**TITLE OF THE PAPER**

Lead Author1\*, Co-author One2, Co-author Two3

1 Institute, Address, Country

2 Institute, Address, Country

\*Corresponding author’s email

# Abstract

The abstract should not exceed 250 words and must be written in English. It should provide a concise overview of the background, objectives, methods, key results, and conclusions of the study. References, tables, and figures should not be included in the abstract.

*Keywords: Include up to five keywords or key phrases here, separated by commas.*

# 1. Introduction

The introduction should provide the background and rationale for the study, clearly outlining the theoretical or empirical context. Authors should review relevant and recent literature, identify gaps in existing knowledge, and state the objectives, research questions, or hypotheses of the study.

# 2. Methods

## 2.1 Study Design

Describe the study design (e.g., cross-sectional, longitudinal, experimental, qualitative) and justify its selection.

## 2.2 Participants and Sampling

Describe participant characteristics, inclusion and exclusion criteria, sampling methods, and sample size determination.

## 2.3 Measures / Instruments

Provide detailed descriptions of all measures or instruments used, including psychometric properties such as reliability and validity, and cultural adaptation if applicable.

## 2.4 Procedure

Outline the data collection procedures, setting, and timeline in sufficient detail to allow replication.

## 2.5 Ethical Considerations

State the ethics approval body, reference number, and describe informed consent and confidentiality procedures.

## 2.6 Data Analysis

Describe the data analysis methods used, including statistical tests or qualitative analytic approaches, and the software employed (e.g., SPSS, R, NVivo).

# 3. Results

Present the results in a clear and logical sequence aligned with the research questions or hypotheses. Refer to tables and figures where appropriate. Do not interpret the results in this section.

# 4. Discussion

Discuss the main findings in relation to existing literature, theoretical frameworks, and practical implications. Highlight the contribution of the study and its relevance to counselling, psychology, or mental health practice.

# 5. Limitations and Future Directions

Acknowledge the limitations of the study and suggest directions for future research.

# 6. Conclusion

Provide a concise summary of the study’s key findings and their implications. Do not introduce new data in this section.

# Acknowledgements (Optional)

Acknowledge individuals or institutions that contributed to the study but do not meet authorship criteria.

# Funding (Optional)

State funding sources or declare no external funding.

# Conflict of Interest

Declare any potential conflicts of interest or state that none exist.

# References

References should be formatted according to APA 7th edition and listed alphabetically. Include DOIs where available.