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**1. Sections**

1.1. The main text should have several sections.

1.2. The first section should be “Introduction”. The last section should be “Conclusions”.

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**2. Figures and Other Inserts**

2.1. All figures should include titles with serial numbers (e.g., Fig. 1, Fig. 2, etc.) and be referenced in the main text for positioning and context.

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2.3. Please send figures as separate files from the completed text and with a resolution of at least 300 dpi.

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3.1. Authors are solely responsible for their work.

3.2. Please ensure that your paper contains all of its final content and is ready for publication upon submission. Please include appropriate references, even for your own previously published texts. Failure to do so may result in rejection from the journal.

3.3 All manuscripts must be written and submitted in British English.

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3.5.1. Short quotations should use the following example as a guide: Blumenthal (2022) wrote, “there are specific guidelines to follow when quoting from another article, be sure to check the APA format” (p. 4). One could equivalently write: Blumenthal (2022) cited “specific guidelines to follow when quoting from another article” (p. 4). The following is also correct: She reminded readers “to check the APA format” (Blumenthal, 2022, p. 4).

3.5.2. Long quotations are formatted differently. For example: In a 2022 study, Blumenthal wrote:

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3.6 For more guidance on the APA format, see this website: <https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html>

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Acknowledgements:

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