

QUICK INSTRUCTION FOR AUTHORS

· **Page setup:** Typing in word ۲۰۰۷, Save with .DOC (۲۰۰۳ Format), (Save As - Word ۹۷-۲۰۰۳ Document)

Size: A۴

Margins: Normal - Top, Bottom, Left, Right = ۱”

· **Font:** Times New Roman

· **Paragraph:** Justify

Line Spacing: ۱٫۵

Page Layout, Paragraph: Indent, Spacing = ۰

· **Maxim article pages:** about ۸ pages

· **Title Font Size:** ۱۶, Capitalized Each Word

Author(s): full name of all authors should be mentioned

Affiliation: Author’s affiliation contains department and university, [name of department], name of university], [city], [country]

Corresponding Author

Example:

The Comparison of Psychological Well-Being ...

Ebrahim Rezaei Dogaheh^۱ (PhD)

^۱ Department of Clinical psychology and Substance abuse and Dependence Research Center, University of Social Welfare & Rehabilitation Sciences, Tehran, Iran

· **Body Font Size:** ۱۰, and size ۱۰ bold for subheadings, Sentences case, One column, Start paragraph with tab, The article must be included “ **Introduction** ” “**Method**” “**Instruments**” “**Results**” “ **Conclusion** ”,

Example:

Introduction

In recent years, pathological approach to study human health has been criticized. Despite the viewpoint that defines health as absence of illness, new ...

· **Abstract:** Abstract must be included “**Objective**” “**Method**” “**Results**” “**Conclusion**” “**Keywords**” and about ۱۵۰ words, keywords are written in Capitalized Each Word about ۳ to ۶ words, and affiliations are written in Capitalized Each Word for first time in article

Example:

Objective: The aim of present research is to compare of psychological well-being and quality of sleep in addicts under treatment at least for ۶ months.

Method: ۴۰ individuals were selected through purposeful sampling method ... Tehran. Participants answered to Ryff’s Scale of Psychological Well-Being (RSPWB) and Pittsburgh Sleep Quality Index (PSQI).

Results: Results of multivariate and univariate variance ... and quality of life ($P \leq ., .۱$). There was also a significant relationship between sleep and its dimensions ($P \leq ., .۱$).

Conclusion: Addicts with abstinence period of more than six months have higher psychological well-being and sleep quality in comparison of addicts with abstinence period of less than six months.

Keywords: Addiction, Psychological Well-Being, Quality of Sleep

· **Tables/Charts Font Size:** ۹ with APA style

Example:

Table 1: Mean and standard deviation of psychological well-being and quality of life with separation of abstinence periods

variable	abstinence period less than 6 months		abstinence period more than 6 month	
	mean	S.D	mean	S.D
psychological wellbeing	66.45	9.14	82.80	6.08
quality of life	9.55	3.31	2.80	1.28

(n=40)

Annotations:

- Bold, 9** (applies to the table title)
- Regular, 9 Shading, Darker 5%** (applies to the table content)
- Font Size: 9 APA Style** (applies to the table content)

· **References:** APA Style, see this web address for help [click here](#), and you can use Endnote software, [click here](#)

Example:

... illness and wellness (Kupperman et al., ۱۹۹۵).

... emphasize on “being good” instead of “being bad” (Ryff, ۲۰۰۴).

Dean et al., (۲۰۰۴) argued that addicts under treatment of methadone ...

References:

Aghababaei, N., & Farahani, H. (۲۰۱۱). Appreciate the role of gratitude veins in predicting psychological well-being and subjective psychological and nominative. *Evolutionary psychology*, ۸ (۱۱), ۱-۲۹.

Archer, L., & Gordis, E. (۱۹۹۲). Alcohol and the elderly. *Clinical Geriatric Medicine*, ۸, ۱۳۷-۱۴۱.