**Standard Manuscript Template**

**Please Remove all Gray Text before Submitting. Replace the red text with words that apply to your work.**

**Study design**

**TITLE** *[Stay simple. Avoid long title]*

**Título** *[Português]*

**Authors:**

Name **LAST NAME1**, Name **LAST NAME2**

From 1 Department *[English]*, Institution *[in native idiom]*, City (state or province), Country; 2Department *[English]*, Institution *[in native idiom]*, City (state or province), Country

**ORCID:**

Author full name: ORCID number *[register on: https://orcid.org/register]*

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**Twitter and/or Instagram accounts** *[optional]*

Author full name: account

**Conflicts of Interest:** Disclose

**Financial source:** Disclose

**Correspondence:** Author full name. **Email:** Email for correspondence

**ABSTRACT** *[Up to 300 words in a single paragraph. It should not contain abbreviations, acronyms, or references]*

**Background:** XXX. **Aims:** XXX. **Results:** XXX. **Conclusions:** XXX

**HEADINGS:** XXX *[3 to 5 keywords must be listed, which are contained in the DeCS (http://decs.bvs.br/) or MESH (https://www.ncbi.nlm.nih.gov/mesh/)]*

**Visual abstract or central image** *[Choose an image that best represents your study or provide a visual abstract summarizing the main points of your study. See the example below]*

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**Caption:** Caption

**Central message**

XXX *[Write an overview of your study using simple words for social media purposes (maximum of 100 words)]*

**Perspectives**

XXX *[Explain the practical value of your study using simple words (maximum of 100 words)]*

**INTRODUCTION**

XXX *[This section should include: a clear statement of the purpose of this study; the rationale behind the development and/or use of this study with references to relevant studies]*

**METHODS**

XXX *[This section should include: study design; ethical approval; data source; eligibility criteria; extracted variables; outcomes; statistical analysis]*

**RESULTS**

XXX *[This section should include: baseline characteristics of the studied population; main findings]*

****

**Table 1.** Caption*[Tables should be presented in the body of the text next to where their results are written]*

**DISCUSSION**

XXX *[This section should include: a discussion of the main findings of the study; a discussion on the limitations of the study; discussion of future applications or directions of your research topic]*

**CONCLUSION**

XXX *[This section should include: a brief statement of what your work concludes, considering the study objectives]*

**ACKNOWLEDGMENTS**

XXX *[optional]*

**REFERENCES**

XXX *[List the references in alphabetical order of the authors' surnames and number them sequentially.* *If the referenced work has more than 6 authors, cite the first 6 authors and then use et al. When citing in the text, use the reference number in superscript form.* *At the end of each work, the doi number, if available, must be included.]*

**FIGURES**

*[A maximum of 6 images should be used. Images must be sent with a minimum resolution of 300 dpi.]*

**Figure 1.** Caption