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Abstract: A maximum 200-word abstract in English with Calibri Light font 12, one spacing. Abstract should be clear, descriptive, and provide a brief overview of the studied problem. Abstract topics include reasons for the selection or the importance of research topics, hypothesis, research methods and a summary of the results. Abstract should end with a comment about the importance of the results or brief conclusion. (In English)		
KEYWORDS: (alphabetic) 3-5 words		
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INTRODUCTION

It contains a description of the background of the problem, the objectives and benefits of the research, as well as theories or literature reviews, which consist of: (a) the latest developments in the science being studied; (b) research gaps; (c) the researcher's arguments in filling the gap as their commitment to contributing to the development of science; and (d) the objectives of the research. References are written using **body notes**.

METHODS

Design

This study used a clearly defined research design that aligned with the study aims and analytic approach. The design should be stated explicitly (whether experimental, quasi-experimental, cross-sectional, longitudinal, qualitative, or mixed methods) and briefly justified based on its suitability for addressing the research questions. The description should remain concise, offering only the essential details needed for readers to understand how the study was structured.

Participants

Participants were recruited using clearly defined inclusion and exclusion criteria, and all procedures adhered to ethical standards. Authors should describe the sampling strategy, recruitment process, and final sample size, providing an appropriate rationale such as power analysis, purposive sampling, or saturation claims for qualitative work. Key demographic characteristics relevant to interpreting the study, such as age range, gender, and setting, should be summarized. Information on informed consent or assent, as well as the ethics approval under which the study was conducted, must be reported in this section. Only details necessary to understand the sample should be included, avoiding any results-related descriptions. The demographic characteristics of both samples are presented in Table 1.

Table 1. This is how you create your table, do you see there is no vertical line? Horizontal lines only for the header row and bottom of the table.

Variable	Category	n	%
Sex	Female	1,312	53.6
	Male	1,138	46.4
Age (years)	Mean = 15.2 (SD = 1.7)	—	—
BMI category	Underweight	382	15.6
	Normal	1,648	67.2
	Overweight	296	12.1
	Obese	124	5.1

Instruments

Data were collected using instruments selected for their relevance and suitability to the research aims. Each measure should be introduced with a brief description of the construct assessed, followed by essential information on scoring, response formats, and internal consistency when available. Authors should indicate whether the instruments have been validated for the population or cultural context, and clearly describe any adaptations made for the present study. The focus should remain on enabling readers to understand what was measured and how, without including excessive psychometric detail.

Procedure

Authors should outline how participants were invited and consented, the setting in which activities occurred, and the sequence of study tasks, such as baseline assessments, surveys or interviews, and participation in intervention sessions if applicable. For intervention studies, briefly note how the intervention was delivered, its format and duration, and any steps taken to support fidelity. Key ethical procedures, including confidentiality safeguards, voluntary participation, and ethics approval, should be stated. The description should provide a clear overview of how the study was conducted while avoiding unnecessary operational detail.

Data Analysis

Data were analysed using methods appropriate to the study design and research questions. Authors should specify the statistical or qualitative techniques applied (for example, regression models, latent class analysis, thematic analysis, or content analysis) and identify the software used to conduct these analyses. The approach to handling missing data must be clearly described, along with any assumption checks or criteria for model fit where relevant. For qualitative studies, authors should outline the coding process, theme development, and strategies used to ensure rigour and trustworthiness. The analysis section should describe how the data were processed and interpreted, without reporting numerical results or findings.

RESULTS AND DISCUSSION

Results

Presenting the findings of the analysis. The explanation of the research findings, linked to previous research results, is critically analyzed and linked to relevant literature (maximum page count 30-40% of the total pages of the manuscript).

Discussion

The discussion section contains a substantial interpretation of the analysis results and a comparison with previous findings based on a review of relevant, recent, and primary literature over the past 10 years. This comparison highlights differences in earlier research findings that could suggest contributions to the development of science.

CONCLUSION

The conclusion consists of conclusions and recommendations. The conclusion is a formulated answer to the research objectives, not a summary of the research results. The conclusion should be concise, clear, and concise, based on the results and discussion (maximum one page), written in paragraph form (not numerical), containing a synthesis of the findings from the data analysis and discussion, and highlighting new findings that contribute to the development of psychology as a science.

REFERENCES

Write a bibliography that is alphabetized and chronologically ordered. References are a list of references, not a bibliography; thus, they must contain all sources referred to in the manuscript, not unassigned sources. The bibliography includes all references in the text that come from sources that are (a) relevant, (b) at least 80% recent research (last 10 years), and (c) at least 80% primary research, especially from journals. Articles). References refer to the American Psychological Association (APA) 7th Edition, 2020 <http://www.apastyle.org/pubmanual.html>. It is recommended that authors who will submit manuscripts use the following reference tools: Mendeley, Grammarly, and EndNote. And Zootero. **Minimum 20 references.**

reference example:

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