[UNIVERSITY] [SCHOOL/DEPARTMENT] [GRADUATE PROGRAM]

Daniel Vartanian

{abnt}: Quarto format for ABNT theses and dissertations

Daniel Vartanian

{abnt}: Quarto format for ABNT theses and dissertations

[Original/Revised version]

[Dissertation/Thesis] presented to the [School/Department] at [University], as part of the requirements for the degree of [Master of Science/Doctor of Science] by the [Graduate program].

Area of concentration: [Area of concentration].

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[Original/Revised version]

1. [Subject A]. 2. [Subject B]. 3. [Subject C]. I. [Supervisor's surname], [Supervisor's forename(s)], super. II. [Co-supervisor's surname], [Co-supervisor's forename(s)] co-super. III. Title.

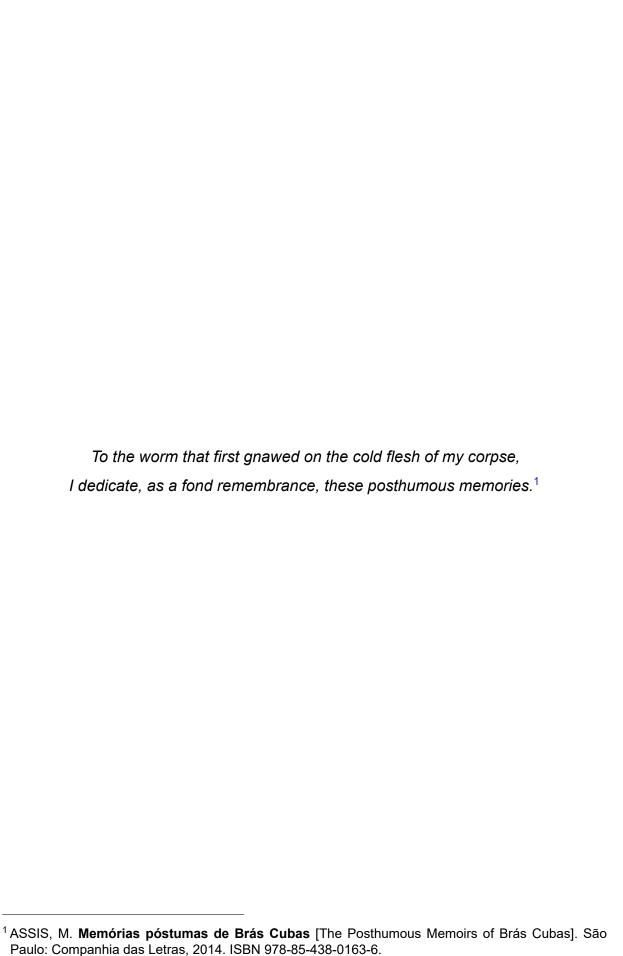
ERRATA

[Author's surname], [Author's forename(s) initial(s)]. **{abnt}: Quarto format for ABNT theses and dissertations**. 2023. 35p. [Dissertation/Thesis] ([Master of Science/Doctor of Science]) – [School/Department], [University], [City], 2023.

This is the development version of the thesis (version <1.0.0). Any necessary corrections will be listed here after its approval.

[Dissertation/Thesis] by Daniel Vartanian, under the title **{abnt}: Quarto format for ABNT theses and dissertations**, presented to the [School/Department] at the [University], as part of the requirements for the degree of [Master of Science/Doctor of Science] by the [Graduate program], in the concentration area of [Area of concentration].

Approved on	
	Examination committee
Committee ch	nair:
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ACKNOWLEDGEMENTS

I would like to acknowledge this awesome Quarto format! :)



ABSTRACT

[Author's surname], [Author's forename(s) initial(s)]. **{abnt}: Quarto format for ABNT theses and dissertations**. 2023. 35p. [Dissertation/Thesis] ([Master of Science/Doctor of Science]) – [School/Department], [University], [City], 2023.

{abnt} is a Quarto format designed for theses and dissertations that adhere to the standards of the Brazilian Association of Technical Standards (ABNT). It is based on the abntex2 LaTeX class and on USP guidelines for creating thesis and dissertation documents.

Keywords: [Keyword 1]. [Keyword 2]. [Keyword 3].

RESUMO

[Sobrenome do autor], [Inicial(is) do(s) prenome(s) do autor]. **[Título]**. 2023. 35p. [Dissertation/Thesis] ([Master of Science/Doctor of Science]) – [School/Department], [University], [City], 2023.

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Palavras-chaves: [Palavra-chave 1]. [Palavra-chave 2]. [Palavra-chave 3].

LIST OF FIGURES

Figure 1 –	Karl Popper (July 25, 1902 – September 17, 1994).	
	One of the 20th century's most influential philosophers of sci-	
	ence	18
Figure 2 -	Relationship between waiting time to next eruption (minutes) and	
	eruption time (minutes) at Old Faithful Geyser, Yellowstone National	
	Park, Wyoming, USA	19
Figure 3 –	Relations betwwen <i>price</i> and <i>carat</i> (weight) of diamonds	20

LIST OF TABLES

Table 1	 A sample	of the	famous	(Fisher	's or	Anderson's) iris data set	 18

LIST OF ABBREVIATIONS AND ACRONYMS

F

Subscript indicating a relation with work-free days

W

Subscript indicating a relation with workdays

MCTQ

Munich ChronoType Questionnaire

MCTQ^{PT}

Portuguese version of the MCTQ

MEQ

Morningness-Eveningness Questionnaire

MSF

Local time of mid-sleep on work-free days

MSF_{sc}

Chronotype proxy. The midpoint between sleep onset and sleep end on work-free days. A sleep correction ($_{SC}$) is made when a possible sleep compensation related to a lack of sleep on workdays is identified.

MSW

Local time of mid-sleep on workdays

LIST OF SYMBOLS

For an extensive list of chronobiology related symbols, please refer to Aschoff, Klotter, and Wever (1965) and Marques and Oda (2012).

 τ Period of a rhythm in free flow; only revealed under constant environmental conditions. T Zeitgeber period. ϕ Phase $\Delta\phi$ Phase shift $+\Delta\phi$ Phase advance $-\Delta\phi$ Phase delay Ψ Phase relation

LIST OF TERMS AND DEFINITIONS

For an extensive list of chronobiology related terms and definitions, please refer to Aschoff, Klotter, and Wever (1965) and Marques and Oda (2012).

Chronotype

Any kind of temporal phenotype (EHRET, 1974; PITTENDRIGH, 1993). Usually, it refers to circadian phenotypes in a spectrum that goes from morningness to eveningness (HORNE; OSTBERG, 1976; ROENNEBERG; WIRZ-JUSTICE; MERROW, 2003). It can also be seen as an organism's phase of entrainment (ROENNEBERG; ALLEBRANDT, et al., 2012).

Circadian rhythm

A rhythm with a period close to a day/24h, an approximation to the period of the earth's rotation (PITTENDRIGH, 1960). From the Latin *circā*, around, and *dĭes*, day (LATINITIUM, 2023). Example: the sleep-wake cycle.

Complex system

There are several definitions. Here are some that I found to be of use:

- "Systems that don't yield to compact forms of representation or description" (David Krakauer apud Mitchell (2013))
- "A system of many interacting parts where the system is more than just the sum of its parts" (Mark Newman apud Mitchell (2013))
- Systems with many connected agents that interact and exhibit self-organization and emergence behavior, all without the need for a central controller (adapted from Camilo Rodrigues Neto's definition, supervisor of this thesis).
- Dialectics at its finest (my working definition).

Entrainment

A shift and alignment of biological rhythms induced by a zeitgeber input (KUHLMAN; CRAIG; DUFFY, 2018). For example: a shift/alignment of an organism's circadian rhythm when exposed to light.

CONTENTS

1	[SHOWCASE] INTRODUCTION	17
1.1	SECONDARY SECTION	18
1.1.1	Tertiary section	19
1.1.1.1	Quaternary section	20
1.1.1.1.1	Quinary section	20
2	[SHOWCASE] DEVELOPMENT	21
2.1	SECONDARY SECTION	21
3	[SHOWCASE] CONCLUSION	22
3.1	SECONDARY SECTION	22
	REFERENCES	23
	APPENDICES	24
	APPENDIX A - [SHOWCASE]	24
A.1	SECONDARY SECTION	24
	APPENDIX B - SETTINGS	25
B.1	TYPOGRAPHY	25
B.1.1	Typeface	25
B.1.2	Font size	25
B.2	LANGUAGE AND HYPHENATION	26
B.3	DOCUMENT SECTIONS	26
B.3.1	Editing pre-textual sections	26
B.3.2	How to include LaTeX commands in Quarto files (.qmd)	26
B.3.3	How to add or remove sections	26
B.4	CITATION MANAGEMENT	28
B.4.1	Citation method	28
B.4.2	Citation style	28
B.4.3	Zotero integration	29
B.4.3.1	Title case change	29

B.5	ABNT FIGURES AND TABLES	30
B.5.1	Figures	30
B.5.2	Tables	30
B.6	FREEZING AND CACHE	30
B.7	HOW TO CUSTOMIZE THIS QUARTO FORMAT	30
B.7.1	Quarto system	30
B.7.2	Template and template partials	31
B.7.3	Spacing rules	31
B.7.3.1	Unit equivalences	31
B.7.3.1.1	\baselineskip	31
B.7.4	How to add new citation styles	32
B.7.5	Must see references	32
B.7.5.1	Manuals	32
B.7.5.2	R packages	32
	ANNEXES	33
	ANNEX A - (SHOWCASE)	34

[SHOWCASE] INTRODUCTION

i Note

The text below is for demonstrative purposes only.

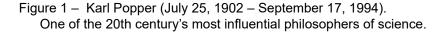
See https://github.com/danielvartan/abnt to learn more about this template.

"The activity can be represented by a *general schema of problem-solving by the method of imaginative conjectures and criticism*, or, as I have often called it, by *the method of conjecture and refutation*. The schema (in its simplest form) is this

$$P_1 \rightarrow TT \rightarrow EE \rightarrow P_2$$

Here P_1 is the *problem* from which we start, TT (the 'tentative theory') is the imaginative conjectural solution which we first reach, for example our first *tentative interpretation*. EE ('*error- elimination*') consists of a severe critical examination of our conjecture, our tentative interpretation: it consists, for example, of the critical use of documentary evidence and, if we have at this early stage more than one conjecture at our disposal, it will also consist of a critical discussion and comparative evaluation of the competing conjectures. P_2 is the problem situation as it emerges from our first critical attempt to solve our problems. It leads up to our second attempt (*and so on*). A satisfactory understanding will be reached if the interpretation, the conjectural theory, finds support in the fact that it can throw new light on new problems — on more problems than we expected; or if it finds support in the fact that it explains many sub-problems, some of which were not seen to start with. Thus we may say that we can gauge the progress we have made by comparing P_1 with some of our later problems (P_n , say)."

(POPPER, 1979, p. 164)





Source: Steve Pyke.

1.1 SECONDARY SECTION

```
1 # library(datasets)
2 # library(dplyr)
3
4 datasets::iris ▷
5 dplyr::as_tibble() ▷
6 dplyr::slice_sample(n = 5) ▷
7 gt::gt()
```

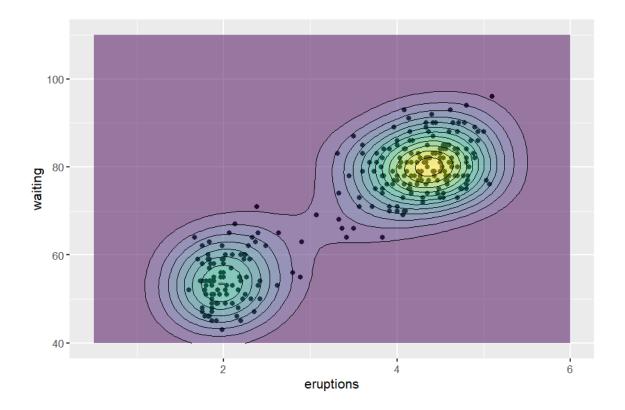
Table 1 – A sample of the famous (Fisher's or Anderson's) iris data set

Sepal.Length	Sepal.Width	Petal.Length	Petal.Width	Species
6.5	3.0	5.5	1.8	virginica
6.5	3.0	5.8	2.2	virginica
5.0	3.0	1.6	0.2	setosa
5.0	3.5	1.6	0.6	setosa
6.2	2.9	4.3	1.3	versicolor

1.1.1 **Tertiary section**

```
1 # library(datasets)
2 # library(ggplot2)
3
4 ggplot2::ggplot(faithful, ggplot2::aes(x = eruptions, y = waiting)) +
5 ggplot2::geom_point() +
6 ggplot2::xlim(0.5, 6) +
7 ggplot2::ylim(40, 110) +
8 ggplot2::geom_density_2d_filled(alpha = 0.5) +
9 ggplot2::geom_density_2d(linewidth = 0.25, colour = "black") +
10 ggplot2::theme(legend.position = "none")
```

Figure 2 – Relationship between *waiting time to next eruption* (minutes) and *eruption time* (minutes) at Old Faithful Geyser, Yellowstone National Park, Wyoming, USA.



1.1.1.1 Quaternary section

- Bullet point
 - Bullet point
 - * Bullet point

1.1.1.1.1 Quinary section

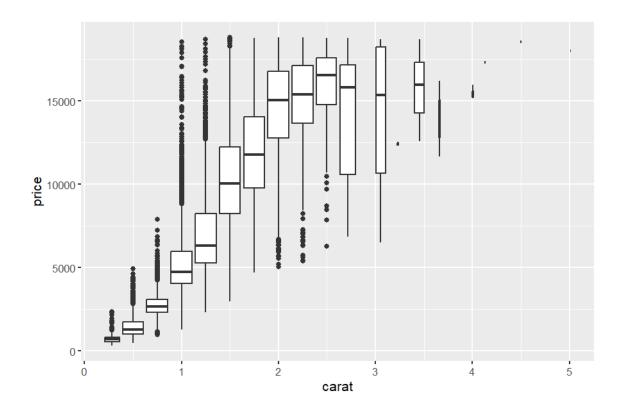
- 1. List
- 2. List
- 3. List

```
# library(ggplot2)

ggplot2::ggplot(ggplot2::diamonds, ggplot2::aes(carat, price)) +

ggplot2::geom_boxplot(ggplot2::aes(group = ggplot2::cut_width(carat, 0.25)))
```

Figure 3 – Relations between price and carat (weight) of diamonds.



[SHOWCASE] DEVELOPMENT



Warning

The text below is for demonstrative purposes only.

See https://github.com/danielvartan/abnt to learn more about this template.

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3 [SHOWCASE] CONCLUSION

Important

The text below is for demonstrative purposes only.

See https://github.com/danielvartan/abnt to learn more about this template.

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^{*} According to the Brazilian Association of Technical Standards (ABNT NBR 6023).

APPENDIX A - [SHOWCASE]



The text below is for demonstrative purposes only.

See https://quarto.org/docs/authoring/markdown-basics.html to learn about the basics of Markdown's syntax.

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A.1 SECONDARY SECTION

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APPENDIX B - SETTINGS

Important

You are reading the work-in-progress of this manual.

This chapter is undergoing heavy restructuring and may be confusing or incomplete.

B.1 TYPOGRAPHY

B.1.1 **Typeface**

To change typefaces, simply use the Quarto options, such as mainfont, monofont and sansfont in your quarto-[format].yml file.

```
1 format:
2 abnt-pdf:
3 mainfont: Arial
```

The ABNT NBR 14724:2011 norm does not specify the use of any specific font. You have the freedom to choose any font you prefer, but it's important to note that the selected font must be installed on your computer.

B.1.2 Font size

To adjust the font size, utilize the fontsize option in the quarto-[format].yml file.

```
1 format:
2 abnt-pdf:
3 fontsize: 12pt
```

It's important to note that the third paragraph of Section 5.1 of ABNT NBR 14724:2011 norm establishes that the font size should be 12pt for the entire document, including the cover, except for quotations longer than three lines, footnotes, pagination, cataloging data, captions, and sources of illustrations and tables, which should be in a smaller and uniform size.

The smaller font is set to \footnotesize, which corresponds to a 10pt font size with the default settings. You can modify this setting by inserting the following LaTeX command into tex/include-in-header.tex:

```
1 \renewcommand{\ABNTEXfontereduzida}{[NEW SIZE (e.g., \small)]}
```

B.2 LANGUAGE AND HYPHENATION

B.3 DOCUMENT SECTIONS

B.3.1 Editing pre-textual sections

abnt uses a system of tags to transfer and render the content of Quarto files (.qmd) to LaTeX. These tags look like this:

```
1 %:::% class attribute begin/end %:::%
1 <!-- %:::% class attribute begin/end %:::% -→</pre>
```

Unless you want to customize the template, you don't need to modify the .tex files. You can write directly in the .qmd files. Just ensure that you preserve all the tags.

B.3.2 How to include LaTeX commands in Quarto files (.qmd)

To add LaTeX commands in your writing, without worrying that it will contaminate the html format, use a {=latex} chunk.

```
1 \```{=latex}
2 % Some LaTeX code.
3 \```
```

B.3.3 How to add or remove sections

For pre-textual sections (e.g., list of symbols, abstract), remove them from tex/include-before-body.tex and from R/quarto-pre-render.R.

For textual sections (e.g., chapters), remove them from the .quarto-[format].yml file.

For post-textual sections (e.g., appendices, annexes), if it's a appendix, remove it from .quarto-[format].yml; else, remove them from tex/include-after-body.tex.

It's important to note that, at this moment, the last chapter must have a LaTeX code chunk at the end of it. The same is true for the last appendix chapter. They should look like this:

Warning

Remove the \ from the beginning and end of the code below when applying it.

```
\```{=latex}
   \postextual
   \begingroup
   \renewcommand{\baselinestretch}{1}
  \setcounter{footnote}{0}
6
7
  \renewcommand{\thefootnote}{\fnsymbol{footnote}}
   \printbibliography[heading=bibheading]
8
   \endgroup
10
   \addtocontents{toc}{\protect\vspace{1em}}
11
   \cftinserthook{toc}{bibhook}
13 \addcontentsline{toc}{chapter}{
    \protect\numberline{}
14
     \newbibname
15
16
     \hspace{-0.25em}
17 }
18
19
   \begin{apendicesenv}
20
```

```
\``` {=latex}
  \end{apendicesenv}
2
```

B.4 CITATION MANAGEMENT

B.4.1 Citation method

This Quarto format was specifically designed to be compatible with BibLaTeX, which is a comprehensive reimplementation of BiBTeX. At first glance, these two systems may appear very similar.

To get started, simply insert your references into the references.bibfile. However, this task can be somewhat tedious and demanding. To simplify the process, we recommend exploring the integration of Zotero along with Better BiBTeX, as demonstrated in a section below.

For detailed guidance on handling citations in Quarto, please refer to Quarto's Citation & Footnotes documentation.

B.4.2 Citation style

There are two built-in citation styles:

- ABNT (Brazilian Association of Technical Standards);
- APA (American Psychological Association).

To use one of them, simply change the biblio-style option in your yml file with the style of you preference.

```
format:
abnt-pdf:
biblio-style: abnt # options: [abnt, abnt-ibid, abnt-numeric, apa]
```

There are other options related to the citation style; some are shown below. Please refer to biblatex, biblatex-abnt and biblatex-apa manuals to learn more about them.

```
format:
abnt-pdf:
biblio-footnote: >
According to the Brazilian Association of Technical Standards
(ABNT NBR 6023).
```

```
6
        biblatexoptions:
          - backend=biber,
          - language=english, # [options: english, brazil, spanish, french]
8
          - url=true,
9
10
          - useprefix=false,
11
          - giveninits=true,
12
          - extrayear=true
        bibhang: 0cm # Use 0.5cm if `biblio-style: apa`.
13
        bibparsep: 0ex
14
```

B.4.3 Zotero integration

This template can work with Zotero and the Better BiBTeX plugin. The advantage of using this integration is that you don't need to manually input your references into references.bib; they are automatically imported when you render the format.

For this to work, you must activate the zotero option in your yml file and have Zotero, with Better BibTeX installed, open while rendering your thesis. A pre-render script (see R/quarto-pre-render.R), created using the rbbt R package, will scan all .qmd and .tex files searching for BibTeX citations (e.g., @watson1953). If they match with your Zotero database, the citations will then be written into the references.bib file.

```
1 format:
2 abnt-pdf:
3 zotero: true
```

B.4.3.1 Title case change

By using Zotero, you may experience a title casing change when exporting your references. This is the default behavior of Better BibTex while exporting to BibLaTeX.

You can disable this by going to Zotero's configuration editor (go to Edit > Preferences > Advanced > Config Editor) and changing the variable\extensions.zotero.translators.bett bibtex.exportTitleCase to false. Beware that this can produce some issues. You can find more information about this behavior here.

B.5 ABNT FIGURES AND TABLES

(work in progress - consider adding a knitr hook)

B.5.1 Figures

See Code Cells.

(1) Create a new figure environment.

Name it abntfigure and include an \quartolegend in the end.

Use \notblank from etoolbox package to add a conditional layer.

(2) Add the new environment to fig-env in _extension.yml.

B.5.2 **Tables**

1. Add a hook at the end of the longtable environment.

Include the \quartolegend and utilize \notblank from etoolbox package to add a conditional layer.

```
1 \AddToHook{env/longtable/before}{}
2 \AddToHook{env/longtable/after}{}
3 \AddToHook{env/longtable/begin}{
4 \ABNTEXfontereduzida
5 \renewcommand{\arraystretch}{1}
6 }
7 \AddToHook{env/longtable/end}{}
```

B.6 FREEZING AND CACHE

See Freeze.

B.7 HOW TO CUSTOMIZE THIS QUARTO FORMAT

B.7.1 Quarto system

See Quarto's guide.

B.7.2 Template and template partials

See Tempalte partials.

B.7.3 **Spacing rules**

- Set fixed dimensions (e.g., page dimensions) in cm or pt. cm is the prefer unit for margins.
- Set line spacing as a proportion of \baselineskip (e.g., 1.5\baselineskip).
- Use the settings \tinyskipamount, \smallskipamount, \midskipamount, \bigskipamount, \hugeskipamount and their counterparts \tinyskip, \smallskip, \midskip, \bigskip, \hugeskip. You can find them in the lengths.tex template partial.
- For other kinds of relative vertical spacing, use the ex unit.
- For relative horizontal spacing, use the em unit.

See Oetiker et al. (2023, section 7.5) to learn more about LaTeX spacing features. The articles on Overleaf are also a great source of information. Check Lengths in LaTeX and How to change paragraph spacing in LaTeX to get a sense of the subject.

B.7.3.1 Unit equivalences

```
• 1em == 12pt or \approx 0.423333$cm.
```

• $1ex == \approx 6.22266pt$ or $\approx 0.219521cm$.

B.7.3.1.1 \baselineskip

These are the equivalences for a Arial typeface with size 12pt:

Use \the\baselineskip and \gevalue{} to figure out the exact value. Note that \gevalue{} will return the value in pt.

Example of using \getvalue{}:

```
1 \begingroup
2 \setlength{\parskip}{1em}
3 \getlength{\parskip}
4 \endgroup
```

 1\baselineskip == 14.5pt. That's about 1.2x (or (\$≈\$1.208333x) the font size (standard procedure).

\linestretch=1.5

- 0.25\baselineskip == 5.4375pt or ≈ 0.191822917 cm;
- 0.5\baselineskip == 10.875pt or ≈ 0.383645833 cm;
- 0.75\baselineskip == 16.3125pt or ≈ 0.57546875 cm;
- 1\baselineskip == 21.75pt or ≈ 0.76729167 cm;
- 1.5\baselineskip == 32.625pt or \approx 1.1509375cm;
- 2\baselineskip == 43.5pt or ≈ 1.534583 cm;
- 2.5\baselineskip == 54.375pt or ≈ 1.91822917 cm;
- 3\baselineskip == 65.25pt or ≈ 2.301875 cm.

B.7.4 How to add new citation styles

B.7.5 Must see references

To learn the basics about LaTeX, see Oetiker et al. (2023). To delve deeper into the LaTeX system, see Lamport (1994) and Knuth (1986).

B.7.5.1 Manuals

- Quarto;
- abntex2;
- memoir;
- biblatex;
- biblatex-abnt;
- biblatex-apa;
- babel;
- fontspec.

B.7.5.2 R packages

• gt;

• rutils.

ANNEX A - (SHOWCASE)

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Pellentesque accumsan rutrum lacus, vitae iaculis nisi bibendum in. Nulla et pellentesque nisl. Proin mollis dui sit amet egestas fermentum. Maecenas eu odio odio. Aenean porta ipsum in mauris pharetra dapibus. Nunc dapibus libero nec dui lacinia, id ultricies lectus maximus. Mauris quis mauris in velit pulvinar rutrum. Cras congue ante in orci luctus placerat. Nullam sit amet nisi augue. Maecenas non ligula eros. Etiam nec dolor a mi bibendum auctor.

