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For the manuscript, use Times New Roman 11 point font, single spaced, justified, paragraph indent 0,5 cm, and with the following margins (Top: 5,5cm; bottom: 6,2cm; right: 4,6cm; left: 4,6cm; Heading: 4,3cm; Footer: 5,3cm).

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**Article title** Times New Roman, 16 point font, italics, bold, flush left, initial capital letter with everything else lowercase, unless proper names).

**Section heading** Times New Roman, 12 point font, bold, justified, 2 blank lines above and 1 below, initial capital letter with everything else lowercase, headings should be numbered (1, 2, …)

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**Note the following for the style of text citations:**

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Example: Freud (1899) said that…

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If two or more references by the same author are cited together, separate the dates with a comma.
Example: (Amabile, 1983, 1996)

If there is more than one reference to the same author and year, insert a, b, etc. in both the text and the reference list.
Example: (Garcia, 2004a, 2004b)

Where there are two authors give both names, joined by 'and'; if three authors, give all the names, use semicolon to separate them and join the last two by 'and'; if there are more than three authors, refer to the first one followed by et al. in Italic, semicolon, year of publication.
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