Original Article

Title (e.g. Self-compassion mediates the relationship between mindfulness and flourishing)

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**Abstract**

**Introduction:** State the introduction and purpose of your study very clearly with one or two sentences.

**Methods:** Report the study design, methodology, and statistical analysis (e.g., A cross-sectional study…)

**Results:** Report the major findings including key quantitative results or trends to answer the questions you were asking (e.g., Among the entire sample (*n* = 776), 20.7% reported…. (OR = 1.37, 95% CI 1.23 to 1.54, *P* < .001), followed by…(OR = 1.33, 95% CI 1.20 to 1.48, *P* < .001)….)

**Discussion:** Give a brief summary of your interpretations and conclusions.

**Take-home message:** a short take-home message of about 50 words.

**Key words:** search key words for your paper on <https://meshb.nlm.nih.gov/search> (write them in alphabetic order).

**Cite this paper as:** Surname Name (initials of all names), for all authors. Title of the paper….. [published online ahead of print Month day, year].J Health Soc Sci. doi by editorial office

Received: 10 February 2022; Accepted: 15 March 2022; Published: 15 March 2022

**INTRODUCTION**

In 2015, 12.5 million Americans…………..[1]. The term ‘misuse’….. [1, 2]. This is the typical age of…. [3–5]………………………………………..

**METHODS**

***Study design and procedure***

***Study participants and sampling***

***Study instruments***

***Data analysis***

***Ethical aspects***

**RESULTS**

Skewness and kurtosis statistics were used...

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

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

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| 1 Tables may have a footer. | | | | | | | | |

**DISCUSSION**

Recently...

**CONCLUSION**

**Supplementary Materials:**

**Author Contributions:** For research articles with several authors, a short paragraph specifying their individual contributions must be provided. The following statements should be used “Conceptualization: XX. and YY. Methodology: XX. Software: XX. Validation: XX., YY. and ZZ. Formal analysis: XX. Investigation: XX. Resources: XX. Data curation: XX. Writing—original draft preparation: XX. Writing—review and editing: XX. Visualization: XX. Supervision: XX. Project administration: XX. Funding acquisition: YY. All authors have read and agreed to the published version of the manuscript.” Authorship must be limited to those who have contributed substantially to the work reported.

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**Acknowledgments:** In this section, you can acknowledge any support given which is not covered by the author contribution or funding sections. This may include administrative and technical support, or donations in kind (e.g., materials used for experiments).

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