**Title:** **Arial 12, bold, centered**

*Name of Author (s)*

Email

Institution (Country)

**Abstract**

Include abstract in Portuguese, English, French or Spanish, up to 300 words. Text in Arial, size 10, justified, multiple spacing. Space between paragraphs 10 points later.

Keywords: 4 words, separated by commas. Text in Arial, 10 points: justified, multiple spacing.

**1. Introduction (Arial 10 points, bold, left-aligned)**

**2. First-level title (Arial 10 points, bold, left-aligned)**

The formatting of the body of text must use font 10 Arial, with 1.5 spacing between lines, and the text is justified. Space between paragraphs 10 points later. Paragraphs without tabs.

Quotes with more than three lines or 40 words should have indentation of 2 cm, Arial, 9 sts and single spacing, justified.

Footnotes are reserved for the explanatory notes. Arial, 10 pts and single spacing. The text should have a minimum of 5000 and a maximum of 7000 words including abstract and references.

***2.1. Second level title: (Arial 10 points, italic, bold, left aligned)***

**Bold** should not be used. Use *italic* when you want to accent a word or phrase.

The titles of tables, tables and graphs should appear at the bottom. They must be numbered in order X / Table n. X / Graph n. X (Arial 10 pt, bold): The title text in Arial 10 pts normal, centered. Previous space 6 pts and subsequent 12 pts).

**3. Conclusions (Arial 10 points, bold, left-aligned)**

**Funding and Acknowledgments (if applicable)**

**References**

**Bibliographical references** should follow the APA standards (Killen, 2010: 34).

Books

Fox, S. I. (2008). *Human psychology*. Boston: McGraw-Hill Higher Education.

Book chapters

Mahoney, M. J. (1995). Continuing evolution of the cognitive sciences psychoterapies. In R. A. Neimeyer & J. M. Mahoney (Eds.), *Constructivism in psychotherapy* (pp.39-68). Washinton: American Psychological Association.

Articles at Scientific Journals

Killen, J.D., Fortmann, S.P., Schatzberg, A.F., Hayward, C., Sussman, L., Rothman, M., Strausberg, L., et al. (2000). Nicotine patch and paroxetine for smoking cessation. *Journal Consulting and Clinical Psychology*, 68, 883-889.

Thesis

Cruz, J.F. (1994). Stress, anxiety and performance in sports competition: importance of skills and psychological processes. PhD Dissertation, University of Minho, Braga, Portugal.

**NOTE:** You should replace each field with the information in your own text.