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**Introduction**

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Table 1. Centre the Caption above the Table

|  |  |  |
| --- | --- | --- |
| **Variables** | **N** | **Mean** |
| Group | 1. | 47 | 30.3 |
| 2. | 60 | 38.7 |
| 3. | 48 | 31.0 |
|  Age | 18-21 | 150 | 96.8 |
| other | 5 | 3.2 |
| Gender | F | 117 | 75.5 |
| M | 38 | 24.5 |
| Total |  | 155 | 100 |

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**Method**

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**Results**

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Figure 1. Centre the Caption below the Figure

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**Discussion**

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**Conclusion**

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**Recommendations**

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**Acknowledgements or Notes**

Please collate acknowledgements or notes in a separate section at the end of the article before the references.

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