**Manuscript Guidelines Checklist**

**Original Article (OA)**

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| **S/N** | **Format** | **Tick (√)** |
| 1 | Abstract (250 words)  -Introduction, Results, Methods, Conclusion |  |
| 2 | Keywords   * (3-10 keywords) |  |
| 3 | Maximum 4000 words |  |
| 4 | Maximum 5 tables or figures |  |
| 5 | Double spaced |  |
| 6 | Times New Roman, font size 12 |  |
| 7 | All pages should be numbered |  |
| 8 | All paragraphs should be justified |  |
| 9 | Practice highlights (maximum of 5) |  |
| 10 | Notes on Contributors (maximum 50 words on each contributor) |  |
| 11 | Ethical Approval/Waiver from your institution’s Ethical Review Board |  |
| 12 | Informed Consent |  |
| 13 | Data Availability |  |
| 14 | Acknowledgements |  |
| 15 | Declaration of Interest |  |
| 16 | Funding |  |
| 17 | References (according to APA 7th Edition format) |  |
| 18 | In-text Citations (according to APA 7th Edition format) |  |
| 19 | Corresponding Author’s contact |  |
| 20 | For anonymised manuscript, ensure all identifiers (which might reveal authors' names and institutions) have been removed |  |