Dear Author,
Thank you for submitting your article to the *Journal of Health Promotion and Health Education*. According to the submission guidelines, please format your article as shown in the following example. (Text in blue) serves as reminders and explanations. We need the title and abstract in both Chinese and English. Please use 標楷體 and Times New Roman fonts throughout the article, with the main text in font size 12:

研究題目 (Font size 18, bold, centered)

摘要(Font size 14, bold, centered, within 500 words)

目標（Font size 12, significance, background of the study）：

方法（Font size 12, study design, target population, sampling, data analysis, and statistical methods）：

結果（Font size 12）：

結論（Font size 12）：

關鍵詞(Font size 12, up to 5, arranged in stroke order from least to most)：AAA、BBB、CCC、DDD、EEE

Research Title (Font size 18, bold, centered)

Abstract (Font size 14, bold, centered, within 300 words)

Objectives (Font size 12, significance, background of the study):

Methods (Font size 12, study design, target population, sampling, data analysis, and statistical methods):

Results (Font size 12):

Conclusions (Font size 12):

Keywords (Font size 12, up to 5, arranged in alphabetical order): AAA, BBB, CCC, DDD, EEE

Introduction (Font size 14, bold)

AAAAAAAA (Text in font size 12)

Method(Font size 14, bold)

AAAAAAAA (Text in font size 12)

Result (Font size 14, bold)

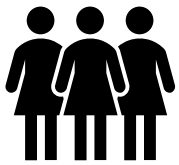
AAAAAAAA (Text in font size 12)

Table 1

BBBBBB (Table title in font size 12, italic)

Figure 1

BBBBBB (Figure title in font size 12, italic)



Discussion (Font size 14, bold)

AAAAAAAA（Text in font size 12)

Conclusion (Font size 14, bold)

AAAAAAAA（Text in font size 12)

References (Font size 14, bold, please use APA 7th edition)

Harris, M. L., Titler, M. G., & Struble, L. M. (2020). Acupuncture and acupressure for dementia behavioral and psychological symptoms: A scoping review. *Western Journal of Nursing Research, 42*(10), 867-880. https://doi.org/10.1177/0193945919890552

Taiwan Department of Health. (2011). *Cause of death statistics*. DOH. http://www.doh.gov.tw/CHT2006/DM/DM2_p01.aspxclass_no=25&level_no=1&doc_no=80728.