*Original research article *

**Article title in sentence-case capitalization**

**Abstract**

The acceptable length of abstract is 200–400 words, which is subject to the article type. The abstract should provide a brief summary of the paper. It should not contain any non-standard abbreviations, acknowledgments of support, references, footnotes.

**Keywords**: Key word 1; Key word 2; Key word 3; Key word 4; Key word 5; Key word 6

**1. Introduction**

American English is desirable throughout the text. Abbreviations should be spelled out when first used. Integers below ten should also be spelled out (“six” instead of “6” for example). If non-English words are used, such as *de facto*, they should be italicized. Authors are encouraged to have their manuscript proofread prior to submission.

Do not use footnotes in every section of the paper. Avoid using sub-sections in Introduction.

Define abbreviations and acronyms upon their first appearance, separately, in the abstract, main text, table legends, and figure captions and legends.

In-text citations that will be listed in the References section at the end of the submission should be numbered consecutively in superscript square brackets. For example: Multidisciplinary research spans many disciplines [1]. This result was later contradicted by McClusky and McCarthy [2,3]. This effect has been widely studied [4-6]. This hypothesis is supported by many schools of thoughts [3, 7-9].

**2. Materials and methods**

**2.1. Materials**

State all the materials used in the study, and include the manufacturer’s name, city and country of origin.

**2.2. Method 1**

Describe the method clearly and concisely.

**2.3. Method 2**

Describe the method clearly and concisely.

Use Roman numerals in parentheses, e.g., (I), (II), (III), (IV), to list equations and formulae.

(I)

**2.3.1. Description A**

*Brain & Heart* allows up to 3 levels of headings.

**2.3.2. Description B**

Avoid introducing further sub-sections after the level 3 (e.g., **2.3.2.1. Sub-description**).

**2.4. Statistical analysis**

Include at least one paragraphs describing the statistical tests and software used for data analysis.

**3. Results**

**3.1. Result A**

Describe the result clearly and concisely. All figures and tables presented in the paper should be cited in the text in chronological order; for instance, **Figure 1** shows CT scan of the heart, and **Table 1** presents the parameters used. Insert figures and/or tables at the back of manuscript.

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Personal communications and unpublished works can only be used in the manuscript and are not to be placed in the References section. Authors are advised to limit such usage to the minimum. These should be made identifiable by stating the authors, year of personal communications or unpublished works, and the words “personal communication” or “unpublished” in parenthesis, e.g., (Smith J, 2000, unpublished).

**3.2. Result B**

Describe the result clearly and concisely. All figures and tables presented in the paper should be cited in the text in chronological order; for instance, **Figure 2(A)** shows MRI of the kidney, while **Figure 2(B)** shows a schematic diagram depicting the mechanism of apoptosis, and **Table 2** presents the parameters used.

If supplementary figures and/or tables are included, they should be presented in a chronological order on a separate file called “Supplementary File”. Supplementary figures and/or tables should be appropriately cited in the tex. Make use of capital letter “S” to denote the difference between materials presented in the paper and those in the Supplementary File; for example, **Figure S1** (in **Supplementary File**) shows the flowchart of the clinical study.

**3.3. Result C**

**3.3.1. Description A**

*Brain & Heart* allows up to 3 levels of headings.

**3.3.2. Description B**

Avoid introducing further sub-sections after the level 3 (e.g., **2.3.2.1. Sub-description**).

**4. Discussion**

Discussion can be presented alone, independent of Results section. Alternatively, Discussion can also be merged with Results as **3. Results and Discussion**, and sub-sections can be used for better presentation too.

In-text citations that will be listed in the References section at the end of the submission should be numbered consecutively in superscript square brackets. For example: Negotiation research spans many disciplines [1]. This result was later contradicted by Becker and Seligman [2,3]. This effect has been widely studied [4-6]. This hypothesis is supported by many schools of thoughts [3, 7-10].

**5. Conclusion**

Conclusion should be concise. Present only the most important take-home message in this section.

**References**

References must be numbered. Include DOI if available. Managing references using software, such as EndNote and Mendeley, is strongly recommended. Personal communications and unpublished works should be excluded from this section. Refer to the Instructions for Author (<https://accscience.com/journal/BH/instructions>) for more information.

1. Younger P, 2004, Using the internet to conduct a literature search. *Nurs Stand*, 19(6): 45–51.
2. Gamelin FX, Baquet G, Berthoin S, *et al*., 2009, Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol,* 105(1): 731–738.
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4. Davis M, Charles L, Curry MJ, *et al*., 2003, *Challenging Spatial Norms*, Routledge, London, 12–30.
5. Knowles MS, (eds) 1986, Independent study, in *Using Learning Contracts*, Jossey-Bass, San Francisco, 89–96.
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9. Este J, Warren C, Connor L, *et al*., 2008, Life in the clickstream: The future of journalism, Media Entertainment and Arts Alliance, viewed May 27, 2009, http://www.alliance.org.au/documents/ foj\_report\_final.pdf
10. Gale L, 2000, The relationship between leadership and employee empowerment for successful total quality management, thesis, *Australasian Digital Thesis database*, University of Western Sydney, 110–130.

**Figures and Tables**



**Figure 1.** Give title of Figure 1 and figure caption should be beneath the image.

Graphical user interface

Description automatically generated with low confidence

**Figure 2.** Title of Figure 2. (A) Give a proper title to each panel of the figure. (B) Give a proper title to each panel of the figure.

**Table 1.** Table caption should be placed on top of the table.

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameters** | **Temperature** | | |
| **55°C** | **80°C** | **100°C** |
| Parameter A | 414 | 212 b | 313 |
| Parameter B | 666 a | 777 | 888 |

Add legend below the table. Define all abbreviations used in the table in alphabetical order and define the symbols used. a P<0.05, b P<0.01.

**Table 2.** Table caption should be placed on top of the table.

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameters** | **Light intensity** | | |
| **Low** | **Moderate** | **High** |
| Parameter A | 414 | 212 b | 313 |
| Parameter B | 666 a | 777 | 888 |

Add legend below the table. Define all abbreviations used in the table in alphabetical order and define the symbols used. a P<0.05, b P<0.01.