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The abstract should be subdivided into subheadings:

**Background**: succinctly contextualizes the study, highlighting gaps in current knowledge, thus justifying the study's purpose and necessity.

**Objective**: questions addressed, major goals.

**Methods**: setting, context, sample, intervention, and the main outcome measures; for Reviews, provide the data sources and the criteria for their selection.

**Results**: Main findings.

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# Introduction

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# Method

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*Prove that the statistical procedures used were appropriate to test the study's hypotheses and were also correctly interpreted. Levels of statistical significance (e.g., p < 0.05, p < 0.01, p < 0.001) should be mentioned, or, if applicable, Confidence intervals (non-random sampling). The Effects size should always be given (e.g., Cohen's d, Hedges g, Eta square).*

# Results

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| **Table 1 [Use this style for tables]**  Title with First Capitalized Words *(< 10 words)* | | | | | | | |
|  | α | *M* | *SD* | 1 | 2 | 3 | 4 |
| 1. XX | XX | XX.XX | XX.XX | — |  |  |  |
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| 3. XX |  |  |  | .XX\*\* | .XX \*\*\* | — |  |
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| *Note.*Write or paste notes here, including the *N* = xx. Put here in full what the abbreviations mean if used in the body of the table.  \**p* < .05. \*\**p* < .01. \*\*\**p* < .001. | | | | | | | |

***Tables****. If you use a table grid, use only one grid for each table, and do not use a grid for each row. If you do not use a grid, use tabs, not spaces, to align columns. Number each table consecutively with Arabic numerals in the order they are mentioned in the text and label them properly.*

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## Conclusion

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**References**

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Surname, A., & Surname, A. (year). Title of the article in lowercase. *Journal with all Capitalized Words*, *xx*(xx), xx-xx. https://doi.org/10.XXXX/XX.XX

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