**Abstract Title**
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**Abstract:**

Write your abstract here. Abstract must be typed, single spaced, using Arial in 12-point size, justified. Abstracts should contain no more than 300 words. Do not leave blank lines between paragraphs and include in the abstract the study **background**, **methods**, **results**, **and conclusion**. Abstract will be published as submitted and any error appearing in the submitted abstract will appear in the abstract book. Please save abstract file name as **shiftmterms2024\_abstract\_first author name**. Please submit your abstract **before the abstract submission deadline**. Abstracts will be vetted by the Scientific Committee and accepted abstracts for poster / oral presentation will be notified via registered email.

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