FORMATTING REQUIREMENTS: _____

<div align="center">(title of manuscript)</div>

√	CRITERIA
	Set all 4 margins at 1"
	Use Arial Narrow size 10 font, including in tables and figure labels.
	1. Single space within paragraphs; double space between paragraphs. 2. Set paragraph parameters to add zero (0) points before and after each paragraph.
	Do not use proportional (justified or centered) spacing; leave a ragged right margin.
	Use the following styles for your headings: (examples below:) First level heading: left align, bold, all caps → **INTRODUCTION** Second level heading: left align, bold, title case (only capitalize major words) → **Background** Third level heading: left align, bold, title case, italicize → ***Brief Literature Review*** Fourth level heading: left align, title case, italicize → *Gonzales versus Ahmed*
	Tables must be developed using the table function of Word; do not use tabs, text boxes, or excel to create a table . Also, do not put table and figure labels within the table or figure. Each should be on a separate line above the table/figure. Capitalize major words in table and figure labels ("title case").
	Put tables and figures in "Supplemental Content." Do not embed them within your manuscript, and do not put them at the end of your manuscript. Do use a text marker to dictate placement of tables and figures (e.g., "Place table 1 here").
	Do not indent the first line of a new paragraph; the required line spacing will signal the beginning of a new paragraph.
	Superscript numerical citations. Do not use APA style (author, year) and do not use bracketed citations [9]. Also, be very careful with citations. Do not add spaces before or within citation numbers.
	There is no period after "al" (e.g., Hill et al) in AMA style.
	Structure your abstract so that it is a single paragraph of no more than 350 words. By single paragraph, it is meant that each heading should NOT be on a separate line. Use the following headings: 1. Purpose 2. Method 3. Results 4. Conclusions 5. Recommendations (optional)
	In your reference list:

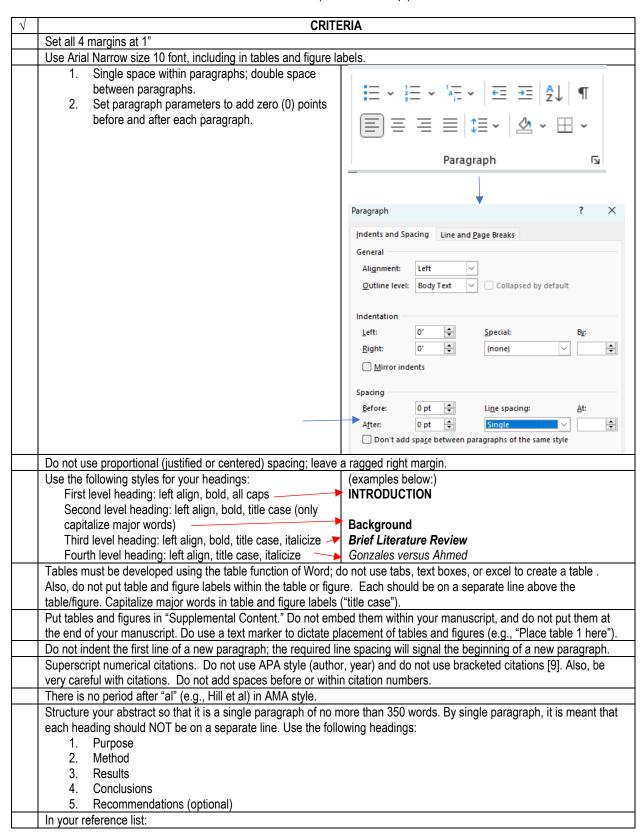|	
	1. Use PubMed to find the appropriate abbreviation of a journal you are referencing. If you cannot find it there, you can always google it (e.g., What is the appropriate abbreviation for the Internet Journal of Allied Health Sciences and Practice?). If there is no abbreviation, spell out the name of the journal completely. Make sure to italicize the abbreviation/full name of the journal in your reference list.
	2. Most bibliographic or citing software does not conform to the requirements of this journal (e.g., End Notes); please do *NOT* use it. Use the numbering option under "Paragraph" in the menu at the top of your page.
	3. Single space within and between references.
	4. Include the doi and/or PMID for each reference available.
	Use AMA style manual for any issue not addressed by this list of formatting requirements
	Prepare and upload your manuscript using Microsoft Word; the program will create its own .pdf file from your Word file
	Upload this completed form under the "Supplemental Information" tab