**Article Title (Bold, 24 font, Garamond font)**

*Original Research, Direct Original Research, Case Study, Commentary, Review (PICK ONE)*

Author First Last1, Author First Last2, Author First Last 2

*1Affiliation, City, State/Country*

*2Affiliation, City, State/Country*

**Abstract**



*Published: January 2, 2025*



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Research in Health and Medicine: *2025, Volume 5 (Issue 1): X*

**ISSN:** 2768-492X

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**Introduction**: The abstract is to be written with the following subheadings with the sections breaks to look as demonstrated. The introduction should provide a clear direction for the manuscript.

**Methods:**  The abstract should be no more than 250 words and the methods section of the abstract should include primary details about the methodology.

**Results**: Be sure to include your main findings supported with data and the appropriate statistical analysis. The abstract results should be followed by a clear conclusion statement.

**Conclusions**: Do not add extra spaces between subheadings and provide a clear statement to support the main findings of the results.

***Key Words***: Provide three keys words not used in the title.

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**Introduction**

Write on the template. A manuscript not written on the template will not be considered for publication. The introduction should be brief and supported with citations and impactful research. We recommend an introduction consisting of 2-3 detailed and scientifically supported paragraphs. Then, provide a concise purpose statement at the end of the final paragraph.

Authors should aim to submit concise and direct manuscripts. Excessive and unnecessary pages and jargon will result in a rejected manuscript as that type of lengthy work does not fit the aims and scope of the journal.

NOTE: The guidelines are recommendations and are not absolute requirements. All authors are required to proofread and copyedit the manuscript before submitting for peer review and before any subsequent revision submission.

To avoid formatting issues, type the manuscript on this template and do not copy and paste from another document.

Add one space between paragraphs with no indent for each paragraph. Please see previously published manuscripts for additional examples.

**Scientific Methods**

Provide a detailed methods section to outline the scientific approach used to collect data.

*Participants*

Explain the subjects and provide a statement explaining how informed consent was given and that the study was passed by an “Institutional Review Board.”

*Protocol*

Provide a step-by-step description regarding the protocol of the study. Explain all measurement tools and cite any validation study corresponding to the tool. Measurement tools must be valid and reliable or provide information to support both with appropriate citations.

*Statistical Analysis*

Provide accurate and appropriate statistical analyses implemented to analyze the data. Appropriate verbiage must be utilized with the appropriate analysis. Also indicate that a *p* ≤ 0.05 was considered statistically significant a priori.

**Results**

General guidelines for the results section

* A maximum of 4, data driven tables and/or figures/images can be used.
* A detailed figure legend is required under the table or figure, but is should not be pasted as part of the figure.
* Avoid large tables with excessive data that make it unreasonable to assess and make a judgement as a reader.
* Be succinct and direct. The purpose of the research is to accelerate and improve the rate of scientific discovery.

Provide an overview of the results and be sure to include your data tables and figures in this section. The location of your tables and figures should be appropriate. Report the Means ± Standard Deviation or Standard Error of the Mean when appropriate. When reporting p-values, provide specific values *p* = 0.033 as opposed to a simple *p* < 0.05.

The M ± SD for all variables should be presented clearly, rounded to no more than the nearest tenth.

Graphs can be generated with other software and copied and pasted in to the journal template document. Please ensure graphs are clear and sized appropriately once pasted in to the document. If images must be used, please use high resolution images.

Data tables should consist of MINIMAL formatting. Visually, tables should be clear, neat and professionally presented. The example below is ideal formatting for a table published in Research Directs.

**Example Table 1**. Describe your table.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Untrained (n = 10) | Trained (n = 10) | Elite (n =10) |
| Heart Rate (BPM) | M ± SD | M ± SD | M ± SD\* |
| Mile Time (mins) | M ± SD | M ± SD | M ± SD\* |
| BMI | M ± SD | M ± SD | M ± SD\* |

Data are Means ± SD

\*Significantly greater than untrained and trained participants, *p* = 0.004

**Discussion**

Provide a clear and succinct discussion and explain the application of the findings. Confirm or disconfirm any key findings with research supported by citations. The final 1-2 sentences should provide a scientifically direct conclusion. The journal urges authors to avoid statements such as “additional research is warranted.”

**Conclusions**

Create a clear and concise statement regarding the overall findings of the research.

**Acknowledgements**

Add acknowledgements here.

**References**

Use the citation style used in medical journals created by the American Medical Association (AMA or JAMA) 11th edition format. The JAMA citation style is available in EndNote. In text citations should include a superscript number after the cited work. (Example, Johnson et al. 1, found xyz). Generally, 20-25 references should be utilized to specifically support all parts of the study including the results. The journal encourages authors to avoid excessive citations. Please provide the most important and most up-to-date references.

1. Johnson J, Johnson B, Stella CA. Maximum distance and performance measures in football. *Res Directs in Strength and Perform.* 2017;1(1). Doi: 101010202012.
2. Sauderbach CA, Dell DD, Fountain J, Boicka GJ, Slavia TA, Colin M. Function nutrients and protein ingestion. *Res Directs in Health Sci.* 2018;1(2). Doi: 10101020201342.