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**Abstract**

(maximum 200 words)

**Keywords** *(it is recommended to use the* [*UNESCO Thesaurus*](http://vocabularies.unesco.org/browser/thesaurus/en/)*)*

(4 to 6 keywords in lowercase)

**Introduction** (Initial capitalization only)

Text chapter 1

**1.1. Subchapter** (Initial capitalization only. Do not increase indentation. Maximum 3 levels)

Text subchapter 1.1.

**Methodology** (Initial capitalization only)

Text chapter 2

**2.1. Subchapter** (Initial capitalization only. Do not increase indentation)

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**Results** (Initial capitalization only)

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**3.1. Subchapter** (Initial capitalization only. Do not increase indentation)

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**Conclusions** (Initial capitalization only)

Text chapter 4

**4.1. Subchapter** (Initial capitalization only. Do not increase indentation)

Text subchapter 4.1.

**References**

APA 7th edition.

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**(Delete all general guidelines when sending the article):**

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* **Length:** The total length of the article, including: title, abstracts, descriptors, tables and references must be between 12 and 16 pages.
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* **Structure:** Introduction, Methodology, Results, Conclusions and References.
* **Sections and subsections:** Section and subsection titles should be bold, Times New Roman 12, left aligned. Subsections should be numbered sequentially.
* **Figures and tables captions:** Times New Roman format, size 9, left aligned, double-spaced.

**Example figure:**

**Figure 1**

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**Example table:**

**Table 1**

*Example Title of a Table*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Baseline characteristic | Guided self-help  | Unguided self-help | Wait-list control | Full sample |
| *n* | % | *n* | % | *n* | % | *n* | % |
| Gender |  |  |  |  |  |  |  |  |
|  Female | 25  | 50 | 20  | 40 | 23  | 46 | 68 | 45.3 |
|  Male | 25 | 50 | 30 | 60 | 27 | 54 | 82 | 54.7 |
| Marital status |  |  |  |  |  |  |  |  |
|  Single | 13 | 26 | 11 | 22 | 17 | 34 | 41 | 27.3 |
|  Married/partnered | 35 | 70 | 38 | 76 | 28 | 56 | 101 | 67.3 |
|  Divorced/widowed | 1 | 2 | 1 | 2 | 4 | 8 | 6 | 4.0 |
|  Other | 1 | 1 | 0 | 0 | 1 | 2 | 2 | 1.3 |
| Children a | 26 | 52 | 26 | 52 | 22 | 44 | 74 | 49.3 |

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