**Word count:** up to 4,000

**Structured abstract:** up to 250 words: ‘Objective’, ‘Design’, ‘Results’, ‘Conclusion’

**Tables/ Illustrations:** Figures are not limited, but must be thoroughly justified.

**References:** limited to those critical and relevant to the manuscript (around 50) Please include the key messages of your article after your abstract using the following headings. This section should be no more than 3-5 sentences and should be distinct from the abstract; be succinct, specific and accurate.

* **What is already known on this topic** – *summarise the state of scientific knowledge on this subject before you did your study and why this study needed to be done*
* **What this study adds** – *summarise what we now know as a result of this study that we did not know before*
* **How this study might affect research, practice or policy** – *summarise the implications of this study*