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

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**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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