Type the title of your manuscript here

Type or paste your abstract here. Type or paste your abstract here. Type or paste your abstract here. Type or paste your abstract here. Type or paste your abstract here. Type or paste your abstract here. Type or paste your abstract here. Type or paste your abstract here

Keywords:word; another word; lower case except names

# **Heading 1: use this style for level one headings**

Paragraph: use this for the first paragraph in a section, or to continue after an extract.

New paragraph: use this style when you need to begin a new paragraph.

* For bulleted lists

1. For numbered list

## Heading 2: use this style for level two headings

### Heading 3: use this style for level three headings

**Disclosure Statement**

Please include a disclosure statement. If you have no interests to declare, please state this (suggested wording: The authors report there are no competing interests to declare).

**References**

In your work, ensure that all references adhere to the most recent APA citation

guidelines. Make sure to list all references in alphabetical order by the authors’ last

names.

Table 1. Tables should be inserted within the text at the relevant locations

Figure 1. All illustrations and figures should be inserted within the text at the relevant locations