

Organization and Structure Guidelines

1	Full Title Page	The title of the article
2	Full names and credentials	First M. Last, BSc Student [1]*, First M. Last, PhD [2] [1] Department of X, University of Y, City, State, Country, Postal, Email Address [2] Department of W, University of Z, City, State, Country, Postal, Email Address
3	Corresponding author	*Corresponding author's email address goes here
4	Author ORCID ID#	Full Name: https://orcid.org/0000-0000-0000-0000
5	Abstract	Not to exceed 250 words
	Introduction	Concisely describe the context and purpose of your research
	Methods	Concisely describe how the research was conducted and quantitative or qualitative methods and techniques used without details
	Results	Summarize your most important and main findings
	Discussion	Concisely describe the study implications and future directions
6	Keywords	keyword1; keyword2; keyword3; keyword4; keyword5; keyword6
7	Introduction	
	Research objective(s)	Describe the main objective(s) of your research
	Conceptual/theoretical framework(s)	Embed your research within relevant and pertinent theoretical or explanatory framework(s) and note any relevant controversies or disagreements in the field
	Literature review and background	Include a brief review of the key literature and provide background that puts the manuscript into context and allows readers outside the field to understand the purpose and significance of the study
	Significance and contribution(s)	Define the problem addressed and why it is important
	Research question(s)	Present your specific research questions
8	Methods	
	Design and protocol	Provide enough detail to allow suitably skilled investigators to fully assess and replicate your study
	Materials and sampling	Provide details about your materials, sample size, and sampling strategy
	Types of analysis	Provide details about your analytical framework and techniques
9	Results	Present your results and describe your key findings
10	Discussion	Interpret your results
11	Conclusions	
	Main conclusions	Describe the conclusions that can be drawn and/or can be generalizable
	Importance to the field	Explain how the results relate and contribute to your field
	Broader implication and future directions	Provide a succinct explanation of the implications of the findings, particularly in relation to previous related studies and potential future directions for research
12	List of abbreviations used	If abbreviations are used in the text they should be defined in the text at first use written in full with the abbreviation in parentheses. A complete list of all abbreviations used should be provided in a section called List of Abbreviations directly following the Conclusions section.
13	Conflicts of Interest	The "Conflicts of Interest" section should declare any real, potential, or perceived conflicts of interest between the duties or responsibilities related to research, and personal, institutional or other interests associated with each author. Conflicts of interest can exist when an author's interpretation of data or presentation of

		information may be influenced by their personal or financial relationship with other people or organizations. If all authors have no conflicts of interest, please state “The author(s) declare that they have no conflict of interests.”
14	Ethics Approval	If the study reported in your manuscript required review by your institution's review board (IRB), please provide the details in this section. If your study involved human participants, please describe the steps taken to gain the consent of the study participants.
15	Authors' Contributions	<p>According to the International Committee of Medical Journal Editors (ICMJE), authorship credit should be based only on substantial contributions to:</p> <ol style="list-style-type: none"> 1. Conception and design, analysis and interpretation of data 2. Drafting the article or revising it critically for important intellectual content 3. Final approval of the version to be published. <p>Please outline the contributions made by each author marked by their initials: ABC: contributed to the research design, collected and analyzed data, drafted the manuscript, and approved the version to be published. DEF: contributed to the research design and planning, assisted with data collection and analysis, approved the version to be published. GHI: substantially contributed to the research design, data collection, analysis, and interpretation, revised the manuscript critically, and approved the version to be published.</p>
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19	List of Figures	Figures should be provided where it should be displayed in the word document text file. Each figure should be able to fit on a single page in portrait format, and they should be numbered in the order in which they appear cited in the manuscript (i.e. Figure 1, Figure 2, etc.). Each figure must be accompanied with a caption directly below it. Please note that Spectra only publishes articles in online formats, and therefore, there are no additional charges for the use of color figures. Important: It is the responsibility of the author(s) to obtain permission from the copyright holder to reproduce figures that have previously been published elsewhere, which should be scanned and emailed to the editorial office in case of acceptance together with your Publication Agreement Form.

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