

# Journal of Health Studies and Medicine

## INFORMATIONS FOR AUTHORS

Journal of Health Studies and Medicine (JHSM) is a reviewed medical journal featuring original scientific articles based on original research, as well as reviews, meta-analysis and case studies in medicine, medical biology and science related fields

JHSM is published in English only.

The editors will accept only those papers which are acknowledged by the reviewers and the editors to be thematically appropriate works making a unique contribution to the advancement in science and/or clinical practice.

Any experimental research on humans must comply with the Declaration of Helsinki, which should be noted in the description of methodology. To carry out such research projects, the authors must obtain the approval of the relevant ethics committee. The experimental research carried out on animals also must have the consent of the commission, which should be confirmed in the authors' statement included in the letter of submission.

The signature of all the authors on the letter of submission signifies that:

- the submitted manuscript is the authors' own work;
- the research results have not been published or submitted for publication elsewhere;
- all the authors named on the title page have consented to the submission of this work for publication in JHSM.

Received manuscripts are first examined by the JHSM editors. Manuscripts considered unsuitable for publication in JHSM are immediately returned to the author without further review.

In case of lack of comments from the JHSM editors, manuscripts are sent to two reviewers for scientific evaluation. The reviewers are experts in the field concerning the received manuscript.

The reviewing procedure is conducted in accordance with the recommendations from MNiSW described in the brochure "Good practices in the procedures of reviewing the science." It is founded on the principle of double-blind review and the absence of conflict of interest between the reviewer and the author(s).

The reviewers apart from the substantive remarks, indicate in the review form their opinion, which should be taken into account by the JHSM editors that:

- The manuscript is accepted for publication as it is
- The manuscript is accepted after minor corrections
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- The manuscript is rejected

The ultimate decision to accept the paper for publication, accept the paper subject to correction, or reject it is the prerogative of the editors and is non-appealable. The editors are not obliged to justify their decision.

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The editors introduced a firewall *ghostwriting* and *guest authorship*. *Ghostwriting* and *guest authorship* are examples of scientific misconduct. Any identified cases will be disclosed, including notification of appropriate bodies or institutions (authors' home institutions, scientific societies, associations of academic editors, etc.).

Ghostwriting occurs when someone has makes a substantial contribution to the formation of publication, without revealing his participation as one of the authors or without mentioning his role in the acknowledgments of publication (source: [www.mnisw.gov.pl](http://www.mnisw.gov.pl)). Editors document any manifestations of scientific misconduct, especially violations and breaches of ethics in force in science.

All the authors of the publications, please attach to the article information about the sources of funding of publications, contribution of scientific institutions – research associations and other entities.

## PREPARING THE MANUSCRIPT FOR SUBMISSION

### Categories and volume of articles

- Original articles: no longer than 4000 words
- Review articles: no longer than 5000 words
- Meta-analysis: no longer than 5500 words
- Case studies: no longer than 3000 words
- Letters to the editor: no longer than 2000 words

### Title page

Include a concise, informative title of the manuscript, type, the authors' names, departmental and institutional affiliations of each author, the name and complete address of the corresponding author, including telephone number and e-mail address, source material support in the form of grants, subsidies, equipment, medicines, etc., if one exists. The nature and extent of each co-author's contribution to the preparation of the manuscript should be specified according to the following categories: A – research concept and design; B – collection and; C – data analysis and interpretation; D – writing the article; E – critical revision of the article; F – final approval of article.

Please also provide a running title of not more than 45 characters.

### Abstract

It should be 200-300 words in original papers and should consist of 5 paragraphs introduced by separate subheadings in the following order: Background, Objectives, Material and Methods, Results, Conclusions. The abstract of papers other than the original, the above structure is not required and the volume should not exceed 250 words. Provide 3-5 key words for indexing. Key words should be taken from the list recommended by the Index Medicus Subject Headings – MeSH.

### Structure of the text

Print page should be A4 size. The text should be written in Times New Roman, size 12 points. and spacing: 1.5. The left margin should be 4 cm, 1.5 cm right, top and bottom 2,0 cm. Required text file formats are .doc or .docx.

Title and intertitles should be separated double-spaced (also spelled the basic text, without distinctions and underscores).

Original studies should be divided into the following sections: Introduction, Material and Methods, Results, Discussion, References. Each section should begin on a separate page. Financial and other material support should be disclosed and acknowledged.

### References

References must contain their importance and accessibility, are numbered consecutively in the order of their occurrence in the text. The bibliographical can find only those items actually cited or referenced in the text. References first cited in tables or figure legends must be numbered in such a way as to maintain numerical sequence with the references cited in the text. References to literature should be made by Vancouver System using Arabic numerals in square brackets. Citation of the literature should be placed only at the end of sentences or paragraphs rather than in the middle of a sentence. When an article has six or fewer authors, all should be listed; when there are seven or more, only the first three are listed, then "et al." Systematic reviews should come with a bibliography of 40-50 sources, of which a minimum of 50% should have been published within the last 5 years. Non-review articles should have a bibliography of 20-30 sources, including a minimum of 50% published within the last 5 years. Polish authors are required to maintain a balance between references to Polish and foreign sources.

## SAMPLE REFERENCES

(based on [www.nlm.nih.gov/citingmedicine](http://www.nlm.nih.gov/citingmedicine))

### Standard journal article

Lahita R, Kluger J, Drayer DE, Koffler D, Reidenberg MM. Antibodies to nuclear antigens in patients treated with procainamide or acetylpro-cainamide. *N Engl J Med* 1979; 301:1382-5.

### Article with published erratum

Koffler D, Reidenberg MM. Antibodies to nuclear antigens in patients treated with procainamide or acetylo-procainamide [published erratum appears in *N Engl J Med* 1979; 302: 322-5]. *N Engl J Med* 1979; 301:1382-5.

### Article in electronic form

Position of the Polish Nursing Association on Civil-legal Contracts Concluded by Nurses on July 21, 2011. Warsaw; 2011; pp. 1-3 [Internet]. Available from: [http://www.ptp.na1.pl/pliki/PTP\\_Stalowiska/25\\_PTP\\_STAN\\_umowy\\_cywilno-prawne.pdf](http://www.ptp.na1.pl/pliki/PTP_Stalowiska/25_PTP_STAN_umowy_cywilno-prawne.pdf) [cited 05.06.1996].

### Article, no author given

Cancer in South Africa [editorial]. *S Afr Med* 1994; 84:15.

### Book, personal author(s)

Ringsven MK, Bond D. Gerontology and leadership skills for nurses. 2nd ed. Albany (NY): Delmar Publishers; 1996.

### Book, editor(s) as author

Norman IJ, Redfern SJ, eds. Mental health care for elderly people. New York: Churchill Livingstone; 1996.

### Book, organization as author and publisher

Institute of Medicine (US). Looking at the future of the Medicaid program. Washington: The Institute; 1992.

### Chapter in a book

Phillips SJ, Whisnant JR. Hypertension and stroke. In: Laragh JH, Brenner BM, eds. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995, pp. 465-478.

### Conference proceedings

Kimura J, Shibasaki H, eds. Recent advances in clinical neurophysiology. Proceedings of the 10th International Congress of EMG and Clinical Neurophysiology; 1995 Oct 15-19; Kyoto, Japan. Amsterdam: Elsevier; 1996.

Conference paper

Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KG, Oegoulet P, Piemme TE, Rienhoff O, eds. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10. Geneva, Switzerland .

## TABLES AND FIGURES

Tables are numbered consecutively in the order of their first citation in the text, with a brief title over the table. Below please indicate the source. A short or abbreviated heading should be used for each column. Explanations, including the clarification of non-standard abbreviations, should be provided in footnotes under the table, and not in the table itself. Care should be taken that every table included with the manuscript is in fact mentioned in the text.

Figures, in JPG format, should be numbered consecutively according to the order in which they are first cited in the text. Care should be taken that every figure included with the manuscript is in fact mentioned in the text. If a figure has been previously published, the original source must be acknowledged and written permission should be obtained from the copyright holder to reproduce the material, except for documents in the public domain. Photographs may be color or black and white.

Photomicrographs should have internal scale markers. The symbols, arrows, or letters used in photomicrographs should contrast with the background. If photographs of people are used, either the identity should be masked or written permission should be obtained to use the photograph.

Tables should be placed at the end of the manuscript, under the part References in the text file with all the papers. Figures should be sent separately as .jpg files.

## UNITS OF MEASURE

Measurements of length, height, weight, and volume should be reported in metric units (meter, kilogram, or liter) or their decimal multiples. Temperatures should be given in degrees Celsius. Blood pressures should be given in millimeters of mercury.

All hematological and clinical chemistry measurements should be reported in the metric system in a manner consistent with the International System of Units (SI). Alternative or non- SI units should be added in parentheses.

## ABBREVIATIONS AND SYMBOLS

Abbreviations and symbols are acceptable only when standard. Abbreviations should not be used in the title or abstract. The full term for which an abbreviation stands should precede its first use in the text, unless it is a standard unit of measurement.

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The title of the email, please write: work JHSM, the name and surname of the first author. The text of paper (title page, abstract, main text, references, etc.), together with the tables at the end of the manuscript should be prepared in a single text file. Figures and photographs should be attached separately in .jpg graphics files.

The volume of e-mail should not exceed 10 MB.