**Abstract:** The abstract should be written in Times New Roman, font size 12 , 1.5 spacing, with in 200 words, and should consist of: (1) Background: the purpose of the research; (2) Methods: a brief description of the research; in the case of a review or opinion article, a characterization of the literature; (3) Results: the most important results achieved; (4) Conclusions: 1–2 most important conclusions derived from the study.

The abstract is a brief representation of the article. There should not be references or footnotes in the abstract.

**Keywords:** up to 6keywords

1. Introduction

The introduction should provide the problem statement, the important scientific rationale for conducting the study, the issues, explanation of the aim of the study. Please keep the introduction short and comprehensible to researchers outside the particular field of research. References should be numbered consecutively in order of appearance in the text in square brackets—e.g., [1] or [2,3], or [4–6].

2. Materials and Methods

This section should contain information regarding the experiment design, including the sample size, group (age, gender, etc.), inclusion and exclusion criteria, and the randomization and blinding method used. The protocol of data acquisition, procedures, investigated parameters, methods of measurements and apparatus should be described. In the case of published methods, references should be given. References and a brief description should be provided for methods that have been published but are not well known, whereas new or substantially modified methods should be described in detail. Statistical methods should be described in detail to enable verification of the reported results.

In case of intervention studies involving humans or animals, and other studies that require ethical approval, must mention the authority that provided approval.

3. Results

Results concisely and reasonably summarize the findings in form of text, tables and figures arranged in a logical and internally self-consistent manner. The number of tables and figures should be limited to those absolutely needed to confirm or refute the thesis. Data given in graphs and tables should not be automatically repeated in the text. This section may be divided by subheadings.

3.1. Subsection

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Bulleted lists look like this:

* First bullet;
* Second bullet;
* Third bullet.

Numbered lists can be added as follows:

1. First item;
2. Second item;
3. Third item.

The text continues here.

3.2. Figures, Tables and Schemes

All figures and tables should be cited in the main text as Figure 1, Table 1, etc.

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**Figure 1.** This is a figure. Diagrams follow the same formatting.

**Table 1.** This is a table. Tables should be placed in the main text near to the first time they are cited.

|  |  |  |
| --- | --- | --- |
| **Title 1** | **Title 2** | **Title 3** |
| entry 1 | data | data |
| entry 2 | data | data 1 |

1 Tables may have a footer.

The text continues here (Figure 2 and Table 2).

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| (**a**) | (**b**) |

**Figure 2.** This is a figure. Diagrams follow another format. If there are multiple panels, they should be listed as: (**a**) Description of what is contained in the first panel; (**b**) Description of what is contained in the second panel. Figures should be placed in the main text near to the first time they are cited. A caption on a single line should be centered.

**Table 2.** This is a table. Tables should be placed in the main text near to the first time they are cited.

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| **Title 1** | **Title 2** | **Title 3** | **Title 4** |
| entry 1 \* | data | data | data |
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| entry 4 | data | data | data |
| data | data | data |

\* Tables may have a footer.

The text continues here.

4. Discussion

This section should deal only with new and/or important aspects of the results obtained, without repeating in detail data or other material previously presented in Background or Results. The Discussion should focus on theoretical implications and/or practical consequences of the findings, including suggestions for further research. The Discussion should compare the results of the present study to those obtained by other researchers mentioned in the text.

5. Conclusions

This section is mandatory and must be linked with the goals of the study. New hypotheses with recommendations for further research should be advanced only when fully warranted and explicitly justified.

Recommendations may be included when appropriate. Unqualified statements and conclusions not supported by the data obtained should be avoided.

References

References must be numbered in order of appearance in the text (including citations in tables and legends) and listed individually at the end of the manuscript. Include the digital object identifier (DOI) for all references where available.

Citations and references in the Supplementary Materials are permitted provided that they also appear in the reference list here.

In the text, reference numbers should be placed in square brackets [ ] and placed before the punctuation; for example [1], [1–3] or [1,3]. For embedded citations in the text with pagination, use both parentheses and brackets to indicate the reference number and page numbers; for example [5] (p. 10), or [6] (pp. 101–105).

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