### Title must be concise. clear, informative and containing population and the location of study and outcome: Times New Roman 12 Bold

**First Author1,2 and Second Author1\***

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**Abstract**

##### Authors must supply a structured abstract in their submission, set out under 5 sub-headings:

* Background
* Objective
* Methods
* Results
* Conclusions

Maximum is 300 words in total (including keywords and article classification, see below).

Authors should avoid the use of personal pronouns within the structured abstract and body of the paper (e.g. "this paper investigates..." is correct, "I investigate..." is incorrect).

**Keyword**: more than 6 words or phrases in alphabetical order which reflect the scope of the paper

**INTRODUCTION**

Times New Roman 11 Regular

**METHODS**

Times New Roman 11 Regular

**RESULTS**

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**Tables & Figures**

Should be placed in body of text in MS Word format and a maximum of 6 tables and figures. Each table or figure should be numbered consecutively with a brief title for each but place explanatory matter in a footnote below the table or figure.

**Table 1** Caption is concise and place above table without vertical lines

**Figure 1** Caption is concise and place below figure with readable font size and color

**DISCUSSION**

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**CONCLUSION**

Times New Roman 11 Regular

**RECOMMENDATION**

Times New Roman 11 Regular

**ETHICAL DECLARATION**

Times New Roman 11 Regular

**ACKNOWLEDGEMENT**

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**REFERENCES**

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The Vancouver style reference format should be followed. A maximum of essential and important references is 21 references (not apply for review / systematic review paper). In-text citations are to be numbered consecutively in parentheses. In the reference list, citations should be given in the same numbered order as in the text. All authors should be quoted for papers with up to six authors, and for papers with more than six authors, the first six should be quoted followed by “et al.” Periodical (Journal) abbreviations should follow those used by PubMed. Some examples of how to quote references are given below.

1. Kwan I, Mapstone J. Visibility aids for pedestrians and cyclists: a systematic review of randomised controlled trials. Accid Anal Prev. 2004; 36(3): 305-12.
2. Rose ME, Huerbin MB, Melick J, Marion DW, Palmer AM, Schiding JK, et al. Regulation of interstitial excitatory amino acid concentrations after cortical contusion injury. Brain Res. 2002 May; 935(1-2): 40-6.
3. Montero D, Roche E, Martinez-Rodriguez A. The impact of aerobic exercise training on arterial stiffness in pre- and hypertensive subjects: a systematic review and meta-analysis. Int J Cardiol. 2014 May; 173(3): 361-8. doi: 10.1016/j.ijcard.2014.03.072