

CHECKLIST

Article title:

Authors:

International search engines use the last surname by default. We recommend using just a single surname or joining two surnames with a hyphen. The affiliation must be officially recognised by each institution. Check that the name of all authors and their affiliations are correct. After every name, indicate the ORCID number and the Research ID of each author.

For studies with participants, indicate in the text:  
a) The existence of informed consent.

b) The full name of the ethics committee that approved the research and the code given, if applicable. The authors can attach a copy of this authorisation.

Limit the text to at most 4,000 words, not including the abstract, keywords, figures, tables, acknowledgements and references.

The abstract should contain no references and not exceed 250 words.

Introduce continuous line numbers to facilitate the revision process.

Article title: 12 words maximum.

The language is correct in its scientific rigour and has no grammatical or typographical errors.

The verb tenses are correct (please note: in the “objectives”, “method”, “data analysis” and “results” sections, the text should be written in the past tense).

In-text-citation: Unless the article is written in English, all the "&" symbols between authors should be replaced by "y" in Spanish or "i" in Catalan in the text. However, Reference List should be only created in English language.

The tables, figures, references and statistical and data notation follow the rules of the APA, 7th edition.

The APA Standards specify that for values of variables that do not exceed the value of 1, such as a proportion or a significance, you do not need to place a zero before the decimal fraction (p = .72); however, if the statistic can exceed 1, you must place a zero before the point (M = 0.75 goals).

Bibliographic references: Maximum number of references: 25 properly referenced following the rules of the APA, 7th edition.

Include the complete doi of each bibliographic reference using the link <https://apps.crossref.org/simpleTextQuery>

In-text references with more than two authors should be cited based on the first author, as in (first Author et al., year). References with just two authors should be cited as (Author & Author, year) In narrative citations use "and", i.e.Grady et al. (2019) and Jerrentrup et al. (2018)