

## Author Guidelines

(Jul2021)

### Journal of Patan Academy of Health Sciences- JPAHS

<http://www.jpahs.edu.np>

<http://www.pahs.edu.np/downloads/journal-of-pahs/>

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#### 1. Introduction

Journal of Patan Academy of Health Sciences (JPAHS) is a peer-reviewed multidisciplinary health science journal published by Patan Academy of Health Sciences (PAHS). The frequency of publication is thrice a year. The journal has no article process charge (APC) as of now. Article categories include but are not limited to Original Article, Review Article, Case Report, Viewpoint, Medical Education, Rural Health, Student Section, Nursing Section, and Letter to the Editor. We at JPAHS adhere to the ICMJE, COPE, WAME guidelines. Manuscript preparation in IMRAD format.

The JPAHS aims to increase visibility by open access to scientific, scholarly publications to promote the dissemination of health research for the benefit of society at large. Hence, JPAHS grants permission, except for commercial use, to read, download, copy, distribute, print, search, or link to the full texts of these articles (<http://www.jpahs.edu.np/> or <http://www.pahs.edu.np/downloads/journal-of-pahs/>). Currently, JPAHS does not levy APC-article processing charges for authors.

The editorial process is to review the submission with the understanding that they are being submitted to JPAHS and have not been published, simultaneously submitted, or already accepted for publication elsewhere. The Editorial office review submitted manuscripts initially. Manuscripts with insufficient originality, serious scientific and technical flaws or lack of a significant message are rejected or if the good article is written poorly then the author is requested to re-submit after the revision according to JPAHS format incorporating all the suggestions from the editor and journal office. All manuscripts received are duly acknowledged. The JPAHS follows blind peer review- manuscripts are sent to two or more expert reviewers without revealing the identity of the contributors to the reviewers. Each manuscript is meticulously reviewed by the JPAHS editor based on the comments from the reviewers and takes a final decision on the manuscript. The contributors will be informed about the reviewers' comments and final decision from the JPAHS for the acceptance/rejection of a manuscript. Articles accepted is copy edited for grammar, punctuation, print style, and format. Page proofs are sent to the corresponding author, which has to be returned within the deadline mentioned in the communication with the corresponding author. Nonresponse to proof copy may delay the publication or even be rejected. [\[Back\]](#)

## 2. Scope of the journal

The JPAHS is a multidisciplinary health science journal- publishes articles related to researches done in the field of biomedical sciences related to all the disciplines of the medical sciences, medical education, public health, health policy, health care management, including ethical and social issues about health. The journal gives preference to good quality research papers with new findings, clinically oriented studies over experimental and animal studies. JPAHS gives special attention to the articles providing immediate impact to the health and policy. The Journal would publish peer-reviewed original research papers, case reports, systematic reviews, and meta-analyses. Editorial, Guest Editorial, Viewpoint, letter to the editor is solicited by the editorial board. [\[Back\]](#)

## 3. Instructions to author

Manuscripts must be prepared in accordance with "Uniform requirements for Manuscripts submitted to Biomedical Journals" developed by the ICMJE-International Committee of Medical Journal Editors. The uniform requirements and specific requirements of JPAHS are summarized below.

**Online submission is required.** Before sending a **completed manuscript**, authors must complete the [Authors checklist](#), [Authorship declaration form](#), available from the JPAHS website.

**Changes to Authorship-** the corresponding author must send a written document, with agreement from all the authors, for addition, deletion, or rearrangement of author names in the authorship of accepted manuscripts before publication, with

- the reason for the change,
- an updated '[Authorship declaration form JPAHS](#)' with signatures from all authors.

After the accepted manuscript is published, any requests to add, remove, or rearrange author names in an article will follow the same policies as detailed above and result in a corrigendum. [\[Back\]](#)

## 4. Types of Manuscript and word limit

- **Original Article:** Randomised controlled trials, interventional studies, studies of screening and diagnostic tests, outcome studies, cost-effectiveness analyses, case-control series, and surveys with high response rates. Word count of the main text (introduction up to 250 words, methods, results, discussions, conclusions) should be 2000 to 4000 words (excludes structured abstract of up to 250 words; references  $\geq 20$  to 50, acknowledgments, COI, author contribution, funding). Up to six tables/figures (either of these or in combination). Journal may allow variations on justified request. [\[Back\]](#)
- **Review Article:** Systematic review or narrative review, critical assessments of literature and data sources. The Word count of the main text (introduction up to 400 words, methods, results, discussions, conclusions, etc.) should be 4000-6000 words (excluding references  $\geq 50$ ; unstructured abstract up to 250 words). Up to six photographs/tables (either of these or in combination). Journal may allow variations on justified request. [\[Back\]](#)

- **Mini Review Article:** Usually a narrative review, word count of main text 2000 to 4000 words and  $\geq 20$  to 50 references, and unstructured abstract (up to 250 words). Journal may allow variations on justified request. [\[Back\]](#)
- **Case Report:** new/interesting/rare cases with clinical significance or implications. Up to 1500 words excluding references ( $\geq 5$  to 15) and unstructured abstract (up to 150 words), up to three photographs/tables (either of these or in combination). Journal may allow variations on justified requests. [\[Back\]](#)
- **Viewpoint/Perspective/brief communication:** personal views to express your point of view on any issues relevant to health, including controversial subjects. Up to 1500 words excluding references ( $\geq 5$  to 15) and unstructured abstract (up to 150 words), up to three photographs/tables (either of these or in combination). Journal may allow variations on justified request. [\[Back\]](#)
- **Letter to the Editor:** This should be a short, decisive observation. They should not be preliminary observations that need a later paper for validation. Up to 1500 words excluding references ( $\geq 5$  to 15) and unstructured abstract (up to 150 words), up to three photographs/tables (either of these or in combination). Journal may allow variations on justified request. [\[Back\]](#)

**Limits for the number of images and tables:** for all the above-mentioned categories the number of images and tables should be approximately one per 500 words, i.e., five for the original article of 2500 words limit and three for 1500 words of the case report. Journal may allow some variations when justified, authors should avoid gross variation. [\[Back\]](#)

#### 5. Manuscript category/Sections for Manuscripts in the journal

- **General Section:** related to medical/health science as mentioned above for 'Types of Manuscript and word limit'
- **Medical education:** related to medical/health science education with abstract and references, word limit, and structure may vary according to the types of manuscripts mentioned above.
- **Rural Health:** related to rural health services, word limit and structure may vary according to the type of manuscripts mentioned above.
- **Student Section:** related to various aspects and written by health science students, word limit and structure may vary according to the types of manuscript mentioned above.
- **Nursing Section:** related to nursing and midwifery, word limit and structure may vary according to the types of manuscript mentioned above.
- **Journalology:** related to scientific journal writing, publishing, editing word limit and structure may vary according to types of manuscript mentioned above.
- **QI- quality improvement:** related to audit, qi project for improvement in clinical practice, word limit and structure may vary according to types of manuscript mentioned above. [\[Back\]](#)

#### 6. Manuscript submission

Please submit the manuscript through our email (online submission), please do not submit a hard copy (except when advised by JPAHS). Before submission ensure you have prepared the journal as per the author guideline, have completed these two documents '[Author checklist before submission JPAHS](#)' and '[Authors declaration form JPAHS](#)'

The Chief Editor

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#### 7. Manuscript preparation and its sections

Manuscripts must be submitted in clear, concise English language. The JPAHS uses an American English language setup for publication. Please refer to a sample of the 'Author's checklist and Authorship declaration form' available on our [JPAHS](#) website. Please provide proof of ethical approval of the research.

The manuscript should be single-spaced in A4 size, Calibri 11 points throughout. Normal margins of 25 mm. The pages should be numbered consecutively, beginning with the title page. Each [section of the manuscript](#) should commence on a new page in the following sequence,

- Title page
- Abstract
- Introduction
- Method
- Result
- Discussion
- Conclusion
- Acknowledgment, Conflict of interest, Funding, Author's contribution
- Reference
- Table and figure numbered and list of title/legend

JPAHS does not include 's' e.g., method NOT methods from 2020 issues onwards. Particular attention should be taken to ensure the manuscript adheres to the style of the journal in all respects. Please avoid the use of signs for example "&" for "and" or "@" signs; however, you can use abbreviations used in standard textbooks/forms, provided the full form has been given when it first appears in the text. Thereafter use abbreviated forms. [\[Back\]](#)

#### [Title page](#)

The title page should carry

1. Type of manuscript (e.g., Original article, Case Report)
2. The title of the article should be concise, informative include sufficient detail to appreciate what the paper is about. It should include keywords and phrases for indexing purposes. The title normally does not exceed two to three lines in print i.e., around 20 words. Do not include numbers, acronyms, abbreviations, proprietary names, etc.
3. Running title or short title not more than 50 characters including spaces.
4. Authors' name as it appears in your culture/society (e.g., Jay Narayan Shah, do NOT format to Shah JN or Shah Jay Narayan). You may mention which is the first name, middle name and last name), with the highest academic degree(s) for record and institutional affiliation.
  - 1) Email, ORCID of all the authors (ideally, must for the corresponding author, ORCID provides a digital identifier, the ORCID iD, the author owns and controls, and distinguishes from other researchers).
  - 2) The name of the department/s and institution/s to which the work should be attributed to all authors.
  - 3) The name, address, phone numbers, and e-mail of corresponding author/s in sequential order.
5. The total number of pages, number of tables and figures; word counts for each section, and the main text document (excluding the abstract, reference, table, and figure).
6. Funding- yes, no. If yes provide details source(s), title, ref no, etc.
7. Acknowledgment to individual or institute for significant contribution who do not qualify for authorship (as per [ICJME 4-criteria for authorship](#)) for example general support by a departmental chair, or staff-
  - 1) Acknowledgment of and nature of technical help.
  - 2) Acknowledgment of financial and material support, which should specify the
8. Nature of the support. Conflict of interest (COI)
9. Author's contribution (briefly for individual authors)
10. If the manuscript was presented as part of a meeting or thesis, declare the organization, place, and date on which it was read, weblink.
11. Registration number of clinical trials.

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### Abstract

Provide full title on the abstract page. The abstract up to 250 words should be 'structured' for original articles- Introduction with aim and objective, Method, Result, and Conclusion. In Methods briefly state the context (background), settings place time and design, material, methodology, statistical analysis, ethical approval. Mention main findings in result to align with objective and method. In conclusion, mention briefly finding to align with your goals of the study supported by method and result. Below the abstract should provide 3 to 8 keywords arranged alphabetically, separated by a comma, all small cases. The abstract should not be structured for a review article and case report. Do not include references in the abstract. Avoid the use of abbreviations unless necessary, e.g., to avoid repetition of long words/phrases that may affect word counts. Avoid copy-pasting from the main document. [\[Back\]](#)

### Introduction

Provide a context or background for the study, the nature of the problem, and its significance in up to 250 words limit. State the specific purpose, research objective, what is known, controversies, research gap. Provide only directly pertinent references, and do not include data or conclusions from the work being reported. Start with a global view, regional than local. Write in 'inverted triangle' (in three paragraphs ideally), and end with the rationale/relevance of the study. [\[Back\]](#)

### Method

Include detailed information on materials and methods; the details of where, when, how, who, why, etc, with the elaborate process so as the study can be 'reproduced'.

Describe the study population in detail including controls. Describe the methods and procedures, so that other workers can reproduce the results. If the methods used are new or substantially modified, describe them and state their limitations. When reporting research on human beings, the authors must include an assurance that the work was approved by a medical ethics committee and that the subjects gave their informed consent to participate. The Methods section should include only information that was available at the time the plan or protocol for the study was written; all information obtained during the conduct of the study belongs in the Results section. Selection and Description of Participants Describe your selection of the observational or experimental participants (patients or laboratory animals, including controls) clearly, including eligibility and exclusion criteria and a description of the source population. Because the relevance of such variables as age and sex to the object of research is not always clear, authors should explain their use when they are included in a study report; for example, authors should explain why only subjects of certain ages were included or why women were excluded. The guiding principle should be clarity about how and why a study was done in a particular way. When authors use variables such as race or ethnicity, they should define how they measured the variables and justify their relevance. Technical information Identify the methods, apparatus (give the manufacturer's name and address in parentheses), and procedures in sufficient detail to allow other workers to reproduce the results. Give references to established methods, including statistical methods (see below); provide references and brief descriptions for methods that have been published but are not well known; describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration. Authors submitting review manuscripts should include a section describing the methods used for locating, selecting, extracting, and synthesizing data. These methods should also be summarized in the abstract.

Selection and description of participants Describe the selection of the observational or experimental participants (patients or laboratory animals, including controls), inclusion and exclusion criteria, and a description of the source population. Relevance of variables such as age and sex, authors should explain why only certain age groups or genders were included. The guiding principle should be clarity about how and why a study was done in a particular way. When authors use variables such as race or ethnicity, they should define how they measured the variables and justify their relevance. Provide a working definition of your study, for example when it is about 'elderly' mention specifically what you mean by elderly with a specific age/group.

Technical information Identify the methods, apparatus (give the manufacturer's name and address in parentheses), and procedures in sufficient detail to allow other workers to reproduce the study. Give references to established methods, including statistical methods; provide references and brief descriptions for methods that have been

published but are not well known; describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration.

Ethics Mention of ethical approval obtained. Indicate whether the procedures followed were in accordance with the ethical standards (e.g., Helsinki Declaration). Do not use patients' names, initials, or hospital numbers, identifiable illustrations/images. When reporting experiments on animals, indicate whether the institution's or a national research council's guideline or any national law on the care and use of laboratory animals was followed.

The 'evidence' for approval by a local Ethics Committee should be supplied by the authors when required. Animal experimental procedures should be as humane as possible and the details of anaesthetics and analgesics used should be clearly stated. The journal will not consider any paper which is deemed unethical. A statement on ethics committee permission and ethical practices must be included in the 'Method' section.

Statistics Describe statistical methods with enough detail on study design, sampling technique, sample size, etc, to enable a knowledgeable reader with access to the original data to verify the reported results. When possible, quantify findings and present them with appropriate indicators of measurement error or uncertainty (such as confidence intervals). Avoid relying solely on statistical hypothesis testing, such as the use of P values, which fails to convey important information about effect size. References for the design of the study and statistical methods should be to standard works when possible (with pages stated). Define statistical terms, abbreviations, and most symbols. Specify the computer software used. [\[Back\]](#)

Reports of randomized clinical trials should present information on all major study elements, including the protocol, assignment of interventions (methods of randomization, concealment of allocation to treatment groups), and the method of masking (blinding), based on the CONSORT Statement (<http://www.consort-statement.org>).

#### Reporting Guidelines for Specific Study Designs

Initiative	Type of study	Source
CONSORT	randomized controlled trials	<a href="http://www.consort-statement.org">http://www.consort-statement.org</a>
STARD	studies of diagnostic accuracy	<a href="http://www.consort-statement.org/stardstatement.htm">http://www.consort-statement.org/stardstatement.htm</a>
QUOROM	systematic reviews and meta-analyses	<a href="http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf">http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf</a> <a href="https://abstracts.cochrane.org/sites/default/files/attachments/pdf/5364-5358.pdf">https://abstracts.cochrane.org/sites/default/files/attachments/pdf/5364-5358.pdf</a>
STROBE	observational studies in epidemiology	<a href="http://www.strobe-statement.org">http://www.strobe-statement.org</a>
MOOSE	meta-analyses of observational studies in epidemiology	<a href="http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf">http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf</a>
EQUATOR	Enhancing the QUALity and Transparency of Health Research	<a href="https://www.equator-network.org">https://www.equator-network.org</a>
SPIRIT PRISMA-P	For reporting a protocol	<a href="http://www.equator-network.org/reporting-guidelines/spirit-2013-statement-defining-standard-protocol-items-for-clinical-trials/">http://www.equator-network.org/reporting-guidelines/spirit-2013-statement-defining-standard-protocol-items-for-clinical-trials/</a> <a href="http://www.equator-network.org/reporting-guidelines/prisma-protocols/">http://www.equator-network.org/reporting-guidelines/prisma-protocols/</a>
ENTREQ MOOSE PRISMA	review of a section of the existing literature	<a href="http://www.equator-network.org/reporting-guidelines/entreq/">http://www.equator-network.org/reporting-guidelines/entreq/</a>

		<a href="https://www.elsevier.com/__data/promis_misc/ISSM_MOOSE_Checklist.pdf">https://www.elsevier.com/__data/promis_misc/ISSM_MOOSE_Checklist.pdf</a> <a href="http://www.equator-network.org/reporting-guidelines/prisma/">http://www.equator-network.org/reporting-guidelines/prisma/</a>
COREQ CARE SRQR	descriptive data (either alone or alongside quantitative data)	<a href="http://www.equator-network.org/reporting-guidelines/coreq/">http://www.equator-network.org/reporting-guidelines/coreq/</a> <a href="http://www.equator-network.org/reporting-guidelines/care/">http://www.equator-network.org/reporting-guidelines/care/</a> <a href="http://www.equator-network.org/reporting-guidelines/srqr/">http://www.equator-network.org/reporting-guidelines/srqr/</a>
TIDIER CHEERS	research into an intervention or treatment on people	<a href="http://www.equator-network.org/reporting-guidelines/tidier/">http://www.equator-network.org/reporting-guidelines/tidier/</a> <a href="http://www.equator-network.org/reporting-guidelines/cheers/">http://www.equator-network.org/reporting-guidelines/cheers/</a>

Note Authors submitting review articles should include a section describing the methods used for locating, selecting, extracting, and synthesizing data. These methods should also be summarized in the abstract [\[Back\]](#)

### Result

Present your results in logical sequence in the text, tables, and illustrations, giving the main or most important findings first, based on your objective of the study. Do not repeat all the data in the tables or illustrations, emphasize or summarize only the most important observations. Extra or supplementary materials and technical detail can be placed in an appendix where they will be accessible but will not interrupt the flow of the text, or they can be published solely in the electronic version of the journal.

When data are summarized, give number and percent in the format of xx(xx%) i.e. N(%), the absolute numbers from which the derivatives were calculated, and specify the statistical methods used to analyze them, for example, 5(20%) without space between the number and bracket containing percentage (avoid using formats of 46%(460), 46%(460/1000) unless in exceptional cases to better explain the flow of text), no space between number and percentage (e.g., 20%), SD(45±1.12), p<0.05, p>0.05, p=0.05, p-value (use no space before, after symbol, all p are in small font case, not P). [\[Back\]](#)

### Units of measurement - Numbers and figures spelled out, Date format

Date format- DD MMM YYYY: 1 Jan 2010 (NOT 01 Jan 2010 or Jan 1, 2010, or Jan 01, 2010 etc) or ISO: 2010-01-01 (NOT 01-01-2010)

Single-digit numbers from 'zero to nine' should be spelled out, except in the case of units of measure or time. For 10 and higher, use Arabic numerals. Always spell out numbers at the beginning of a sentence.

For measurements use small letters and one space between number and unit (for both single or multiple digits).

Single-digit numbers from 'zero to nine' should be spelled out, e.g., five males/person (NOT 5 males/person), **except in the case of units of measure- length, time, weight, temperature, volume, pressure**. For 10 and higher, use Arabic numerals. Always spell out numbers at the beginning of a sentence. e.g.,

- Starting sentence- Thirteen days old child, NOT 13 days old child.
- Consistency of number style when many numbers in one sentence- There were 13 children, male 11, female 2; or, 11 males, 2 females.
- When putting two numbers next to each other- Five 6 kg children, NOT 5 6 kg children.
- No space between a numeral and a percent sign: 13%.
- Use a space between a numeral and a unit of measurement: 178 mm, NOT 178mm.
- Use a zero before a decimal point, e.g., 0.11 ml (NOT .11 mL).
- Rates, proportions, and fractions- (/) for proportions and rates, 1/3 of samples; and (:) for ratios: The ratio was 3:4.
- Spell out fractions that modify nouns: Half the cases showed..., A two-thirds majority...



- When writing a range or series, give the unit after the final item: 25–30 mg, NOT 25 mg–30 mg
- Do not insert a space on either side of an en-dash (–): Kathmandu valley comprising of three districts—Kathmandu, Bhaktapur, and Lalitpur—all have good weather, NOT Kathmandu valley comprising of three districts — Kathmandu, Bhaktapur, and Lalitpur — all have good weather.

For measurements use small letters, with space between number & unit, e.g.,

- Length- nanometer 5 nm, micrometer  $\mu\text{m}$ , millimeter 5 mm, centimeter 5 cm, meter 5 m, kilometer 5 km
- Time- second 5 s, 15 s (NOT 5s, NOT 5 sec), minute 5 min (Not m, to confuse with meter), 5 h (NOT 5 hr), 5 d, 5 w (NOT wk), 5 y (NOT yr), 5 mo (not 5 m, exception not to confuse with for minutes)
- Weight- nanogram ng, microgram  $\mu\text{g}$ , milligram mg, gram g, kilogram kg
- Temperature- Celsius 5 °c, Fahrenheit: 5 °f (note- the degree and centigrade is 'one symbol', no space in-between)
- Volume- cubic millimeter 5 mm<sup>3</sup>, cubic centimeter 5 cm<sup>3</sup>, deciliter 5 dl, liter 5 L (note- the mm<sup>3</sup> is 'one symbol', no space in-between)
- In combination 5 m/s (not 5m/s or 5 meter/sec), 5 L/s (not 5 l/sec or 5L/s)
- Pressure- mmHg SD(45±1.12) , p<0.05, p>0.05, p=0.05 (do not use capital P, use no space before after symbol) [\[Back\]](#)

**Tables:** Tables should be self-explanatory, with an appropriately constructed title that has similar importance as the title of the manuscript, and should not duplicate textual material. Tables with more than 10 columns and 25 rows, or which do not fit on one page are not acceptable. Number tables, in Arabic numerals, consecutively in the order of their first citation in the text and supply a brief title for each. Type or print each table with double spacing on a separate sheet of paper. Number tables consecutively in the order of their first citation in the text and supply a brief title for each. Do not use internal horizontal or vertical lines. Give each column a short or an abbreviated heading. Authors should place explanatory matter in footnotes, not in the heading. Explain all nonstandard abbreviations in footnotes, and use symbols (\*, †, ‡, §, ||, ¶, \*\*, ††, ‡‡) or alphabets in superscript (<sup>a, b, c, ...</sup>), NOT numbers (1,2,3, which can be confused with results).

Illustrations, tables, graphs, and figures must be 'cited' appropriately, and not merely elaborate them, e.g., do not write 'Table 1 shows that xxx', instead write 'we found xxx, Table 1.'. The title of the table (placed on top), and the legend of the figure (placed at the bottom) should be self-explanatory, so the reader does not need to refer to the main document to understand what the table is about. Follow the format 'Table 1., Table 2., ....' (Not Tab or Table: etc.), In tables use a capital 'N' for number, predictive value 'p' in small letter (also throughout the manuscript). Figure 1., Figure 2., .... (NOT Fig.1). Provide a full form of abbreviation used in table or figure, as 'Note' below the table or figure. Table, Figure should not exceed one A4 size.

Use graphs as an alternative to tables with many entries; do not duplicate data in graphs and tables. When the data show changing trend over time and you are not keen to show 'exact value', a graph is a better choice over a table. Identify statistical measures of variations, such as standard deviation and standard error of the mean.

If you use data from another published or unpublished source, obtain permission and acknowledge that source fully. Submit such tables for consideration with the paper so that they will be available to the peer reviewers. [\[Back\]](#)

**Figure:** Graphs, charts, diagrams, or pen drawings must be drawn by professional hands in Indian ink (black) on white drawing paper. In the case of x-ray, miniature photo prints should be supplied. Photographs should be supplied in high-quality glossy paper not larger than 203 mm x 254 mm (8" x 10"). In the case of microphotographs, stains used and magnification should be mentioned. Each illustration should bear on its back the figure number and an arrow indicating the top. All illustrations should be black and white and should be submitted in triplicate with suitable legends. We accept electronic versions of illustrations, which should have a resolution of 300 dpi, and the dimension of 640 x 480 to 800 x 600 pixels dimension and picture format should be JPEG (\*.jpg, \*.jpeg) or TIFF (\*.tif, \*.tiff).



Pictures will be published in B/W free of charge. But, if you want to publish your picture in color, please contact the editorial board for the cost and payment procedure.

For x-ray films, scans, and other diagnostic images, as well as pictures of pathology specimens or photomicrographs, send sharp, glossy, black-and-white, or color photographic prints, usually 127 x 173 mm (5 x 7 inches). Letters, numbers, and symbols on figures should therefore be clear and consistent throughout and large enough to remain legible when the figure is reduced for publication.

Photomicrographs should have internal scale markers. Symbols, arrows, or letters used in photomicrographs should contrast with the background.

Photographs of potentially identifiable people must be accompanied by written permission to use the photograph. Figures should be numbered consecutively according to the order in which they have been cited in the text. If a figure has been published previously, acknowledge the source, and submit written permission from the copyright holder to reproduce the figure. Permission is required irrespective of authorship or publisher except for documents in the public domain.

Figure legends, type or print out legends for illustrations using double spacing, starting on a separate page, with Arabic numerals corresponding to the illustrations. When symbols, arrows, numbers, or letters are used to identify parts of the illustrations, identify, and explain each one clearly in the legend. Explain the internal scale and identify the method of staining in photomicrographs. [\[Back\]](#)

#### Discussion

Emphasize and start a discussion with the important finding/s of 'your study' and the conclusions that follow from them to support your study objective. Do not repeat in detail data or other information given in the 'Introduction or the Results section'. Begin by summarizing the main findings, then explore possible mechanisms or explanations for these findings, compare and contrast with relevant literature with a logical explanation as to why your findings are similar or different, state the limitations of the study based on your methodology and findings, and explore the implications for future research/practice. Discussion should be written in 'triangle' form 'starting from your study to the regional and global', opposite to the structure of 'introduction'.

#### Conclusion

Should be linked and reflect the objective of the study but avoid unqualified statements not adequately supported by the data. Do not make statements on economic benefits and costs unless the manuscript includes the data and analyses. Avoid claiming priority or alluding to work that has not been completed. State new hypotheses when warranted. Unsubstantiated by data, yet important assumptions are best elaborated in the discussion section. [\[Back\]](#)

#### Reference

References should be numbered consecutively in the order in which they appear in the text, table, figure.

- Citation of references in text, tables, and legends by Arabic numerals in superscript in relation to the punctuation marks, i.e., after periods and before commas, colons, and semicolons.
- Avoid referencing abstracts unless they are the only available format.
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