



Based on the APA Publication Manual, 6th edition & Energy Psychology Journal submission requirements. Print and check each item before submitting.

**Legend:** **EPJ** Specific to Energy Psychology Journal **Required** Mandatory — must not be omitted

### 1. Manuscript preparation & format

7 items

- Manuscript is double-spaced throughout (including references, tables, figure captions)  
*Title page, abstract, body, references — all sections*
- 12-point Times New Roman font used throughout
- 1-inch (2.54 cm) margins on all four sides
- Left-justified text only (not full justification)
- Pages numbered consecutively starting from title page  
*Top right of each page*
- Running head on every page (50-character max)  
*Abbreviated title in ALL CAPS; title page shows "Running head: TITLE"; subsequent pages show only "TITLE"*
- Word limit respected: Original Research / Reviews 10,000 words max  
*Guest Editorials and Clinical Reports 4,000 words max*

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### 2. Title page

5 items

- Full title of manuscript (max 12 words recommended)
- All author names and institutional affiliations listed
- Running head (50 characters max)
- Author note: acknowledgments, funding, conflicts of interest, correspondence address
- Corresponding author email included

Required

Required

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### 3. Abstract & keywords

4 items

- Abstract is a single paragraph, 150-250 words
- Abstract includes: background, objective, method, results, conclusions
- Abstract is on its own page (page 2), with "Abstract" centered as heading
- 3-5 keywords listed below the abstract, introduced by "Keywords:" in italics

#### 4. Method section

7 items

Participants: n, demographics, inclusion/exclusion criteria, recruitment

Required

Measures/instruments described with reliability and validity data cited

Procedure described in sufficient detail for replication

IRB/ethics approval stated; informed consent described

Required

For RCTs: CONSORT checklist consulted before submission

*JADAD scale criteria also recommended for EPJ RCT submissions*

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Investigator credentials and training/fidelity assurances reported

*See EPJ Ideal Efficacy Study Elements document*

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Treatment length and dose documented

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#### 5. Results & statistics

5 items

Effect sizes reported for all primary outcomes (Cohen's d, eta-squared, r, etc.)

Confidence intervals (95% CI) included alongside p-values

All statistical tests identified with test statistic, df, and p-value

*e.g.,  $t(48) = 3.21, p = .002, d = 0.91$*

Exact p-values reported (not  $p < .05$ ), unless  $p < .001$

Negative results and non-significant findings reported transparently

#### 6. Citations & references

6 items

All in-text citations match the reference list (no orphaned citations or references)

Two authors: always cite both; 3-5 authors: first citation lists all, subsequent uses "et al."

Six or more authors: use et al. from first citation

Reference list alphabetically ordered by first author surname

DOIs included for all journal articles where available

*Format: <https://doi.org/xxxxx>*

Journal names written out in full (not abbreviated)

#### 7. Tables & figures

5 items

Each table/figure on a separate page at the end of the manuscript

Tables use APA format: no vertical lines; horizontal lines only above/below column headers and at bottom

All tables/figures cited in order in the text (Table 1, Figure 1, etc.)

Figure captions on a dedicated "Figure Captions" page; figures submitted as separate high-resolution files

Figures are minimum 300 dpi for publication quality

## 8. EPJ submission requirements

6 items

EPJ Cover Letter completed and attached  
*Download from [energypsychologyjournal.org/submissions-info](http://energypsychologyjournal.org/submissions-info)*

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Manuscript submitted via EPJ support center portal

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At least one prior issue of EPJ read to align with journal standards

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Author agreement acknowledged: 3 future peer reviews in exchange for publication

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Submission deadline met: Feb 15 (Spring issue) or Aug 15 (Fall issue)

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APA Division 12 Task Force standards reviewed if submitting efficacy study

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