**Preparing Your Paper**

**Article Types**

**Articles**

* Should be written with the following elements in the following order: title page; abstract; keywords; main text introduction, materials and methods, results, discussion; acknowledgments; declaration of interest statement; references; appendices (as appropriate); table(s) with caption(s) (on individual pages); figures; figure captions (as a list)
* Should be no more than 8000 words
* Should contain an unstructured abstract of 100 words.

*-----------* publishes original empirical research in all areas of basic and applied psychology. Manuscripts should be embedded in the contemporary literature, and initial review and acceptance will be predicated on the following: (a) theory testing, (b) citation of contemporary sources, (c) methodological adequacy, (d) research materials transparency, (e) relevance of the research and applications clearly discussed, (f) adherence to length specifications, and (g) compliance with formatting according to the standards set by the Publication Manual of the American Psychological Association.

**Font**

Use Times New Roman font in size 12 with double-line spacing.

**Margins**

Margins should be at least 2.5cm (1 inch).

**Title**

Use bold for your article title, with an initial capital letter for any proper nouns.

**Abstract**

Indicate the abstract paragraph with a heading or by reducing the font size.

**Keywords**

Keywords help readers find your article, so are vital for discoverability. If the journal instructions for authors don’t give a set number of keywords to provide, aim for five or six.

**Headings**

This will show you the different levels of the heading section in your article:

1. First-level headings (e.g. Introduction, Conclusion) should be in bold, with an initial capital letter for any proper nouns.
2. Second-level headings should be in bold italics, with an initial capital letter for any proper nouns.
3. Third-level headings should be in italics, with an initial capital letter for any proper nouns.
4. Fourth-level headings should be in bold italics, at the beginning of a paragraph. The text follows immediately after a full stop (full point) or other punctuation mark.
5. Fifth-level headings should be in italics, at the beginning of a paragraph. The text follows immediately after a full stop (full point) or other punctuation mark.

Tables and figures

Show clearly in your article text where the tables and figures should appear, for example, by writing [Table 1 near here].

Check the instructions for authors to see how you should supply tables and figures, whether at the end of the text or in separate files, and follow any guidance given on the submission system.

You can find more detailed advice on including tables in your article and in our guide to submission of electronic artwork.

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