**Abstract**

XXX.

Keywords: *XXX*

**Περίληψη**

ΧΧΧ.

Λέξεις κλειδιά: *ΧΧΧ*

**Introduction / Εισαγωγή**

XXX.

**Method / Μεθοδολογία**

***Participants / Συμμετέχοντες***

ΧΧΧ.

***Instruments / Όργανα μέτρησης***

ΧΧΧ.

***Procedure / Διαδικασία***

ΧΧΧ.

**Results / Αποτελέσματα**

***Subheading / Υπο-ενότητα***

ΧΧΧ.

Πίνακες και Διαγράμματα

Example / Παράδειγμα

**Table ΧΧ.** Descriptive statistics for the pre-competition variables for the two groups.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Experimental group | | | | Control group | | | |
|  | Competition 1 | | Competition 2 | | Competition 1 | | Competition 2 | |
|  | M | SD | M | SD | M | SD | M | SD |
| Competition importance | 5.67 | 1.90 | 5.88 | 1.51 | 6.50 | 1.73 | 5.75 | 1.27 |
| Cognitive anxiety | 1.46 | 0.60 | 1.18 | 0.43 | 1.08 | 0.57 | 1.26 | 0.39 |
| Somatic anxiety | 1.02 | 0.62 | 0.77 | 0.52 | 0.85 | 0.66 | 0.70 | 0.54 |
| Self-confidence | 1.56 | 0.56 | 1.46 | 0.57 | 1.65 | 0.47 | 1.86 | 0.64 |

|  |  |
| --- | --- |
| Chart, line chart  Description automatically generated | Chart, line chart  Description automatically generated |
|  |  |
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**Figure XX.** Changes in anxiety and confidence for the two groups across competitions.

**Discussion / Συζήτηση**

XXX.

**Significance for Sport or/and Physical Education or/and Quality of Life**

**Σημασία για τον Αθλητισμό ή/και τη Φυσική Αγωγή ή/και την Ποιότητα Ζωής**

ΧΧΧ.

**References / Βιβλιογραφία**

Example / Παράδειγμα

*Research article / Ερευνητικό άρθρο*

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