

INSTRUCTIONS FOR AUTHORS

The manuscript(s) submitted to JSTMU should not be more than allowable words limit (mentioned in relevant sections below) and NOT more than 5 Tables and/or figures excluding abstract (250 words), acknowledgments and references. The text of the manuscript should be doubled spaced with one-inch margin on all sides. The font should be in size 12 Times New Roman and all pages should be numbered. A certificate, signed by the author and co-authors should be accompanied along with the manuscript stating that the article has been read and seen by all authors and have not been submitted or published in another journal or elsewhere in a report or textbook. Any copyright material, if used, should be accompanied with a permission letter from the copyright owner by the corresponding author. The manuscript should be checked for spelling and grammatical errors before submission. Authors should write the Keywords in the manuscript below the abstract. *

A. Original Research Articles

The Journal considers original articles that are, cohort study, case-control study, clinical trials, intervention study, epidemiological assessment, cross-sectional study, meta-analysis, cost-effective analysis, decision analysis, study of screening and diagnostic test, other observational studies, and qualitative studies such as focus group discussions, in-depth open-ended survey etc. Articles based on thesis maybe submitted provided the data is not more than three years old.

Each original article must contain:

Title page *

Title page should contain the following information:

1. Complete title of the article
2. Name(s) of author(s)
3. Department(s)
4. Institution(s) at which work was performed
5. Official phone/fax number, mobile phone number, personal e-mail address of the corresponding author, and institutions address.

Abstract

The abstract should be structured and NOT more than 250 words. The abstract must be written under the following subheadings:

1. Introduction
2. Objectives
3. Methodology
4. Results
5. Conclusion

Text

Text must be arranged under the following headings:

1. Introduction
2. Methods
3. Results
4. Discussion
5. Conclusion(s)
6. Acknowledgements (if any)

Introduction: Should provide brief review of relevant literature in such a way that it highlights the importance of the study and that the purpose of the study should be clearly stated. The articles used in the review of literature should be properly referenced by Vancouver Style.

Methods: Should include the setting(s), the subjects (participants), sampling methods and sample size, if used, type of study design used, and other procedures that were conducted. The Methods section should be brief, crisp and detailed enough to enable the reader to replicate the study in another setting. Commonly used procedures and methods need not be described but require a reference to the original source.

Results: Should include the factual findings of the research study done and, presented in the form tables or figures. Each table and figures should be properly labelled with headings and numbers (e.g. Table

No. 1, Figure No. 1) on separate pages. The write-up of results in the text should highlight the important findings without duplication of presentations displayed in the tables or figures. *Explanation of the findings should be reserved for the Discussion section.*

Discussion: Should highlight the important findings comparing and contrasting the study's results with that of other similar researches published and it should be appropriately referenced. Discussion should be concise and supported by the presented data.

Conclusion: Is restricted to the study and is drawn from the results and discussion.

Acknowledgements: If any, should be placed at the end of the text and before references.

References: *

References should be cited consecutively in SUPERScript as NUMERICAL without parentheses and should appear AFTER the punctuation marks (. , ; : ? ! ") etc.) in the text/sentence. The final bibliography should be in the order in which they are quoted/cited in the text and written in Vancouver Style.

Citation Example:

Equal amounts of dietary carbohydrates have variable blood glucose response considerably as a function of specific food ingested.¹

Bibliography/References Example:

1. Wolever TMS, Yang M, Zeng XY, Atkinson F, Brand-Miller JC. Food glycemic index, as given in Glycemic Index tables, is a significant determinant of glycemic responses elicited by composite breakfast meals. *Am J Clin Nutr* 2006; 83(6):1306–12.

DOI: <https://doi.org/10.1093/ajcn/83.6.1306>

B. Meta -Analysis/ Systematic Reviews

Meta-analysis are systematic, critical assessments of literature and data sources pertaining to clinical topics, emphasizing factors such as cause, diagnosis, prognosis, therapy, or prevention, and that includes a statistical technique for quantitatively combining the results of multiple studies that measure the same outcome into a single pooled or summary estimate. All articles or data sources should be searched for and selected systematically for inclusion and critically evaluated, and the search and selection process should be described in the manuscript. Inclusion and exclusion criteria must be mentioned. Details of searching articles and search engines used should be clearly stated. The specific type of study or analysis, population, intervention, exposure, and tests or outcomes should be described for each article or data source. These should be described in the Method section. The data sources should be as current as possible, ideally with the search having been conducted within several months of manuscript submission. Authors of reports of meta-analyses of clinical trials should submit the PRISMA flow diagram and checklist. Authors of meta-analyses of observational studies should submit the MOOSE checklist. Follow EQUATOR Reporting Guidelines. The text **should NOT exceed 6000 words** excluding abstract, references, tables and figures.

Each of the sections of these articles should include specific sub-sections as follows:

Structured Abstract: (Not exceeding 250 words):

1. Objectives
2. Methodology
3. Results
4. Conclusion

Text should be organized under the following headings:

Introduction:

1. Rationale
2. Objectives
3. Research question

Methods:

1. Study design
2. Participants, interventions, comparators
3. Systematic review protocol
4. Search strategy
5. Data sources, studies sections and data extraction
6. Data analysis

Results:

1. Provide a flow diagram of the studies retrieved for the review
2. Study selection and characteristics
3. Synthesized findings

Discussion:

1. Summary of main findings
2. Risk of bias
3. Limitations
4. Conclusions

** For all other information including title page, typing and reference style, please follow the original articles instructions.*

C. Systematic Review (without meta-analysis): Review articles

Systematic Reviews/ review article are critical evaluation and assessments of scientific literature and other sources of data relating to health sciences topics, emphasizing factors such as cause, diagnosis, prognosis, therapy, or prevention. Systematic Reviews without meta-analysis are published as Review articles; those with meta-analysis are published as Original Investigations.

Systematic Reviews should include the following:

1. Abstract (Unstructured abstract of no more than 350 words)
2. Introduction (150-250 words)
3. Methods (150-250 words)
4. Results (1000-1250 words)
5. Discussion (1000 words)
6. Conclusions (2-3 sentences)

Maximum length: **Should NOT exceed 3500 words of text** (not including abstract, tables, figures, acknowledgments, references), with no more than a total of 5 tables and/or figures and no more than 50-75 references.

** For all other information including title page, typing and reference style, please follow the original articles instructions.*

D. Case Reports/Case Series

The journal will consider only those case report/series that represent very rare case(s), or epidemic diseases that are new or emerging, or first observation(s) of some emerging phenomenon or disease. They should have clinical significance and may also include observation of new adverse effect(s) of a drug, vaccine, or procedure or other unique observations, etc. Informed written consent of the patient or next of kin (if patient is not alive or comatose/disabled) should be obtained before submission of the manuscript. A covering letter from the authors that convincingly describe the merits of the case in the light of the mentioned criteria and it's educational or scientific merits should be sent along with the manuscript.

Case Report /case series should contain a single paragraph abstract and text **should NOT exceed 1000 words** (excluding abstract, references, tables and figures) with maximum 10 bibliographic references and either three figures or three tables. Each case report must contain:

1. Abstract (unstructured - should not exceed 120 words)
2. Introduction
3. Case Presentation
4. Discussion
5. Conclusion
6. Competing interest
7. Patient consent

** For all other information including title page, typing and reference style, please follow the original articles instructions.*

E. Rapid/Special /Short Communications

Rapid/Special/Short communication should be complete work, such as COMPLETE results of a short RESEARCH study, NOT a preliminary report and **should NOT exceed 1500 words** with one figure and/or one table. An editorial decision will be provided rapidly without reviews.

F. Letters to Editor

Letters should only be written on a specific article in the most recent publication of journal. The letter should be objective and provide constructive opinions offer some academic or clinical interest to the readers.

Letters **should NOT exceed 400 words** of text and 5 references, 1 of which should be to the recent article. It should not have more than 3 authors. The text should include the full name, academic degrees, and institutional affiliation for author and the email address for the corresponding author. Letters considered for publication shall be forwarded to the author of the cited article for possible response. The editor reserves the right to shorten these letters, delete objectionable comments, make other changes, or take any other suitable decision to comply with the style and policies of the journal. For writing and references style, follow the same instructions listed above.

Letter in Reply

Replies by authors should not exceed 500 words of text and 6 references. They should have no more than 3 authors.

G. Editorial

The topics of the editorial are decided by editorial board and/or Editor-in-Chief. Editorial is written either by one member of the editorial board or some expert on that topic invited by the Editor-in-Chief. As a convention, the editorial addresses relevant areas of interest that may pertain to a range of areas influencing health and health care sciences.

** For all other information including title page, typing and reference style, please follow the original articles instructions.*