**Title Page**

Author names (one full given name, second name, initials with full stop and without blank)

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Running head (max. 10 words)

Word count (max. 1500)

Number of Tables and Figures (max. 2)

Number of Video(s) (recommended not more than 2)

Number of Supplementary Material/Supplementary Tables/Figures (no limit)

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* [Full name author A] and [full name author B] contributed equally to this work.
* [Full name author A] and [full name author B] contributed equally to this work and share first authorship.
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**Abstract**

Plain text (unstructured)

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**Main text**

Subheadings: Use different sizes (see below) or colors for subheadings of different hierarchies

**Section heading 1**

**Section heading 2**

**Section heading 3**

**Section heading 4**

**Conclusions**

(If applicable)

**References**

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**Figures and Tables & Legends**

max. 2

**Figure 1:** XXXXX (title).

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**Table 1:** Title.

Table

Footnote (if applicable).

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