**Type your title in sentence case in bold with no full stop at the end**

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**Background/Purpose/Aim**

Type your text here. Do not insert blank lines between the paragraphs.

Make sure the total word count does not exceed 450 words. The word count includes the title of the abstract, the authors and the affiliations. We remind you that the use of references is discouraged and must be limited to max 3. References is an optional heading. Use Arial font size 8 for references.

**Methods**

Type your text here.

**Results**

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**Conclusion**

Type your text here.

**Reference(s)**

1. Author A., Author B., Author C.D. Title of the scientific work. *Title of the Journal* year; number; page-page.