*Full paper template (replace each field with your own text)*

**Title**

*Author(s)’s name(s)*

Email

Institution (Country)

Abstract

Please write your abstract in Arial, 10, single spacing. Abstracts in the full paper are shorter than those submitted previously. Maximum 200 words.

Keywords: 4 words in one line

Text body

Please write your text in Arial, 10 spacing 1,5. **Bold** should not be used within the text; Please use *Italic* whenever you want to stress a word or an expression. The text can be divided into parts and titles may be indicated for each part. Do not number this kind of titles.

Tables and graphs[[1]](#footnote-1) should be included along the text, with titles or subtitles. Images should have jpeg format.

References within the text should follow APA Style, such as (Killen, 2010: 34).

References

Complete bibliographic references at the end of the paper using APA Style. Brief examples:

*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 in 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.

*Dissertations*

Cruz, J. F. (1994). Stress, ansiedade e rendimento na competição desportiva: importância das competências e processos psicológicos. PhD Dissertation, Universidade do Minho, Braga, Portugal.

1. Please use footnotes and not endnotes. Footnotes should appear in Arial 8, single spacing. [↑](#footnote-ref-1)