

## Submission guidelines

Refer to Publication Manual of the American Psychological Association, seventh edition (2020) (<https://apastyle.apa.org/products/publication-manual-7th-edition/>) as style guide and for examples of the correct structure and content of manuscripts.

1. The cover page includes the title, authors, institution where research was conducted, and contact information for the corresponding author.
2. All pages have a running head and page numbering.
3. The abstract with 50 to 100 words should be prepared on a separate page. Keywords are not required.
4. The text begins on the next page and includes the title (centered) and introduction.
5. References begin on a separate page and should be meticulously formatted according to APA guidelines.
6. Double-check in-text citations and cross-reference for accuracy before submission.
7. Tables, figures, and appendices begin on separate pages (in that order) and are formatted according to APA guidelines.