

National Journal of Life and Health Sciences

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Author Guidelines

Manuscript Submissions

National Journal of Life and Health Sciences has agreed to receive manuscripts as per "Uniform Requirements for Manuscripts Submitted to Biomedical Journals," as cited in N. Engl. J. Med., 1997,336:309-15. In preparing manuscripts, authors should follow the "Uniform Requirements for Manuscript Submitted to Biomedical Journals" and specific author instructions detailed below:

Manuscript Submission

Manuscripts, including tables and figures must be original and not under consideration for publication by any other Journal. Ethical approval for ethical review board from authors institution is mandatory before submissions and must be enclosed with manuscript. All manuscripts should be accompanied by a covering letter. Mention type of article, undersigned stipulate that the manuscript submitted to National Journal of Life and Health Sciences is new, original and has not been submitted to any other journal for consideration of publication. Human and /or animal studies must be undertaken as per international standards. Also disclosed the financial association along with conflict of interest and other related material required. Cover letter must be signed by corresponding author after taking consent and approval from all authors.

Submit the article through official email (njlhsciences@gmail) or online submission system as per Higher Education Commission (HEC) new guidelines for publication.

Manuscript Format Requirement

A. General Manuscript Requirements

Manuscript must be written in English Language.

Must be in the following order: Title Page, Abstract & Keywords, Introduction, Materials and Methods, Results, Discussion, Conclusions and Recommendations, Acknowledgement, Funding Source, Conflict of Interest, and References. Tables and figures inside the text where required, number pages consecutively from title page to references. Type the page number in lower right-hand corner of each page. Follow Times New Roman font style with 12 size throughout manuscript except title font size from 14-16 (depends on title words count). Double spacing from title page to references. Justify all text throughout the manuscript.

B. Title Page

The title page of the manuscript should include: Concise and informative title (less than 200 characters. First, middle, and last name of each author up to six authors. Complete affiliation of each author including Designation, Department (s), and Institution (s), Province, Country. Name, address and telephone number of one author responsible for correspondence about the manuscript.

C. Abstracts

Provide a structural abstract of not more than 250 words. Abstract should consist of five paragraphs, labeled as Background, Objectives, Methods, Results and Conclusion. Add keywords 4-7.

D. Introduction

Follow the funnel shape approach from generalize to specific approach. Add a paragraph of rationale of study and then state the purpose of the article. Give updated references and do not include data collected procedure or conclusions from the work being reported. Preferable references through references citing manager including medley or endnote or any other available.

E. Methods

Mention all the required parts of materials and methods used for study. All text must be in paragraph form. Describe the study design, study setting, study duration, sampling technique, sample size, population recruitment (inclusion and exclusion criteria), ethical approval, patient consent form, data collection procedure, and data analysis.

F. Ethics

Conducting study on human subjects, follow procedures accordance with the Helsinki Declaration of 1975, as revised in 1983. Do not use names of patients' names, contact numbers, especially in illustrative material. Before animals experiments, must follow the national and international laws designed for laboratory animals. Mention the ethical approval taken prior from national, institutional bioethics committee.

G. Statistics

Provide enough information about the statistical processes employed in your study so that a reader with access to the original data may verify the results. Quantify your findings and provide appropriate indicators of measurement error or uncertainty (e.g., confidence intervals). Avoid relying just on statistical hypothesis testing, such as P-values, as they do not give important quantitative information. Discuss the eligibility of experimental subjects. Give information on randomization. Explain the process and outcome of any blinding of observations. Please report any treatment difficulties. Provide the number of observations.

Include a broad description of techniques in the methods section. When data are summarized in the results section, including the statistical methods used to analyse them. Limit the number of tables and figures used to describe the paper's thesis and assess its support. Use graphs instead of tables with multiple entries, and avoid duplicating data across graphs and tables. Avoid using non-technical terminology in statistics, such as "random" (which implies a randomizing device), "normal", "significant", "correlations", and "samples". Define statistical terminology, acronyms, and most symbols.

H. Results

Present your findings in a logical order in the text and table illustrations. Do not repeat all of the data from the tables or graphics in the text. Instead, emphasis or summarize key points.

I. Discussion

Concentrate on the novel and significant features of the research. Do not duplicate any data or material specifics from the introduction, materials and methods, or findings sections. Discuss the ramifications of the findings and indicate any study limitations for future researchers or research. Link the report results to the most recent accessible data. Do not make unqualified claims or conclusions. Avoid discussing economic costs and advantages unless the supplied data includes an economic analysis.

J. Conclusion

Link the study's results to its aims. Avoid claiming priority and referring to incomplete work. When appropriate, state a new hypothesis. However, if relevant, such advice should be properly labeled.

K. Acknowledgements

Persons who have made intellectual contributions to the work but do not qualify for authorship may be mentioned, and their job or contribution specified, such as "scientific advisor critical review of study proposal," "data collection," or "participation clinical trial." These individuals must have given their consent to be mentioned. Technical assistance should be thanked in a paragraph distinct from those honoring other contributions.

L. References

References should be referenced in numerical order (Vancouver Style) when first mentioned in the text and identified by a reference number in parentheses. Table and figure references should be numbered in the same order as those in the text.

The reference list must be double spaced and numbered sequentially, same as in the text. The Journal uses Index Medicus format for references and truncated journal titles as listed in Index Medicus. "Unpublished observations" and "personal communications" should not be used as references, however written rather than vocal conversations may be mentioned as such in the text. References noted as "in press" must have been accepted, not only prepared or submitted. The author is responsible for the accuracy of all references, which must be checked against the original content.

For journal articles, list the first six authors, et al.

Waqar SN, Hussain H, Khan R, Khawaja A, Majid H, Malik S, et al. Intestinal parasitic infections in children from Northern Pakistan. *Infect. Dis J.* 2003; 12:73-7.

For books and book chapters, follow the examples below:

DeGroot IJ. Evaluation of thyroid function and thyroid disease. In: DeGroot L, Stanbury J B, eds. *The thyroid and its diseases.* 4th ed. New York: Wiley, 1975, pp 196-248.

Dupont B. Bone marrow transplantation in severe combined immunodeficiency with an unrelated MLC compatible donor. In: White H J Smith R, eds. *Proceeding of the third annual meeting of the International Experimental Hematology.* Houston: International Society for Experimental Hematology, 1974, pp 44-46.

In Press

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

Journal article in electronic form

Morse SS. Factors in the emergence of infectious diseases. *Emerg Infect Dis* [serial online] 1995

Jan-Mar [cited 1996 Jun 5], *Computerized Educational Systems*, 1993.

Monograph in electronic form

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

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.

Dissertation

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

Volume with supplement

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

Abbreviations and Symbols

With the exception of units of measurement, the Journal discourages the use of acronyms. For further information on correct medical abbreviation, see the CBE Style Manual, Fifth Edition (Bethesda, MD Council of Biology Editions, 1983). When using an abbreviation, the entire term or name of the object to be shortened should come before it.

Drug Names

Generic names should typically be utilized. When proprietary brands are utilized in research, provide the brand name in parenthesis in the methods section.

M. Tables

Type each table double-spaced inside the text as appropriate. Please do not upload tables as pictures. Tables should be self-explanatory and serve to complement, rather than duplicate, the text. Each table must be quoted in the text in sequential numerical sequence. Number the tables consecutively, using an Arabic number after the term Table. Titles should be descriptive and succinct.

Place explanatory material in footnotes rather than headings. Use the following symbols in this order: *,+,++,#,**. Include a footnote for any non-standard abbreviations used in each table. Identify statistical measures of variance in the footnotes, such as standard deviation and standard error of mean. If data from another published source is utilized, seek formal permission from the original publication and provide full acknowledgement. If data from an unpublished source are used, acquire permission from the main investigator and provide full acknowledgement.

N. Illustrations

Illustrations should clarify and improve the message. The use of clean, high-quality graphics is critical. Figures of low quality will be returned to the author for revision or replacement.

All submitted designs become the NJLHS' property and will not be returned until the publication is rejected.

Illustration legends.

Legends for graphics should be succinct and avoid duplicating the text. Legends must be double-spaced on a separate page. Each figure should be referenced in the text in sequential number order. Give each figure a number following the phrase "Figure." Use letters to designate sections of drawings (e.g., A, B, C) and appropriately explain each part in the caption. Any letter designations or arrows in the artwork must be properly specified and stated.

Original (not previously published) illustrations are preferred for publication in the Journal; however, if images have previously been published, writers must obtain specific permission from the publisher to republish. The source of the original content must be cited in the references, as well as the credit line in the legend. (Reprinted with permission of Ref. X). All permission releases must be delivered to the Editor at the time the work is submitted.

O. Submission type:

Manuscript Type	Abstracts words	Other Text words	Maximum Number of References
Systematic Review article	250	4000	100
Original article	250	3000	25
Short Reports	-	1250	10
Case Report	100	1000	8
Editorials	-	1000	5
Letters to the Editor	-	1000	10

P. Undertaking/ Copyright

All papers must be submitted with a "Undertaking" form signed by all authors in the original. No article will be handled unless the undertaking is sent alongside the manuscript (Undertaking). The NJLHS permits writers to maintain the copyright for their articles without limitation. The authors will then grant the publisher the right of first publication, as well as other non-exclusive publishing rights.

Publication Charges

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