

SPECTRA EXPECTED MANUSCRIPT SECTIONS AND PARTS IF/WHEN APPLICABLE:

1	Full Title Page
2	Full names, academic degrees, institutional affiliations, and email addresses for all authors
3	Corresponding author
4	Author ORCID ID# (Persistent Digital Identifier; e.g., https://orcid.org/0000-0002-4929-173X)
5	Abstract
	<ul style="list-style-type: none"> ● Introduction ● Methods ● Results ● Discussion ● Conclusion
6	Keywords
7	Introduction
	<ul style="list-style-type: none"> ● Research objective(s) ● Conceptual/theoretical framework(s) ● Literature review and background ● Significance and contribution(s) ● Specific research question(s)
8	Methods
	<ul style="list-style-type: none"> ● Design and protocol ● Materials and sampling ● Types of analysis
9	Results
	<ul style="list-style-type: none"> ● Key findings ● Quantitative or statistical analysis
10	Discussion
	<ul style="list-style-type: none"> ● Interpretation of results
11	Conclusions
	<ul style="list-style-type: none"> ● Main conclusions ● Importance to the fields ● Broader implications ● New questions and future directions
12	List of abbreviations used
13	Conflicts of Interest
14	Ethics Approval
15	Authors' Contributions
16	Acknowledgements
17	Funding
18	References
19	List of Figures
20	List of Tables
21	Additional Files