

EMU JOURNAL OF HEALTH SCIENCES WRITING RULES

GUIDELINES FOR AUTHORS

EMU Journal of Health Sciences (EMUJHS) is an international, scientific, open access and together journal published with independent, unbiased and double-blind refereeing principles. EMUJHS is under the responsibility of Eastern Mediterranean University Faculty of Health Sciences. EMU Journal of Health Sciences is published three times a year (March, August, December). It is an open access and refereed journal. The publication language of the journal is Turkish/English.

EMUJHS is a peer-reviewed, international, multidisciplinary journal dedicated to the advancement of health sciences. EMUJHS publishes original research, topical reviews, editorials, opinion and commentary articles on the protection and promotion of physical and mental health, nutrition, assessment and improvement of sports performance, prevention, care and rehabilitation of injuries and diseases. Through a distinguished international editorial board, EMUJHS is committed to the highest academic standards, integrity and efficient publication. EMUJHS is a peer-reviewed scientific journal focusing on many different fields that can be gathered under the umbrella of health sciences such as physiotherapy and rehabilitation, nursing, nutrition and dietetics, midwifery, exercise and sport sciences, recreation for health, physical activity, exercise and sport physiology, gerontology, social services, disaster management, child development, speech and language therapy, audiology, occupational therapy and health management. It focuses on issues related to children, families, adult health, athlete health and all other health services that concern all academics and professionals working in the field of health (physicians, nurses, physiotherapists, dieticians, psychologists, sport coaches, athletit trainer child development specialists and other health-related fields).

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Editorial and Publication Process

The editorial and publication processes of the journal are shaped according to the guidelines of the International Council of Medical Journal Editors (ICMJE), World Association of Medical Editors (WAME), Council of Science Editors (CSE), Committee on Publication Ethics (COPE), European Association of Science Editors (EASE), and National Information Standards Organization (NISO). The journal complies with the Principles of Transparency and Best Practice in Scholarly

Publishing (doaj.org/bestpractice) and the International Association of Scientific, Technical & Medical Publishers guidelines.

Articles are accepted for publication provided that they are original, have not been reviewed by another journal, or have not been previously published.

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Statements or opinions contained in the articles published in EMU Journal of Health Sciences reflect the views of the author(s) and not the views of the editors, editorial board, advisory board or publisher; the editors, editorial board, advisory board and publisher do not accept any responsibility or liability for such material. The ultimate responsibility for the published content lies with the authors.

Peer Review

Manuscripts submitted to EMU Journal of Health Sciences will undergo a double-blind peer-review process. Each submission will be reviewed by at least 2 external, independent reviewers who are experts in their fields to ensure an unbiased evaluation process. Acceptance for publication depends on the importance and originality of the submitted material. The editor-in-chief appoints an assistant editor to manage the evaluation process of the submitted manuscripts. The assistant editor manages the process by sending the manuscripts to referees independent of the advisory board members

Conflict of Interest

According to WAME: "A conflict of interest (COI) exists when there is a distinction between a person's private interests (competing interests) and his or her responsibilities to scientific and publishing activities that might lead an observer to believe that the person's behaviour or judgement is guided by competing interests." Potential conflicts of interest should be reported to the journal at the earliest stage.

Ethical Procedures

Research protocols for experimental, clinical and drug/device studies and case reports must be approved by the ethics committee in accordance with international agreements (World Medical Association Declaration of Helsinki "Ethical Principles for Medical Research Involving Human Subjects", last updated: October 2013, www.wma.net).

For manuscripts on experimental research on humans, a detailed description of the procedures that patients and volunteers may undergo must be followed by a statement indicating that their written informed consent has been obtained. For studies on animals, the measures taken to prevent pain and suffering of the animals should be clearly stated. Information about the approval of the participant, the name of the ethics committee and the approval number should also be stated in the "Materials and Methods" section of the manuscript. It is the responsibility of the authors to carefully protect the confidentiality of the participants. In case of photographs that may reveal the identity of the participants, the signed permission of the participant or his/her legal representative should be attached and the approval for publication should be given in the "Materials and Methods" section.

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All submissions are scanned by similarity detection software (iThenticate by CrossCheck) at any point during the peer review and/or production process. In case of alleged or suspected violations of publication ethics, such as plagiarism, citation manipulation, and data forgery/falsification, the editorial board of the journal will follow and act according to the EMU Scientific Research and Publication Ethics guidelines.

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An "author" is considered to be a person who makes an independent intellectual contribution to a published work and must meet the 4 criteria listed below as the authorship index:

1. Make significant contributions to the conceptual or design stages of the study or to the collection/processing, analysis or interpretation of data.
2. Make significant intellectual/conceptual critical revisions to the study design or content.
3. Approve the manuscript ready for publication.
4. Accept full responsibility for the work, ensuring that questions about the accuracy and completeness of any part of the work have been properly investigated and resolved.

All names listed as authors in the submissions must qualify as authors, and those who qualify must be listed in the manuscript respectively. It is the joint responsibility of the authors, not the journal to which the manuscript is submitted, to determine whether all persons listed as authors fulfil all 4 criteria. Authors should be prepared to disclose the author's contributions when necessary.

Contributions that do not meet the authorship criteria should be indicated in the "Acknowledgements" section.

Responsible Author

EMU Journal of Health Sciences requires a single author to be solely responsible for all manuscripts. Responsible author should be indicated.

Acknowledgements

Contributors who fulfil less than all of the above 4 criteria for authorship should not be listed as authors, but should be acknowledged. Conflict of interest, financial support, grants, any other contributions (statistical analysis, language editing) and/or technical assistance, if any, should be indicated at the end of the text.

Conflict of Interest

1. During a study, it should be clearly stated whether any financial and / or moral support that may affect the results of the study has been received or not received from any commercial company that is directly related to the research subject.
2. In relation to a study, it should be clearly stated whether the authors and/or their family members have any relationship with a committee membership or members, consultancy, expertise, employment status in any company, shareholding and similar situations that may have a potential conflict of interest.
3. During the preparation of the study; it should be clearly stated whether there is / is not any area of conflict of interest in the stages of data collection, interpretation of the results and writing the article.
4. The "Declaration of Conflict of Interest" in the author forms must be signed by all authors.

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The articles published by EMU Journal of Health Sciences are the final version. Therefore, requests for corrections after publication are evaluated by the Editorial Board. Author names, affiliations, article titles, abstracts, keywords and typographical errors can be corrected with an "erratum". Requests for withdrawal from publication are also subject to the approval of the Editorial Board.

Statement of Responsibility

Statements or opinions expressed in the articles published in the EMU Journal of Health Sciences reflect the views of the author(s) and not the views of the editors, editorial board, advisory board or publisher; the editors, editorial board, advisory board and publisher do not accept any responsibility or liability for such materials. The ultimate responsibility for the published content belongs to the authors.

ARTICLE SUBMISSION

Submission of an article to EMU Journal of Health Sciences implies that all authors have read and accepted the journal's editorial policies and publication ethics. To submit an article to EMU Journal of Health Sciences, please click on the "Online Article Submissions" link at <https://ojs.emu.edu.tr/index.php/jhs/about/submissions>

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PREPARATION OF THE MANUSCRIPT

Main Text:

Authors are required to adhere to the following guidelines before submitting their material. Submit the manuscript as a Word document in 12-point, double-spaced, Times New Roman font. Do not send your manuscript in PDF format.

Cover Letter:

A cover letter should be attached to the submission and should include full contact details of the responsible author (affiliation, postal address, e-mail address and telephone number). If the authors have already published or applied for publication of any article related to the same study, this should also be indicated.

Cover Page:

The title of the manuscript, names and surnames, ORCID numbers, academic titles, institutions, work phones and mobile phones, e-mail and correspondence addresses of all authors should be indicated. If the article has been previously presented as a paper, the place and date of the paper should be indicated. Information about the authors and their institutions should not be included in the main text, tables, figures and video documents.

Title:

Titles should be short, specific and informative. For scientific articles, do not use overly general titles, declarative titles, titles that include the direction of the study results, or titles in the form of questions. For reports of clinical trials, meta-analyses and systematic reviews, include the type of study as a subtitle (e.g. randomised clinical trial, meta-analysis, systematic review, Randomised Controlled Trial, Metadological etc.).

Abstracts:

Abstracts should not include reference, figure or table numbers. Abbreviations should not be used in abstracts unless necessary and should not be longer than 500 words.

Keywords:

Keywords should be limited to 2-5, the first letter should be capitalised, words should be separated from each other with semicolons (;) and should be compatible with the National Library of Medicine's Medical Subjects Subheadings (MeSH) .

Abbreviations:

Abbreviations should not be used in abstracts and titles unless necessary. The abbreviations used in the journal should be nationally or internationally recognised, defined in the text when first used and written in parentheses. Then that abbreviation should be used throughout the text. Please refer to "Scientific Style and Format" for commonly accepted abbreviations and usage (<https://www.scientificstyleandformat.org/Home.html>). When a drug, product, hardware or software programme is mentioned in the main text, the name of the product, the manufacturer of the product and product information, including the city and country (including state if in the USA) where the company is located, should be given in parentheses in the following format. For example, "DiscoverySt PET/CT scanner (General Electric, Milwaukee, WI, USA)".

Figures, Pictures, Tables and Graphics:

- The places where figures, pictures, tables and graphs are mentioned in the text should be indicated at the end of the relevant sentence. Descriptions of figures, pictures, tables and graphs should be added at the end of the article.
- Figures, pictures/photographs should be added to the system as a separate .jpg or .gif file (pixel size approximately 500x400, 8 cm wide and scanned at 300 resolution).
- All abbreviations used should be indicated in the description below the figures, pictures, tables and graphs.
- If previously published figures, pictures, tables and graphics are used, written permission must be obtained and this permission must be indicated in the description of the figure, picture, table and graphic.
- Illustrations/photographs should be in colour, with enough contrast and clarity to see the details.
- As in the rest of the text, the double-blind rule must be followed in figures. Any information that may point to a person or institution should be hidden in the images.

Video and Film Images:

Video and film images should be prepared in MPEG format with a maximum size of 5 MB. They should be submitted to the journal together with the article documents. Patient, doctor and institution names should be removed from all documents.

Statistical Evaluation:

All retrospective, prospective and experimental research articles should be statistically evaluated and reported with appropriate plan, analysis and reporting. Statistical tests should be briefly described in the Materials and Methods section (e.g. ANOVA or Fisher's test). Such a description should include appropriate references to the original literature, especially for uncommon statistical tests and methods. In manuscripts, p values should be clearly given (e.g. $p=0.025$; $p=0.524$). Mean and standard deviation (SD) for normally distributed data and medians and minimum-maximum values, ranges (R) or interquartile range (IQR) for non-normal data should be used. It is the responsibility of the authors to ensure that manuscripts comply with statistical rules.

Protection of Research Data:

The data of each study published by the researcher must be kept together for 5 years. When needed, authors may be asked to provide data and analysis programmes for some articles.

ARTICLE CATEGORIES

Original Articles

Original articles should provide new information based on original research. The main text should be structured with subheadings "Introduction, Materials and Methods, Results, Discussion, Conclusion".

Abstract: The abstract of research articles should be structured with subheadings (Objective, Materials and Methods, Results, Conclusion).

Introduction: Briefly state the nature and purpose of the study by citing the relevant literature.

Materials and Methods: Include details of clinical and technical procedures. Compliance with Research Ethics Standards: All manuscripts dealing with human subjects should include a statement that the study was approved by the institutional review board or a similar formal research ethics review committee. If your institution has none, there should be a statement that the research was conducted in accordance with the Principles of the Declaration of Helsinki (www.wma.net/e/policy/b3.htm). There should also be a statement as to whether informed consent was obtained from the research subjects.

Results: Present the results clearly, concisely and without comment. When available, the results of statistical analyses should be included in this section to support the results.

Discussion: Explain your findings and relate them to the findings of other authors; then describe their significance for practice in the relevant field. Limitations, drawbacks or shortcomings of the study should also be mentioned in the discussion section before the concluding paragraph.

Conclusion: A strong conclusion should be written in the last section.

For Clinical and Other Studies

Clinical trials must be registered in the clinical trial registration system recognised by the International Committee of Medical Journal Editors (ICMJE). Randomised controlled trials should follow CONSORT guidelines and include both the CONSORT checklist (see SPIRIT guidelines for protocols) and the flowchart. It is mandatory to use the Microsoft Word template available at www.consort-statement.org for the flowchart and to both cite and upload it as a figure in the manuscript. In addition, the original registration number should be included in the Abstract as evidence of the registration of the study in the submitted manuscripts.

You can visit the link below to register your clinical trials:

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For observational studies, please visit the link for STROBE guidelines;

<https://www.equator-network.org/reporting-guidelines/strobe/>

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<https://www.equator-network.org/reporting-guidelines/srqr/>

Visit the link for CARE guidelines for case studies;

<https://www.equator-network.org/reporting-guidelines/care/>

Review Articles

The journal will consider 3 types of review articles. The type of review should be indicated in the title,

1) Systematic Reviews (not including meta-analyses): Requires a complete systematic review of the literature using multiple databases, spanning many years, and grading the quality of the evidence cited. Systematic reviews without meta-analysis are published as "Reviews"; those with meta-analysis are published as "Original Research". A PROSPERO record of meta-analyses and systematic reviews should be created. Meta-analyses and systematic reviews should follow the PRISMA checklist and flow diagram guidelines.

You can visit the link below to register your metanalysis and systematic review studies;

<https://www.crd.york.ac.uk/prospero/>

Visit the link for the PRISMA checklist and flow diagram instructions;

<https://www.equator-network.org/reporting-guidelines/prisma/>

2) Advances in Diagnosis and Treatment: A complete systematic review of the literature is also required here, but only those published in the last 5 years should be reviewed. An assessment of the quality of the evidence is recommended but not required.

3) Traditional Reviews: It does not require a rigorous literature search but should be evidence-based and written by leading experts in the field.

Editorial Comment/Discussion

The evaluation of the original research article is carried out by experts in the field (excluding the authors of the research article) and published at the end of the relevant article.

Letters to the Editor

These are letters containing different opinions, experiments and questions of readers about the articles published in the journal in the last 6 months. These letters should not exceed 400 words and should cite 5 references, 1 of which should be from the last article. Letters can have a maximum of 3 authors. The texts should include full names, academic degrees, a single institutional affiliation for each author and the e-mail address of the responsible author. Letters should not duplicate other material already published or submitted for publication and should not contain previously unpublished data. Letters that do not fulfil these characteristics are usually not considered. Generally, letters that are being considered for publication will be sent to the authors of the original article to give them an opportunity to respond. Letters will be published at the discretion of the editors, but will be subject to shortening and editing for style and content.

Invited Comment

An invited commentary is a short article describing the author's personal experience on a particular story. In contrast to a review article, the author gives his or her own views and perspectives. It typically deals with a current, new and often controversial story. It can be in 2 formats, such as providing an expert author's personal views and insights on a current and relevant subject, or adding the author's own point of view to another article that is commented on.

Book Reviews

Reviews of nationally or internationally recognised books of current value.

REFERENCES

References should be numbered according to their order of occurrence in the text and should be indicated as "Superscript" immediately after the punctuation marks at the end of the sentence. Journal names should be abbreviated according to the format used in Index Medicus. All references (books, journals, etc.) should be cited according to the International Committee of Medical Journal Editors-Uniform Requirements for Manuscripts Submitted to Biomedical Journals (<http://www.nlm.nih.gov>) (https://www.nlm.nih.gov/bsd/uniform_requirements.html). For

PubMed PMID citations: PubMed PMID numbers should be added at the end of references from the PubMed database.

Congress proceedings, personal experiences, unpublished theses cannot be cited as references but can be mentioned in the article.

For articles:

Standard journal article:

If the number of authors in the article is 6 or less, all authors should be indicated, if 7 or more, the first 6 names should be written and "et al" should be added.

- Uslu Yuvaci H, Yazar H, Köse E, Çoban BN, Aslan MM, Yazıcı E, et al. Evaluation of the relationship between the level of vitamin D in maternal blood and breast milk and postpartum depression. J Clin Obstet Gynecol. 2020;30(2):58-64.

Electronic journal article:

Gage BF, Fihn SD, White RH. Management and dosing of warfarin therapy. Am J Med. 2000;109(6):481-8. PMID: 11042238.

Journal article published online ahead of print:

Cesanelli L, Saveikis D, Conte D, Satkunskiene D. Discipline-specific adaptation patterns in respiratory and lower limb musculotendinous structures: cyclists vs. basketball players. The Journal of Sports Medicine and Physical Fitness. DOI: 10.23736/S0022-4707.24.16429-8. Published online 2024 Oct 28.

Journal supplement:

Lagios MD. Evaluation of surrogate endpoint biomarkers for ductal carcinoma in situ. J Cell Biochem. 1994;19(Suppl):186-8. PMID: 7823590.

Section of the journal issue:

Newman KM, Jean-Claude J, Li H, Ramey WG, Tilson MD. Cytokines that activate proteolysis are increased in abdominal aortic aneurysms. Circulation. 1994;90(5 Pt 2):II224-7. PMID: 7955258.

Books.

If the author and editor are the same:

Demirkılıç U. Extracorporeal Circulation. 2nd Edition. Ankara: Ortadoğu Reklam Tanıtım A.Ş.; 2021.

If the author and editor are different:

Keles E. Allergic rhinitis physiopathology. Keleş N, editor. ENT Expert Series 1: Allergic Rhinitis. 1st Edition. Ankara: Ortadoğu Reklam Tanıtım A.Ş.; 2018. p.13-23.

If translated book:

Davila GW, Ghoniem GM, Wexner SD, eds. Seçkin B, Ergen A, Aydur E, İnci K, translation editors. Pelvic Floor Dysfunction: A Multidisciplinary Approach. 1st Edition. Ankara: Ortadoğu Reklam Tanıtım Yayıncılık A.Ş.; 2008. p.109-12.

Other Sources

Conference proceedings:

Christensen S, Oppacher F. An analysis of Koza's computational effort statistic for genetic programming. Proceedings of the 5th European Conference on Genetic Programming; 2002 Apr 3-5; Kinsdale, Ireland. p.182-91.

Thesis source:

Thesis author. Thesis title [Thesis type]. City name: University name; Year. [Access date]. Access link

Newspaper article:

Coruhlu A. Why and how are purple foods beneficial for health? 20 September 2024. <https://gazeteoksijen.com/yazarlar/aysegul-coruhlu/mor-besinler-neden-ve-nasil-sagliga-faydali-223280>

Website

Digital Academy [Internet]. Ortadoğu Reklam Tanıtım Yayıncılık Turizm Eğitim İnşaat Sanayi ve Ticaret A.Ş. ©2021 [Access date: 28 October 2024]. Access link: <https://dijitalakademi.turkiyeklinikleri.com>

If it is a section of a homepage/website:

Digital Academy [Internet]. Turkey Clinics Publications accepted to Web of Science Book Citation Index! [Accessed 28 October 2024]. Access link: <https://dijitalakademi.turkiyeklinikleri.com/bulten/turkiye-klinikleri-yayinlari-web-of-science-book-citation-indexe-kabul-aldi-2666/tr-index.html>

REVISIONS

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