

Table 1. Demographic characteristics of the study population	
Age (years)	18-24
Gender	Male
Marital status	Married
Education	High school
Occupation	Unemployed
Religion	Islam
Income (USD)	100-200
Health status	Healthy
Smoking status	Non-smoker
Alcohol consumption	Non-drinker
Physical activity	Sedentary
Stress level	Low
Family size	2-3
Urban/rural	Urban
Season	Spring
Time of day	Daytime
Study duration	6 months
Sample size	100
Response rate	95%
Dropout rate	5%
Follow-up time	12 months
Recall period	1 month
Measurement error	Low
Confounding factors	Controlled
Statistical analysis	SPSS 25.0
Significance level	0.05
Power of the study	80%
Limitations	Self-reported data
Strengths	Large sample size
Conclusion	Valid results
References	1-10
Keywords	Health, Lifestyle, Demographics
Abstract	Summary of the study findings
Introduction	Background and objectives
Methods	Study design and procedures
Results	Key findings and data
Discussion	Interpretation and implications
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Appendix	Additional data and figures
Supplementary material	Extra information
Correspondence	Contact information
Conflict of interest	Statement of no conflict
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