Insert Running Head Here (no more than 50 characters)

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## Abstract

*Insert an abstract of 150 to 250 words here. Do not use any formattings (e. g., italics, super/subscripts). The abstract counts towards the word limit.*

## Keywords

*Insert 5 to 10 keywords here, lowercase (except nouns and names), separated by commas, no period after the keyword sequence.*

## Non-Technical Summary (optional but strongly encouraged)

1. Background

2. Why was this study done?

3. What did the researchers do and find?

4. What do these findings mean?

*Insert a non-technical summary of your article for a lay audience here (500 to 750 words). This abstract does not count towards the word limit.*

*This summary aims to increase the dissemination of your findings beyond our disciplines and beyond academia more generally. The summary should avoid jargon as much as possible and communicate the main findings and their practical and policy-related implications in clear and simple language. Please use the four abovementioned subheadings (that can be modified for theoretical and review articles) to structure your non-technical summary.*

*For an example see* [*https://jspp.psychopen.eu/index.php/jspp/article/view/7301/7301.pdf*](https://jspp.psychopen.eu/index.php/jspp/article/view/7301/7301.pdf)

## Non-English Abstract/s and Keywords (optional but encouraged)

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*Insert introductory text here (optional).*

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# References

*Insert references here. Use APA Style (7th edition) for references. Examples:*

Dellinger, A. B., & Leech, N. L. (2007). Toward a unified validation framework in mixed methods research. *Journal of Mixed Methods Research, 1*(4), 309–332. https://doi.org/10.1177/1558689807306147

Jackson, A. J., Miller, J. T., & Stevens, G. K. (2012). School anxiety: Teacher-rated stress factors in Bulgarian school children. In M. Brunner (Ed.), *Psychology in schools* (2nd ed., pp. 12–37). School Press.

Tashakkori, A., & Teddlie, C. (Eds.). (2010). *SAGE handbook of mixed methods in social and behavioral research* (2nd ed.). SAGE. https://doi.org/10.4135/9781506335193

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# Appendix (optional)

*Insert appendix here (optional). The Appendix also counts towards the word limit. We recommend using the Online Supplementary Materials for lengthier Appendices.*

# Further Notes (see also [PsychOpen Author Guidelines](https://www.psychopen.eu/psychopen_style_guide.pdf))

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We have two general categories of word limits. Exceptions to these limits are possible only if very well justified and when discussed before submission and/or publication with the editors. The word limits include everything in the article: Abstract, non-technical summary, main text, figures, tables, references, appendices. To be able to meet the word limit, we encourage creating online supplementary materials for lengthier appendices and additional materials or descriptions you wish to include in your article. Despite the word limits, we expect transparent and detailed methodological reporting and a sufficient contextualization and elaboration of theoretical background of the research.

8,000 words: for quantitative papers reporting one study or two studies with a similar design, and commentaries (which typically are much shorter, however)

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* Formatting of tables and figures, except for their placement in the text (see guidelines below)
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* Double-spacing of text (the first line of each paragraph can but does not need to be indented, though)

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