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**Example:**

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| **ABSTRACT.** Calibri, 9pt, justified. The text will include the main objectives of the research, scope, methodology employed, main results and conclusions. The abstract must be clear, coherent and concise, for which it is suggested to review and verify data, syntax, spelling, do not include equations, figures, tables, or bibliographic references. It must accurately reflect the content of the article. It must be written in first person. It should be only one paragraph of 300-500 words.  **Example:**  **ABSTRACT**. **Introduction**: Lifestyle includes behaviors and habits determined by cultural and social factors, the family being the most influential. Other factors such as schooling, purchasing power, academic and workloads also influence the adoption of a certain lifestyle. There are few studies about this subject in Costa Rica. **Objective**: to identify factors related to lifestyle in the staff of a Latin American university. **Methods**: A survey was sent online to all the staff from a university's headquarters. **Results**: Response rate was 38%, married staff with at least one child do more physical activity and have better eating habits. **Conclusion**: Family is the determining factor for the adoption of a healthy lifestyle; the larger the family nucleus, the more commitment there is to adopt a healthy environment.  **Keywords:** Calibri, 9pt, left aligned, lowercase and separated by commas, must include 5-7 words that describe the topic and that are not in the title, nor in the abstract. | **RESUMEN.** Calibri, 9pt, justified. Include the title of the article in Spanish in between quotation marks “”. Follow the same structure, format and length as the abstract. It helps to identify the main topics or aspects of the article and is important for indexing in bibliographic databases.  **Ejemplo:**  **RESUMEN.** “Factores que influyen en el estilo de vida de los funcionarios de una universidad estatal de Costa Rica: nivel educativo, estado civil y número de niños”. **Introducción:** El estilo de vida incluye comportamientos y hábitos determinados por factores culturales y sociales, siendo la familia lo más influyente. Otros factores como la escolaridad, el poder adquisitivo, la carga académica y laboral también influyen en la adopción de un determinado estilo de vida. En Costa Rica hay pocos estudios sobre este tema. **Objetivo:** Identificar los factores relacionados con el estilo de vida en el personal de una universidad latinoamericana. Métodos: Se envió una encuesta en línea a todo el personal de la sede de una universidad. **Resultados:** La tasa de respuesta fue del 38%, el personal casado con al menos un hijo realiza más actividad física y tiene mejores hábitos alimenticios. **Conclusión:** La familia es el factor determinante para la adopción de un estilo de vida saludable; cuanto mayor es el núcleo familiar, más compromiso existe para adoptar un entorno saludable.  **Palabras clave:** Calibri, 9pt, left aligned, lowercase and separated by commas, must include 5-7 words in Spanish that describe the topic and that are not in the title, nor in the abstract. |

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Title your sections **INTRODUCTION** (which closes with the objective), **MATERIALS AND METHODS**, **RESULTS** and **DISCUSSION**. These subtitles are written in uppercase, bold and do not end with any punctuation. Do not include a Conclusions section, these are written very briefly as the final paragraph of the discussion. Remember to follow the citation guidelines of APA 7 within the text and in the **REFERENCES** section.

Make a clear statement of the problem, based on the relevant literature; specifically indicate the place; duration of study; sample size; methods and results; in the discussion compare your results with those already published in the literature (if your results are unexpected, analyze possible causes), and close with a concluding paragraph. In addition, you can attach photographs that illustrate your study.

**MATERIALS AND METHODS**

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This section should be thoroughly enough and provide details to allow the work to be repeated by others. However, only truly new procedures should be described in detail, previously published procedures should be cited, and important modifications to previously published procedures should be briefly mentioned.

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**RESULTS**

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The discussion should analyze the results in relation to the hypotheses formulated in the introduction and the location of the study in the context of other publications or research.

**ACKNOWLEDGMENTS**

In this part of the article the author acknowledges the people or institutions that helped him or her during the research. Scholarships and institutions that finance the research are cited.

Open this section as follows: We thank... followed by the shortest possible list of people and institutions.

**ETHICS, CONFLICT OF INTEREST, AND FUNDING STATEMENT**

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The statement of each author’s contribution to the manuscript is as follows: J.G.A.R. and M.C.C.: Study design, data collection and analysis. V.P.M.: Data collection. All co-authors: preparation and final approval of the manuscript.

**REFERENCES**

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**EXAMPLES**

**Journal Article**

Author, A., Author, B. & Author, C. (2019). *Title of Article. Periodical Title*, *Volume*(Issue), page range. https://doi.org/xx.xxxxxxxxxx.

**Note:** In Periodical Title and Volume use *italic type*.

Horn, S. P., Johanson, E. N., Haberyan, K. A., Boehm, M. S., Johanson, J. L., Sánchez P., M., & Hernández V., M. (2018). Initial limnological observations at five small lakes in southern Pacific Costa Rica. *UNED Research Journal*, *10*(1), 119-134. https://doi.org/10.22458/urj.v10i1.2015

**Book**

Author(s) Last name, Name initials. (Year). *Title of book*. Publication City: Publisher.

Sapolsky, R. M. (2017). *Behave: The biology of humans at our best and worst*. Penguin Books.

**Chapter in an edited book**

Author, A. (Year). Title of Chapter. In E.E. Editor (Ed.), *Title of Book* (xx ed., Vol. xx, pp. xxx–xxx). Publisher.

Dillard, J. P. (2020). Currents in the study of persuasion. In M.B. Oliver, A.A. Raney, & J. Bryant (Eds.), *Media effects: Advances in theory and research* (4th ed., pp. 115-129). Routledge.

**Dissertation or Thesis References**

Author, A. (Year). *Title of Dissertation* [Doctoral dissertation, Name of Institution Awarding the Degree]. Database Name.

Zambrano-Vázquez, L. (2016). *The interaction of state and trait worry on response monitoring in those with worry and obsessive-compulsive symptoms* [Doctoral dissertation, University of Arizona]. UA Campus Repository. <https://repository.arizona.edu/handle/10150/620615>

**Webpage on a website**

Author, A., Author, B., & Author, C. (Date). *Title of the Website*. Webpage name. https://url.com

Center for Systems Science and Engineering. (2020). *COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University*. Johns Hopkins University. <https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

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Figure 1.Shell color pattern of Drymaeus tripictus. A and B have some white or translucids dots on body whorl similar to Drymaeus irazuensis. Mating was performed between the following color patterns: A with B., B. with C.

Figures

Figures must be in color. The title of the figure must be centered and have a period at the end.

![Chart, bar chart

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Figure 1. Satisfaction of the experience survey.

Tables:

The word “TABLE” is in uppercase, and do not uses bold. The titles of the tables are brief and only the scientific names are in italics. The explanations and symbols used in the tables appear at the bottom of the tables. Bold is used for clarification only. Tables do not use bold or uppercase. Numbering use spaces to separate thousands and millions, and commas to separate decimals. The title of the table should not have a period at the end.

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