

Polish Psychological Forum  
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## **INSTRUCTIONS FOR AUTHORS**

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- a) The article should not exceed 40 000 signs with spaces including references, quoted literature, tables, figures and attachments. The Editors may exempt from this rule, for example in case of articles involving a series of research. Reports, critiques, commentaries and polemics should not exceed 10 000 signs with spaces.
- b) The texts should be written in MS Word, 12 point font, double-spaced. Tables and figures (prepared according to APA standards) must be placed in the right position within the text (not separately). All pages must be numbered and include a header containing the title or its key content.
- c) A separate file should include a **summary in English** (maximum 150 words) and key words (maximum 5 words), names and affiliations of the Authors (do not give titles and/or position), their e-mail addresses, **ORCID numbers** and notes from the Authors. The same guidelines apply to **summary in Polish**.

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- d) The notes from the Authors (or appropriate references in the main text) must contain information concerning the contribution (with percentage) of particular Authors in preparing the publication (e.g. who is the Author of the concept, assumptions, research methodology, data collection and analysis etc.) as well as acknowledgements informing about financing sources and help from a specialized entity (legal or natural person).

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- e) We apply commonly accepted in psychological literature rules of text formatting as set down in the guidelines in the current issue of American Psychological Association Manual ([www.apastyle.org](http://www.apastyle.org)). From 2025, we ask you to submit manuscripts in accordance with **APA 7**.

These rules abide in the leading magazines and psychological course books.

- f) The Author should make out all the names of statistical tests, statistical significance and other necessary parameters. Numbers, e.g. statistical significance, should be written in format of .05 (not as 0.05).
- g) References within the text should contain first the surname of the Author(s), year of publishing and pages in case of quotations e.g. (Smith, Jankowski, 2006, p. 16). Chronological order of the publications should be used in references. If there are more than three Authors of a given publication the references should be limited to the surname of the first Author only e.g. (Stevenson et al., 2009).

The bibliography quoted in the text should be prepared according to the same single layout.

If the article is in English, all titles in References section should be translated into English.

Particular positions should be presented in alphabetical order at the end of the text according to the following examples:

Oleszkowicz, A., & Senejko, A. (2011). Dorastanie [Adolescence]. In J. Trempała (Eds.), *Psychologia rozwoju człowieka* [Psychology of human development] (pp. 259–286). Wydawnictwo Naukowe PWN.

Paulhus, D. L., & Dutton, D. G. (2016). Everyday sadism. In V. Zeigler-Hill & D. K. Marcus (Eds.), *The dark side of personality: Science and practice in social, personality, and clinical psychology* (pp. 109–120). American Psychological Association.  
doi.10.1037/14854-006

Cheng, J., Zhao, Y. Y., Wang, J., & Sun, Y. H. (2019). Academic burnout and depression of Chinese medical students in the pre-clinical years: the buffering hypothesis of resilience and social support. *Psychology Health & Medicine*, 25(9), 1094–1105. <https://doi.org/10.1080/13548506.2019.1709651>

Rostowska, T. (2008). *Małżeństwo, rodzina, praca a jakość życia* [Marriage, family, work and the quality of life]. Oficyna Wydawnicza Impuls.

Zeigler-Hill, V., & Marcus, D. K. (Eds.). (2016). *The dark side of personality: Science and practice in social, personality, and clinical psychology*. American Psychological Association. <https://doi.10.1037/14854-000>

The quoted bibliography must be complete and compliant with the rules. Otherwise the submitted materials will be sent back for completion.