

INTERNATIONAL JOURNAL OF WELLNESS

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INSTRUCTIONS TO AUTHORS

Guide for Authors

International Journal of Wellness (IJW) is an open access, international, peer-reviewed journal. The journal's full text is available online at <http://www.ijw.co.in>. The journal allows free access to its contents. International Journal of Wellness is dedicated to publishing research in all disciplines of sciences and areas associated with wellness. The journal has a broad coverage of relevant topics. International Journal of Wellness (IJW) is one of the fastest communication journals and articles are published online within short time after acceptance of manuscripts. The types of articles accepted include original research articles, review articles, editorial, case reports, short communications and new updates in the area of wellness. It is published annually. International Journal of Wellness (IJW) complies with the uniform requirements for manuscripts submission as per Vancouver protocol, issued by the International Committee for Medical Journal Editors. The complete document available at <http://www.icjme.org>.

Article types

The following types of manuscripts are routinely accepted (please note that word count is from abstract to references but excluding references):

Original articles: The form of these articles is discussed fully below; an abstract is required. They should be no longer than 4000 words and 40 references (as above, please note that word count also excludes tables, figures and legends).

Review articles: An abstract and keywords are required. The text should be divided into sections by suitable headings. Tables and figures may be used as appropriate for the text. They should be no longer than 5000 words.

Case reports: The journal welcomes interesting case reports pertaining to all medical disciplines.

Letters: Headings should not be used in a letter; no abstract or keywords are required. The text should be no more than 800 words; there should be a maximum of 10 references and one table or figure may be included.

New drug updates: Information on new drugs approved or under investigation can be published.

Commentaries: Commentaries are intended to put into context the material presented in a particular paper.

Correspondence: Correspondence is limited to specific comments or criticisms relating to a recent IJW paper, whose authors will be invited to reply.

It is strongly advised that Authors provide a list of 3 or 4 potential reviewers (e-mail and phone numbers) who are knowledgeable in the subject matter, have no conflict of interest, and are likely to agree to review the manuscript.

Authorship

All authors should have made substantial contributions to all of the following: (1) the conception and design of the study, or acquisition of data, or analysis and interpretation of data, (2) drafting the article or revising it critically for important intellectual content, (3) final approval of the version to be submitted.

Manuscript Submission

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Please ensure that the following are including in your submission:

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9. All text pages have been numbered.
10. References are in the correct format for this journal.
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Please type all pages with double spacing, with margins of 25mm (1 inch) on one side of A4 (212x297mm) size paper.. Title page, abstract, tables, legends to figures and reference list should each be provided on separate pages of the manuscript.

Use a normal, plain font (e.g., 12-point Times New Roman) for text. The text should be in single-column format. Number the pages. Keep the layout of the text as simple as possible. However, bold face, italics, subscripts, superscripts etc. could be used. Do not embed 'graphically designed' equations or tables, but prepare these using the facility in Word or as a separate file in Excel. When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. Do not prepare tables in Powerpoint. Do not import the figures into the text file but, instead, indicate their approximate locations directly on the manuscript.

To avoid unnecessary errors you are strongly advised to use the spellchecker.

The title page should include: the title, the name(s) and affiliation(s) of the author(s), an address for correspondence, and telephone numbers and e-mail addresses for editorial queries. Original and review articles should include an Abstract (a single paragraph) of no more than 250 words and 3-6 key words for abstracting and indexing purposes.

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Original research papers

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4. There should not normally be more than 40 references.
5. You must use Times New Roman, Font size 12, double spaced throughout your manuscript.

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Manuscripts must include:

1. Title page
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4. Methods
5. Results
6. Discussion and conclusions
7. Acknowledgements
8. Declarations
9. References
10. Tables
11. Figures and Legends

1. Title page

The title page should be designated as page 1 of the manuscript.

Title of article: It should be concise but informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.

Author names and affiliations: The title page should include the name by which each author is known with his or her higher academic degree(s), institutional affiliation, the name of the department(s) and institution(s) to which the work should be attributed. Generally for uniformity author names should be written as first name, middle name initial followed by family name, e.g. Ajay K. Gupta. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name.

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The second page should carry an abstract (of not more than 250 words). The abstract should state the purposes of the study or investigation, basic procedures (selection of study subjects or laboratory animals; observational and analytical

methods), main findings (giving specific data and their statistical significance, if possible), and the principal conclusions. It should emphasize new and important aspects of the study or observations.

Below the abstract authors should provide, and identify as such, 3 to 6 key words or short phrases that will assist indexers in cross-indexing the article and may be published with the abstract.

3. Introduction

The introduction should state the purpose of the article and summarize the rationale for the study or observation. Give only strictly pertinent references and do not include data or conclusions from the work being reported.

4. Methods

The methods must be described in sufficient detail to allow the experiments to be interpreted and repeated by an experienced investigator. Where published methods are used, references should be given, together with a brief outline. The statistical tool used to analyze the data should be mentioned. The description of drugs, chemicals and other materials should include the names and brief address of the relevant suppliers. Drug names should be International Non-proprietary Names (INN). If a drug has no INN its full chemical name must be used. All procedures involving experimental animals or human subjects must accompany a statement on ethical approval from appropriate ethics committee.

Reports of randomized, controlled trials should follow the recommendations of the Consolidated Standards of Reporting Trials (CONSORT) statement.

Reporting guidelines for specific study designs

Initiative	Type of Study	Source
CONSORT	Randomized controlled trials	http://www.consort-statement.org
STARD	Studies of diagnostic accuracy	http://www.consort-statement.org/stardstatement.htm
QUOROM	Systematic reviews and meta-analyses	http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf
STROBE	Observational studies in epidemiology	http://www.strobe-statement.org
MOOSE	Meta-analyses of observational studies in epidemiology	http://www.consort-statement.org/Initiatives/MOOSE/moose.pdf

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When reporting experiments on human subjects, indicate whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) and with the Helsinki Declaration of 1975, as revised in 1983. Do not use patients' names, initials, or hospital numbers, especially in illustrative material. When reporting experiments on animals, indicate whether the institution's or a national research council's guide for, or any national law on, the care and use of laboratory animals was followed

6. Statistics

Describe statistical methods with enough detail 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 quantitative information. Discuss the eligibility of experimental subjects. Give details about randomization. Describe the methods for and success of any blinding of observations. Report complications of treatment. Give numbers of observations. Report losses to observation (such as dropouts from a clinical trial). References for the design of the study and statistical methods should be to standard works when possible (with pages stated) rather than to papers in which the designs or methods were originally reported. Specify any general-use computer programs used.

Put a general description of methods in the Methods section. When data are summarized in the Results section, specify the statistical methods used to analyze them. Restrict tables and figures to those needed to explain the argument of the paper and to assess its support. Use graphs as an alternative to tables with many entries; do not duplicate data in graphs and tables. Avoid nontechnical uses of technical terms in statistics, such as "random" (which implies a randomizing device), "normal," "significant," "correlations," and "sample." Define statistical terms, abbreviations, and most symbols.

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Present your results in a logical sequence in the text, tables, and figures, giving the main or most important findings first. Do not repeat in the text all the data in the tables or figures; emphasize or summarize only important observations.

8. Discussion and Conclusions

The purpose of the discussion is to present a brief and pertinent interpretation of the results against the background of existing knowledge. Any assumptions on which conclusions are based must be stated clearly. Do not repeat in detail data or other material given in the Introduction or the Results section.

Link the conclusions with the goals of the study but avoid unqualified statements and conclusions not completely supported by the data. The main conclusions should be conveyed in a final paragraph with a clear statement of how the study advances knowledge and understanding in the field. Recommendations, when appropriate, may be included.

9. Acknowledgements

Collate acknowledgements in a separate section at the end of the article and do not, therefore, include them on the title page, as a footnote to the title or otherwise. When the work included in a paper has been supported by a grant from any source, this must be indicated. A connection of any author with companies producing any substances or apparatus used in the work should be declared. All contributors who do not meet the criteria for authorship as defined above should be listed in an acknowledgements section. Examples of those who might be acknowledged include a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Authors should disclose whether they had any writing assistance and identify the entity that paid for this assistance.

10. Declarations

This information must also be inserted into your manuscript with the headings below.

Funding: None / Name of the funding agency.

Conflict of interest: None declared.

Ethical approval: Mention the official document No. / Not required

9. References

References should be numbered consecutively as they appear in the text. Reference citations in the text should be identified by numbers in superscript after the punctuation marks. All authors should be quoted for papers with up to six authors; for papers with more than six authors, the first six should be quoted followed by et al.

Article in Journals

1. *Standard journal article*

List the first six authors followed by et al.

Vega KJ, Pina I, Krevsky B. Heart transplantation is associated with an increased risk for pancreatobiliary disease. *Ann Intern Med* 1996 Jun 1;124 (11):980-3.

2. *Organization as author*

The Cardiac Society of Australia and New Zealand. Clinical exercise stress testing. Safety and performance guidelines. *Med J Aust* 1996; 164: 282-4.

3. *No author given*

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

4. *Volume with supplement*

Shen HM, Zhang QF. Risk assessment of nickel carcinogenicity and occupational lung cancer. *Environ Health Perspect* 1994;102 Suppl 1:275-82.

5. *Issue with supplement*

Payne DK, Sullivan MD, Massie MJ. Women's psychological reactions to breast cancer. *Semin Oncol* 1996;23(1 Suppl 2):89-97.

6. Volume with part

Ozben T, Nacitarhan S, Tuncer N. Plasma and urine sialic acid in non-insulin dependent diabetes mellitus. *Ann Clin Biochem* 1995;32(Pt 3):303-6.

7. Issue with part

Poole GH, Mills SM. One hundred consecutive cases of flap lacerations of the leg in ageing patients. *N Z Med J* 1994;107(986 Pt 1):377-8.

8. Issue with no volume

Turan I, Wredmark T, Fellander-Tsai L. Arthroscopic ankle arthrodesis in rheumatoid arthritis. *Clin Orthop* 1995;(320):110-4.

9. No issue or volume

Browell DA, Lennard TW. Immunologic status of the cancer patient and the effects of blood transfusion on antitumor responses. *Curr Opin Gen Surg* 1993:325-33

10. Pagination in Roman numerals

Fisher GA, Sikic BI. Drug resistance in clinical oncology and hematology. Introduction. *Hematol Oncol Clin North Am* 1995 Apr;9(2):xi-xii.

11. Type of article indicated as needed

Enzensberger W, Fischer PA. Metronome in Parkinson's disease [letter]. *Lancet* 1996;347:1337. Clement J, De Bock R. Hematological complications of hantavirus nephropathy (HVN) [abstract]. *Kidney Int* 1992;42:1285.

12. Article containing retraction

Garey CE, Schwarzman AL, Rise ML, Seyfried TN. Ceruloplasmin gene defect associated with epilepsy in EL mice [retraction of Garey CE, Schwarzman AL, Rise ML, Seyfried TN. In: *Nat Genet* 1994;6:426-31]. *Nat Genet* 1995;11:104.

13. Article retracted

Liou GI, Wang M, Matragoon S. Precocious IRBP gene expression during mouse development [retracted in *Invest Ophthalmol Vis Sci* 1994;35:3127]. *Invest Ophthalmol Vis Sci* 1994;35:1083-8. 15. Article with published erratum Hamlin JA, Kahn AM. Herniography in symptomatic patients following inguinal hernia repair [published erratum appears in *West J Med* 1995;162:278]. *West J Med* 1995;162:28-31.

14. Article with published erratum

Hamlin JA, Kahn AM. Herniography in symptomatic patients following inguinal hernia repair [published erratum appears in *West J Med* 1995;162:278]. *West J Med* 1995;162:28-31.

Books and Other Monographs

1. Personal author(s)

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

2. Editor(s), compiler(s) as author

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

3. Organization as author and publisher

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

4. Chapter in a book

Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. p. 465-78.

5. Conference proceedings

Kimura J, Shibasaki H, editors. 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.

5. Conference paper

Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P, Piemme TE, Rienhoff O, editors. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10; Geneva, Switzerland. Amsterdam: North-Holland; 1992. p. 1561-5

6. Scientific or technical report Issued by funding/sponsoring agency

Smith P, Golladay K. Payment for durable medical equipment billed during skilled nursing facility stays. Final report. Dallas (TX): Dept. of Health and Human Services (US), Office of Evaluation and Inspections; 1994 Oct. Report No.: HHSIGOEI69200860. Issued by performing agency: Field MJ, Tranquada RE, Feasley JC, editors. Health services research: work force and educational issues. Washington: National Academy Press; 1995. Contract No.: AHCPR282942008. Sponsored by the Agency for Health Care Policy and Research.

7. Dissertation

Kaplan SJ. Post-hospital home health care: the elderly's access and utilization [dissertation]. St. Louis (MO): Washington Univ.; 1995.

8. Patent

Larsen CE, Trip R, Johnson CR, inventors; Novoste Corporation, assignee. Methods for procedures related to the electrophysiology of the heart. US patent 5,529,067. 1995 Jun 25.

Other Published Material

1. Newspaper article

Lee G. Hospitalizations tied to ozone pollution: study estimates 50,000 admissions annually. The Washington Post 1996 Jun 21;Sect. A:3 (col. 5).

2. Audiovisual material

HIV+/AIDS: the facts and the future [videocassette]. St. Louis (MO): Mosby-Year Book; 1995.

3. Legal material Public law

Preventive Health Amendments of 1993, Pub. L. No. 103-183, 107 Stat. 2226 (Dec. 14, 1993). Unenacted bill: Medical Records Confidentiality Act of 1995, S. 1360, 104th Cong., 1st Sess. (1995). Code of Federal Regulations: Informed Consent, 42 C.F.R. Sect. 441.257 (1995). Hearing: Increased Drug Abuse: the Impact on the Nation's Emergency Rooms: Hearings Before the Subcomm. on Human Resources and Intergovernmental Relations of the House Comm. on Government Operations, 103rd Cong., 1st Sess. (May 26, 1993).

4. Map

North Carolina. Tuberculosis rates per 100,000 population, 1990 [demographic map]. Raleigh: North Carolina Dept. of Environment, Health, and Natural Resources, Div. of Epidemiology; 1991.

5. Book of the Bible

The Holy Bible. King James version. Grand Rapids (MI): Zondervan Publishing House; 1995. Ruth 3:1-18.

6. Dictionary and similar references

Stedman's medical dictionary. 26th ed. Baltimore: Williams & Wilkins; 1995. Apraxia; p. 119-20.

7. Classical material

The Winter's Tale: act 5, scene 1, lines 13-16. The complete works of William Shakespeare. London: Rex; 1973.

Unpublished Material

1. In press

Leshner AI. Molecular mechanisms of cocaine addiction. N Engl J Med. In press 1996.

Electronic Material

1. Journal article in electronic format

Morse SS. Factors in the emergence of infectious diseases. *Emerg Infect Dis* [serial online] 1995 JanMar [cited 1996 Jun 5];1(1):[24 screens]. Available from: URL: <http://www.cdc.gov/ncidod/EID/eid.htm>

2. Monograph in electronic format

CDI, clinical dermatology illustrated [monograph on CD-ROM]. Reeves JRT, Maibach H. CMEA Multimedia Group, producers. 2nd ed. Version 2.0. San Diego: CMEA; 1995.

Website:

National Cancer Institute. Fact sheet: targeted cancer therapies, 2012. Available at <http://www.cancer.gov/cancertopics/factsheet/Therapy/targeted#q1>. Accessed 9 June 2012.

10. Tables

Each table should be given on a separate page, paginated as part of the paper. Tables should be numbered consecutively with Arabic numerals and the number should be followed by a brief descriptive caption, occupying not more than two lines, at the head of the table (e.g. Table 1: Effect of drug on blood pressure). Tables should normally be self-explanatory, with necessary descriptions provided underneath the table. Each column should have a heading and the units of measurement should be given in parentheses in the heading. Footnotes to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included beneath the table body.

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Figure legends should be typed on a separate page of the main manuscript document. Legends should explain the figures in sufficient detail that, whenever possible, they can be understood without reference to the text. Legends, captions and labels should be consistent with terminology or nomenclature used in the text.

Review articles, Case reports, Commentaries and Correspondence

The same patterns as described for Original research papers, with respect to text style, figures, tables and references, apply also to other publication types. A summary (up to 250 words) is required for Reviews, although the subject headings stipulated for Original research paper summaries do not apply.

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