

Checklist Before Submission

Item	Included?
Title page (editorial only)	☐
Abstract page (max 250 words + keywords)	☐
Anonymized main manuscript	☐
APA 7th format (citations & references)	☐
Tables/figures properly labelled & cited	☐
Turnitin or equivalent similarity report ($\leq 10\%$)	☐
MS Word file, A4 size, 1" margins, Times New Roman font	☐
Declaration	☐