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Keywords: keywords go here; use 3-5 keywords; semicolons in between; same font as abstract; authors designate their own keywords rather than choosing from a menu.

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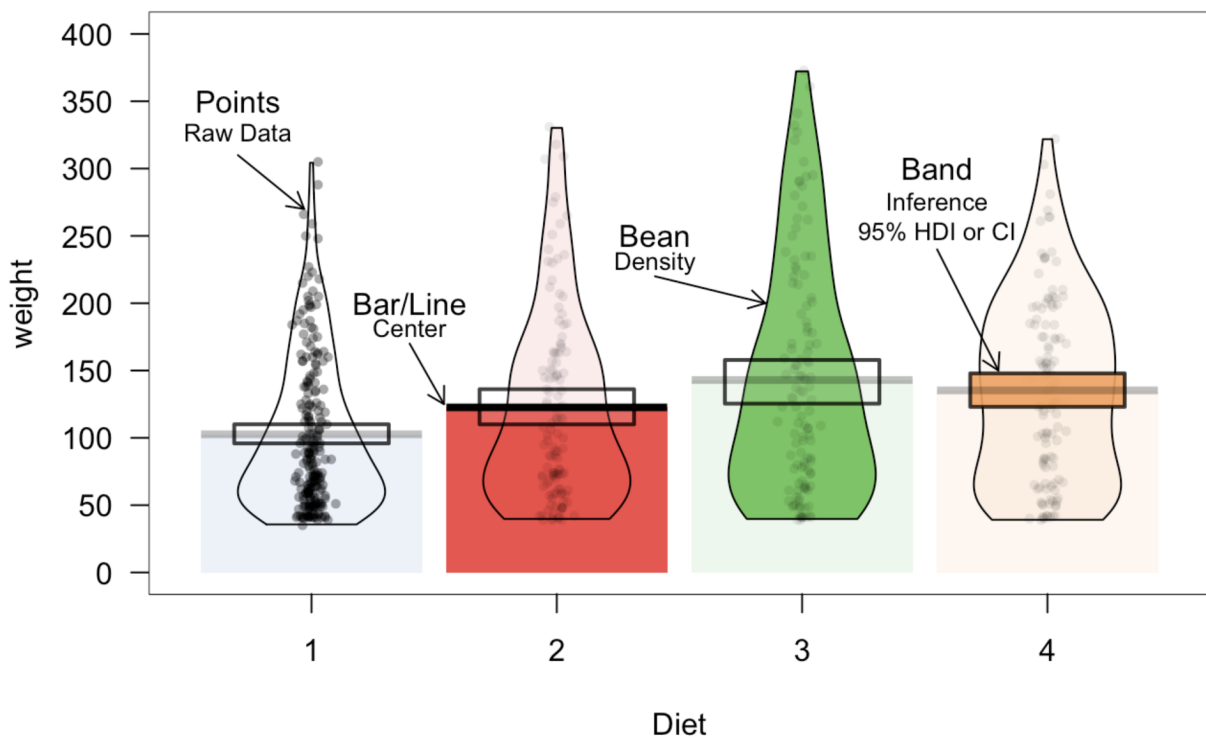


Figure 1. *The four elements of a pirate plot (reproduced from Phillips, 2018)*

Figures and tables should be inserted directly into the main body of the manuscript, not on separate pages at the end, and should be referred to in the text (see Figure 1). Word users may wish to use the Officer R package which enables figures and tables created in R to be directly inserted into Word documents. Both figures and tables, as well as their captions, should use the default font (Source Serif Pro 12pt) as much as possible: The majority of packages used for creating figures and tables allow custom fonts to be used. However, when this is not the case, other fonts are permitted. Other font sizes may be used if this is required for clarity, or in order for the figure/table to fit within the margins of the document. Captions should be left justified (rather than left and right

justified) in order to avoid excessive white space in between words. Authors should use the “Alt-text” feature of their chosen software (In Word, right click and choose “Edit Alt Text...”) to provide a text description of the figure (since the journal hosting is publicly funded, this constitutes a legal accessibility requirement).

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Figure captions should be placed below the relevant figure and formatted as per the example above; i.e., “Figure X” in bold, and the caption in bold italics. For Word users, one way to keep the figure and its caption together is to insert a table with a single column and two rows, placing the figure in the top row and the caption in the row below it (ensuring the table borders are white, and so invisible).

Table 1. Mean scores (and standard deviations) for adults and children in the Experimental and Control groups

Age Group	Training Group	Mean	SD
Children	Experimental Group	55.81	23.05
	Control Group	35.25	22.28
Adults	Experimental Group	67.45	15.84
	Control Group	40.41	15.04

Figures illustrating data should show not just means for each group, but some clearly labelled measure of distribution (e.g., 95 confidence/credibility intervals) and, ideally, the raw data (e.g., the R PiratePlot package, which was used to create Figure 1).

Table captions should be placed above the relevant table and formatted as per the example below; i.e., “Table X” in bold, and the title in bold italics. As for figures, Word users can ensure that the caption moves with the table by including the caption as a row in the table itself (using “merge cells” if necessary). Tables should, in general, follow APA 7th Edition formatting guidelines (e.g., horizontal lines only, no shading, minimal use of bold/italics for column headings), though clarity should always be the overriding concern.

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Participants: Level 3 Headings Use Flush Left, Bold Italic, Title Case Heading

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Children: Level 4 Headings Use Indented, Bold, Title Case, Ending with a Period.

After Level 4 headings, the text begins on the same line and continues as a regular paragraph.

Experimental Group: Level 5 Headings Use Indented, Bold Italic, Title Case, Ending with a Period. After Level 5 headings, the text begins on the same line and continues as a regular paragraph.

Control Group. After Level 5 headings, the text begins on the same line and continues as a regular paragraph.

Design and Procedure (Level 3 Heading)

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Discussion (Level 2 Heading)

Study 2 (Level 1 Heading)

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General Discussion (Level 1 Heading)

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References

Kramer, W. (2019). Why i agree with the reference formatting guidelines set out by a.n. other. *Journal of Formatting Requirements*, 4(1), 301–303.

Other, A. (2019). References should have the standard blank line in between them, which means there is no need for a hanging indent. *Journal of Formatting Requirements*, 3(6), 125–129.

Phillips, N. D. (2018). Yarr! the pirate’s guide to r. *APS Observer*, 30.

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Ethics statement (Level 1 Heading) – Mandatory for Empirical Articles

Ethics approval was obtained from the ethics committee of the University of Nowhere. All participants gave informed written consent before taking part in the study.

Authorship and Contributorship Statement

ANO conceived of the study, designed the study and wrote the first draft of the manuscript. WJK contributed to the design of the study, collected the data, and revised the manuscript. JP analysed the data and revised the manuscript. All authors approved the final version of the manuscript and agree to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved. For guidance, please see <http://www.icmje.org/recommendations/browse/roles-and-responsibilities/defining-the-role-of-authors-and-contributors.html>.

Declaration of conflict of interests

A declaration of conflict of interests section is mandatory only if a conflict of interest exists. This section should be deleted if no conflict of interests exists.

Acknowledgements, author notes etc. (Level 1 Heading)

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