IPBE Submission Guide

First A. Author 1*, Second B. Author 2

1 Institution of first author, address, email address

2 Institution of second author, address, email address

*Corresponding author

Abstract
Abstract is a single paragraph, not to exceed 250 words, either structured or unstructured.

Keywords
one, two, three, four, five

Disclosures
Disclose any conflicts of interest or those that pose an appearance of such.

1. Introduction
Title is clear and concise, written in title case, and set in 14-point Times New Roman bold font. Author names are included as demonstrated above with contact information for each author. ORCiD’s are listed when available and are highly recommended. Keywords do not exceed five.

Standard research article format (introduction, materials and methods, results, discussion, conclusions, and acknowledgements) is recommended but not required. Headings for sections are numbered as described in “Section 2. Headings”. Headings for Abstract, Keywords, Disclosures, Acknowledgements, and References may be left unnumbered.

Text is set in 12-point Times New Roman regular font. Paragraphs are aligned left with 1.5 line spacing. Use one space after a full stop and the Oxford comma when listing one, two, or more items. In-text citations follow Harvard referencing (Hill, 2011; Schwarzkopf et al., 2017; Burnard and Kutnar, 2019).

Extra returns or spacing between paragraphs or sections is not needed.

2. Headings
Headings are numbered and there are no more than three heading levels within any section.

Each distinct section starts at the first level (e.g., “2. Headings”) with title formatted in bold font and title case.
2.1 Second-level headings
Second-level headings utilize one decimal place, numbered sequentially (e.g., “2.1 Second-level headings”) with title formatted in bold-italic font and sentence case.

2.1.1 Third-level headings
Third-level headings utilize two decimal places, numbered sequentially (e.g., “2.1.1 Third-level headings”) with title formatted in italic font and sentence case.

3. Tables and Figures
Tables and figures are placed within the manuscript at the desired location. Reference all tables and figures in the text.

3.1 Tables
Table captions are placed above the table and tables are numbered sequentially to match the order in which they appear. Tables are referenced in the text and understandable outside of the manuscript. Column headings are set in bold font. Table borders are 1.5-points thick.

Table 1: Table caption that describes table information.

<table>
<thead>
<tr>
<th>Column Heading 1</th>
<th>Column Heading 2</th>
<th>Column Heading 3 (units)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Text labels are aligned left with single spacing between lines.</td>
<td>Text values are centered</td>
<td></td>
</tr>
<tr>
<td>Values of note are bolded.</td>
<td>Y/N</td>
<td>132.3</td>
</tr>
<tr>
<td>Further explanations are placed in a note below the table*</td>
<td>TRUE/FALSE</td>
<td>24.25</td>
</tr>
</tbody>
</table>

* Note: Asterisk indicates further explanation. E.g., Numbers observe significant digit conventions and are aligned right under Column Heading 3 (units) and values of note are explained in detail.

3.2 Figures
Figures (e.g., diagrams, charts) are prepared and provided as vector files (eps, .svg, .ai, .ps). Images (e.g., photos) are provided as TIFF or PNG files (.tiff, .tif, .png; 300 dpi).

Figure captions are placed below the figure and figures are numbered sequentially to match the order in which they appear. Color is permitted with no extra charge. Select color-blind friendly palettes (http://colorbrewer2.org for suggestions and guidance).
Figure 1: Demonstration figure with random data boxplots. Axis titles include units of measure, if applicable. Define markers in a figure legend (e.g., colors, lines, point indicators).

4. **Equations**

Equations are text-based (no images) and referenced in the manuscript. Number equations sequentially, in parenthesis, aligned right. A three-column table, with or without gridlines, in Cambria Math typeface (to ensure symbol inclusion) is recommended. Variables and conditions are explained in a list placed immediately below the equation.

<table>
<thead>
<tr>
<th>Var(X) = E[X^2] - E[X]^2</th>
<th>(Eq. 1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where...</td>
<td></td>
</tr>
<tr>
<td>Var = Variance</td>
<td></td>
</tr>
<tr>
<td>X = independent and identically distributed random variable</td>
<td></td>
</tr>
<tr>
<td>E = expected value</td>
<td></td>
</tr>
</tbody>
</table>

5. **Further Guidance**

Include a description of tests or models used for reporting statistical significance and justification for their selection, including a note about data meeting assumptions of selected tests or models. Include effect sizes and confidence intervals when reporting outcomes. Report effect sizes on measurement scale and provide a note on statistical and actual significance, when possible. When these recommendations cannot be met, be clear about selection, use, and interpretation of tests or models. Authors are encouraged to upload their processing code to a reputable service that provides DOIs (e.g., figshare, Zenodo).
Acknowledgements
Acknowledgement statement credits funding sources (with grant number, if applicable) and/or colleagues who were instrumental in the work but do not meet requirements for authorship.
References
References are listed alphabetically and appear on a new page at after conclusion of the main text. Do not use or include footnotes or endnotes. References follow Harvard referencing style and include DOIs whenever possible.


Data Availability
Data availability statement indicating how and where data supporting the research can be accessed with an explanation on any restrictions. Submitting data to an open access repository with DOI is encouraged. If hosted on an open repository with DOI, data may be referenced in the text and included in references.

Supplementary Material
Datasets, long tables, additional figures, and other supporting information should be included as supplementary material in a separate document or file labelled as such. Cite supplemental materials in the text and name files as follows:

- Tables: Table S1, Table S2, Tables S1 and S2 (TableS1.docx, TableS2.docx)
- Datasets: Dataset S1 (DatasetS1.csv)
- Figures: Figure S1, Figure S2, Figures S1, S2 (FigureS1.eps, FigureS2.tif)
- Other supplementary material: SM1, SM2, SM1 and SM2 (Supplementnal1.ext, Supplemental2.ext, where “.ext” is the extension of the file type)