanation of panels, symbols, abbreviations, and statistical annotations.]

SUPPLEMENTARY MATERIAL

[List supplementary files in citation order, for example: Supplementary Table S1, Supplementary Figure S1, questionnaire, protocol, code, or dataset. Delete this section if not applicable.]