ABSTRACT

The abstract should be an objective representation of the article, containing a maximum of 300 words. Abstracts should not contain references or abbreviations. Abstracts are not required for Editorials Issues.

Follow the NES instructions for writing the Abstract section.

Abstracts of research reports and reviews are structured and should consist of four sections:

Background: place the question addressed in a broad context and highlight the purpose of the study.

Methods: describe briefly the main methods or treatments applied and include possible applied instruments.

Results: summarize the article’s main findings. Present your statistically significant results with numbers (indicate exact values, e.g. *P* = 0.004).

Conclusion: indicate the main conclusions or interpretations.

Keywords: keyword 1; keyword 2; keyword 3.

**INTRODUCTION**

Clearly state the need for this study and the main question or hypothesis of the study.

References throughout the article should be numbered serially in the order of appearance in the text, with numbers in brackets [ ] (e.g., “In the study by Morton et al. [23]...”). When multiple references are cited together, use a hyphen to indicate a series of inclusive numbers. Use commas to indicate a series of non-inclusive numbers. A citation with these references [4, 5, 6, 14] is abbreviated to [4-6, 14]. If a reference is cited more than once, use the original reference number.

BACKGROUND

The background should contextualise the manuscript within its field of study and must be comprehensive enough that readers outside of the field are able to understand the importance and significance of the study.

Background should:

* Introduce and define the problem being addressed and its importance;
* Provide an overview of relevant literature. The description of the literature should be clear, accurate, and complete. Be sure to include a critical review of the literature;
* Indicate what is known and not known about the topic and how your paper contributes to previous knowledge and existing relevant literature. Indicate the professional/scientific contribution;
* Make note of controversies or disagreements within the field of study;
* Present your goal(s)/ research question(s) at the end of the Background section.

METHODS

The methods section should be described in great detail in such a manner that the research can be reproduced by the readers.

Follow the NES instructions for writing the Methods section.

Describe in detail the following information using the recommended subtitles/ minor headings (if appropriate):

Study design

Setting and samples

Measurements/instruments

Data collection/procedure

Ethical considerations

Statistical data analysis

RESULTS

A detailed description of the study results should be clearly arranged in a logical manner. The results must offer clear answers to the research objectives, ie research questions.

When reporting decimal numbers, the significance level shall be shown up to three decimal places; means, standard deviations, and a test statistic, to two decimal places; and percentages, to one decimal place (e.g., *P*=0.004, 21.44±2.31, 32.6%). Only if the value can be more than 1, 0 shall be placed in front of the decimal point (e.g., t=0.31, F=0.89, r=0.18, R2=0.46).

When reporting p-values, which refer to significance probability, footnotes shall not be used but the actual p-values shall be provided. If a P-value is 0.000 and 1.000, it shall be indicated as *P*< 0.001 and *P* > 0.999, respectively. If P-values have to be reported using footnotes, \*, \*\* shall be used (e.g. \**P* < 0.05, \*\**P* < 0.01).

Follow the NES instructions for writing the Results section.

DISCUSSION

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses. New and important observations should be emphasized. A redundant description of the results is not acceptable. The findings and their implications should be discussed in the broadest context. In the Discussion section or in a separate section, the significance and limitations of the studies should be described.

Also, future research directions should also be mentioned, as well as the possible implications of research findings on clinical practice and education.

CONCLUSIONS

Relate your conclusions to the goals of the research. State the concluding remarks, resulting from the findings and discussed implications of the study. Avoid unqualified statements and unrealistic conclusions that are not based on relevant data. Avoid referring to unfinished / unreviewed papers. Decisions made by the NES editorial board are not reliant on the perceived significance or impact of a study and as such the overstatement of concluding remarks should be avoided.

**REMARK**

**If your paper takes another form, theoretical or qualitative for example, you should use the appropriate headings, but do bear in mind that headings should facilitate reading and understanding.**

REFERENCES

References must be numbered in order of appearance in the text and listed individually at the end of the manuscript. Include the digital object identifier (DOI) for all references where available.

Follow the NES instructions for writing the References section.

1. Author– Family name and initials. Title of article. Abbreviated journal title. Publication year; volume(issue):pages.
2. Authors separated by commas – Family name and initials. Title of article. Abbreviated journal title. Publication year; volume (issue):pages.
3. Author(s) – Family name and initials, multiple authors separated by a comma. Title of book. Edition of book if later than 1st ed. Place of publication: Publisher name; Year of publication.
4. Author(s) of chapter - Family name and initials, Title of chapter. In: Editor(s) of book - Family name and initials, editors. Title of book. edition (if not first). Place of publication: Publishe namer; Year of publication. p. [page numbers of chapter]. Note:- multiple authors/editors always separated by commas.
5. Author/organization’s name. Title of the page [Internet]. Place of publication: Publisher’s name; Publication date or year [updated date - year month day; cited date - year month day]. Available from: URL.