**Article Title (Bold, 20 font, Garamond font)**

*Commentary*

Author First Last1

*1Affiliation, City, State/Country*

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

*Published: January 18, 2023*



Copyright, 2023 by the authors. Published by Pinnacle Science and the work is licensed under the Creative Commons Attribution 4.0 International License. To view a copy of this *license, visit http://creativecommons.org/licenses/by/4.0/*

Research Directs in Psychology and Behavior: *2023, Volume 3 (Issue X): X*

ISSN 2831-6738

***Open Access***

Corresponding author: Enter Author NAME, Author EMAIL

**Commentary**

Recommendations for commentaries submitted in any Research Directs journal are below. However, authors should feel free to exercise autonomy when writing a commentary. The following are recommended guidelines, not mandatory guidelines.

* Define the challenge, research topic, or specific results from a particular article.
* Briefly explain the challenge or issue as it relates to further research.
* Give an example of a theoretical or empirical occurrence which sheds light on the concept.
	+ - * + i.e., mental performance hampering physical performance
* Give your personal experience, if possible.
* Describe the application moving further or identify future research potential.

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

Commentaries are ideally 1-2 pages in length and simply provide commentary about past, current, or future research in the field.

**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, 15 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 with DOI numbers when possible.

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.