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All headings should be aligned left and use minimal capitalisation. Do not use numbered headings. Because articles are concise, avoid using more than two heading levels. If a third heading level is unavoidable, use **Bold** and run text in line with the heading.

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Text underneath heading

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# Article structure

It is recommended that articles are structured under the following headings or similar:

## Introduction/Research aims

## Methods

## Results/Findings

## Discussion

## Conclusion

## Acknowledgements (if any)

## Funding

## Disclosure of conflicts of interest

## Disclosure of the use of AI-assisted technologies during writing

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## References

## Appendices (if any)

# Further instructions

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In order to maintain the integrity of the double-blind peer review process, please ensure that any identifying details (such as the manuscript file name, author names, self-citations and references, project web-links) are anonymised during the submission stage.

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