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***Manuscript Title (in English and Portuguese)***

Short Title: to be used as running head

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**Abstract** **/Resumo**

A short Abstract (in English and Portuguese) should summarize the main points and reflect the content of the article. It should be written in a clear and concise way and be structured using the following subheadings: Background, Objectives, Method, Results, and Conclusions. Abbreviations used in the main text may be introduced and used. Use neither bibliographic references nor references to figures or tables in the Abstract.

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The Introduction should provide a summary of the background to the relevant field of research and the specific problems addressed and should state the hypotheses being explored as well as the main goal(s) of the study. Conclusions or findings should not appear in the Introduction.

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The Materials and Methods section should clearly list all inclusion and exclusion criteria, methods of research, and variables evaluated and should state how outcomes were assessed. All terms should be adequately defined and statistical information should be sufficiently detailed so that a study can be repeated.

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