

Title of the Manuscript (concise, specific, no more than 20 words)

Times New Roman 14pt, bold, centred. Avoid abbreviations and formulae where possible; the title should let a non-specialist reader judge the subject at a glance.

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ABSTRACT

Write as a single, unbroken paragraph of no more than 250 words. Cover, in order: the background and problem, the objective(s) of the study, the method used, the key results, and the conclusion. Do not cite references or use undefined abbreviations in the abstract.

[Abstract text goes here — background/problem, objective, method, principal results, and conclusion, written as one continuous paragraph.]

Keywords: *Keyword one; Keyword two; Keyword three; Keyword four (3–5 terms, separated by semicolons, ordered alphabetically)*

INTRODUCTION

The introduction should establish (1) the broader context and why the topic matters, (2) what is already known and the specific gap this study addresses, and (3) the aim or hypothesis of the present work, ending with a brief statement of what the paper covers. Support claims with in-text citations, e.g. (Alavi & Kwon, 2023) or (Fernström et al., 2022), and list every citation in the References.

[Introduction text goes here, structured as guided above.]

METHOD

Describe the design, materials/participants or data sources, procedure, and analysis in enough detail that another researcher could replicate the study. State any instruments, software, or statistical tests used, and note approvals (ethics, permits) where relevant.

[Method text goes here.]

RESULTS AND DISCUSSION

Present findings in a logical order, then interpret them against the introduction and prior work. Combine results and interpretation, or separate them, according to your field's convention. Use sub-headings for multi-part results, following the scheme below.

[Results and discussion text goes here.]

Sub-heading numbering scheme

1. First-level sub-heading

a. Second-level sub-heading

1) Third-level sub-heading

a) Fourth-level sub-heading

Figures and tables

Number figures and tables sequentially, refer to each by number in the text before it appears, and keep captions self-contained — a reader should understand the figure or table without reading the body text.



Figure 1. Short description of what the figure shows (Source: author's own work, or citation).

Column heading 1	Column heading 2	Column heading 3
Example value	Example value	Example value
Example value	Example value	Example value

Table 1. Short description of what the table shows.

CONCLUSION

State, concisely, what the study found and what it means — do not simply repeat the abstract. Note the study's limitations and, if relevant, directions for future work. Avoid introducing new results here.

[Conclusion text goes here.]

REFERENCES

See formatting rules and examples on the next page.



- List at least 20 references, at least 80% of them from the last 10 years.
- Use APA style (7th edition) throughout, and format every in-text citation to match its full reference exactly.
- Only cite journal articles, books, and conference proceedings — avoid websites, blogs, and unpublished sources unless no peer-reviewed alternative exists.
- Order references alphabetically by first author's surname. A reference manager (e.g. Zotero, Mendeley, EndNote) is strongly recommended.

Example references

JOURNAL ARTICLE

Alavi, R., & Kwon, S. (2023). Cross-disciplinary approaches to measuring resilience in complex systems. *Journal of Applied Systems Research*, 41(3), 215–233.

BOOK

Fernström, L. (2022). *Methods in cross-disciplinary research*. Northgate Academic Press.

CONFERENCE PROCEEDINGS

Nakamura, T., Osei, B., & Villareal, D. (2024). Bridging qualitative and quantitative evidence in field studies. In *Proceedings of the International Conference on Interdisciplinary Methods* (pp. 88–97).

In-text citation formats: (Alavi & Kwon, 2023) for two authors; (Nakamura et al., 2024) for three or more; (Fernström, 2022, p. 42) when quoting or citing a specific page.