

Instruction for Authors

The text should be written in English, minimum 20.000 and maximum 25.000 characters without spaces. Manuscripts should be submitted in MS Word. The title of the file should be the corresponding author's surname (e.g. Kowalski_manuscript).

Text Formatting

- margins: left – 2.5 cm, right – 2.5 cm, top – 2.5 cm, bottom – 2.5 cm,
- use a normal font (11-point Calibri) for text, interline 1.5, justified to left and right sides,
- use the automatic page numbering function to number the pages,
- use tab stops or other commands for indents, not the space bar,
- use the table function, not spreadsheets, to make tables,
- use the equation editor or MathType for equations,
- do not use other formats.

Headings

Please use no more than three levels of displayed headings. 1st level: 12 points, bold capitals, left aligned; 2nd level: 11 points, bold, left aligned; 3rd level: 11 points, italic bold, left aligned.

Abbreviations

Abbreviations should be defined at first mention and used consistently thereafter.

Tables

Please submit tables as editable text and not as images. All tables should be cited in the text in consecutive numerical order (e.g. Table 1). Title (e.g. **Tab. 1.** The effect of...) should be above the table and left aligned, 11 points. Place any table notes (e.g. source) below the table body (normal font 11 points). Font 10 points should be used in tables. Tables should be centred. Please avoid using vertical rules.

Figures

All figures should be cited in the text in consecutive numerical order (e.g. Figure 1). Each illustration should have a caption. A caption (e.g. **Fig. 1.** The effect of...) should comprise a brief title (left aligned, below the figure, not on the figure itself, font 11 points). The explanation of the symbols and abbreviations used should be given below the figure. Avoid colour figures.

Citation

The list of references should be prepared according to APA Style 7th edition (<https://apastyle.apa.org/>).

Article structure:

First Page

The title page should include:

- A concise and informative title (bold capitals, 14 points, left aligned)
- A single line-space

- The name(s) of the author(s) (bold italic, 11 points and left aligned)
- The authors' institutional affiliations, including department, institution, city and country (italic, 11 points, left aligned). The corresponding author email should then be given (italic, 11 points, left aligned, underlined).
- A single line-space

Abstract (in English)

Please provide an abstract of 150 to 200 words (11 points). The abstract should not contain any undefined abbreviations or references.

Keywords (in English)

Please provide 4 to 8 keywords (10 points).

Introduction

The Introduction should state the purpose of the investigation, cite those publications that have been influential in determining the nature of the reported work, and give a short review of the pertinent literature.

Materials and methods

The Materials and methods section should provide sufficient details to allow the work to be reproduced. Methods already published should be indicated by a reference, relevant modifications should be described.

Results and Discussion

Results and Discussion may either be prepared as a combined section, or under separate headers, whatever the authors find more appropriate. Results should be clear and concise. If appropriate, data should be presented in the form of tables or figures. The Discussion section should contain an interpretation of the results and their significance with reference to work by other authors.

Conclusions

The main conclusions of the study should be presented in a short Conclusions section, which may stand alone or form a subsection of a Results and Discussion section.

Acknowledgments

Acknowledgments of people, grants, funds, etc. should be placed in a separate section before the reference list. The names of funding organizations should be written in full.

References

The list of references should be prepared according to APA Style 7th edition (<https://apastyle.apa.org/>) and only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text.

Abstract in Polish

The Abstract in Polish should be a translation of an English version (font 11 points).

Keywords in Polish

It should be a translation of an English version (font 10 points).