

## Instruction for Authors

### Aims & Scope

*The Asian Journal of Sports Medicine (AsJSM)* is an international peer review medical journal; presenting the worldwide new research on Sports Medicine with special interest in Asian countries. This journal is published quarterly by Tehran University of Medical Sciences, Sports Medicine Research Center in English. The purpose of *AsJSM* is to increase knowledge, stimulate research in all fields of Sports and exercise medicine and promote health and better life. To achieve this goal, the journal publishes basic, biomedical and clinical research on all topics of sports medicine especially medical aspects on worldwide sports and endemic sports in Asian countries. The acceptance criteria for all papers are the quality and originality of the research and its significance to our readership. The Editorial Board reserves the right to refuse any material for publication and advises that authors should retain copies of submitted manuscripts and correspondence as material cannot be returned. Final acceptance or rejection rests with the Editors.

### Style of Manuscripts

Manuscripts should be written in clear, concise and grammatically correct English so that they are intelligible to the professional reader who is not a specialist in any particular field. Manuscripts that do not conform to these requirements and the following manuscript format may be returned to the author prior to review for correction. Manuscripts are accepted for consideration with the understanding that they have not been published elsewhere except in abstract form and are not concurrently under review elsewhere.

The entire manuscript, including references, should be submitted in Times New Roman font, 12-point type, double-spaced with 2 cm margins on all sides. Files should be in Microsoft Word. All pages should be numbered consecutively in the top right hand corner, starting with the Abstract as page 1.

### Review Process and Policy

All contributions are read by three or more referees to ensure both accuracy and relevance, and revisions to the script may thus be required. To assure high quality of the published paper, all types of manuscripts will be evaluated in a **double-blind**

**process.** The duration of review processing is about **8-12 weeks.** On acceptance, contributions are subject to editorial amendment to suit house style. When a manuscript is returned for revision prior to final acceptance, the revised version must be submitted as soon as possible after the author's receipt of the referee's reports. Revised manuscripts returned after two months will be considered as new submissions subject to full re-review.

### Suggestions for Potential Reviewers

Authors are invited to provide the names, addresses and e-mail addresses of up to three potential reviewers. It would not be appropriate to nominate individuals that have had any input into the manuscripts submitted or any recent collaboration with the authors. The editors may or may not take these suggestions into account during the reviewing process.

### Manuscript Submission

All manuscript should be submitted electronically via the AJSM online submission system to the Editor-in-Chief. If you are unable to submit your manuscript in this way, please e-mail the editorial office ([asjasm@tums.ac.ir](mailto:asjasm@tums.ac.ir))

The manuscript should be presented in the following order:

**Covering letter:** By submitting a manuscript, authors certify that they are reporting original work not previously published, in review, or in press. In addition, authors must declare any financial support or relationships that may pose conflict of interest in covering letter.

**Title page:** This should contain the title of the contribution and the *name(s)*, *affiliation(s)*, *highest academic degree(s)* and *address(es)* of the author(s). The full postal address, e-mail address, telephone and facsimile numbers of the author who will receive correspondence and check the proofs should be included, as well as the present address of any author if different from that where the work was carried out.

### Type of Manuscripts Considered

Seven types of articles will be accepted for publication in AJSM:

- **Original Article**
- **Case(s) Report**

- *Short Communication*
- *Commentaries and Expert Commentaries*
- *Letter to Editor*
- *Review Article and Systematic Review*
- *Photo Quiz*

## Preparation of the Manuscript

### Original article

**An original article should contain the following items:**

#### Title

- Title of no more than 100 characters
- Complete names of the authors
- Name of institute where the study was conducted
- Mailing address, telephone, fax, and e-mail
- Running head of no more than 5 characters

#### Abstract

- Maximum of 250 words, including numbers, abbreviations, and symbols
- Structure includes Purpose, Methods, Results, and Conclusion
- Reference citations are not allowed

#### Key Words

- Four to 6 words or phrases should be selected from the body of the text and not duplicating the title words
- Provided below the Abstract to assist with indexing of the article

#### Introduction

- State clearly the aim and hypothesis of the study
- Mention relevant references
- Not over review the subject

#### Methods and Subjects

- Mention the type of study
- Describe the methods, tools, and procedures employed with sufficient details to allow others to reproduce the results without the need to communicate with the authors
- Relevant validity and reliability data provided for critical methods
- Mention the type of statistical tests used.
- Describe the experimental subjects and their controls
- Include “written informed consent” statement or animal-use statement and ethics committee approval statement

- Mention references for established methods and statistical procedures.
- Describe rationale for use and include a description of possible limitations for utilized methods not well known.
- State statistical significance when appropriate

#### Results

- State findings of the study in the text, tables, or figures and not include the same data in tables and figures and text
- Be stated precisely and not include material that is appropriate in the discussion
- Units, quantities, and formulas mentioned according to the System International (SI units)
- All measurements presented in metric units

#### Discussion

- State the original and important features of the study and not repeat all the data presented within the results section
- Contain the significance of the findings and the relationship(s) and relevance to published observations
- State only those conclusions that are supported by the study
- Mention the limitations and applications of the results

#### Conclusion

- A paragraph drawing together the implications of the review topic and, if appropriate, giving suggestions for future research

#### Acknowledgments

- Identify funding sources
- Mention Permission for human (or animal) studies from authors’ Institutional Review Board

#### Conflict of Interest

- State all funding sources, and the names of companies, manufacturers, or outside organizations providing technical or equipment support

#### References

- Reference citation in the text typed inside square brackets, e.g.[1]
- References numbered consecutively with *Vancouver* style
- First three authors for each reference and then *et al*, unless there are four authors or fewer, in which case all authors listed

- Provide full reference details [*author(s), title, journal, year, volume, pages*]
- Capitalize the first letter and all initials of authors' names, the first letter of the title of the paper, and any proper nouns in the title
- Journal names abbreviated as in the *Index Medicus*
- If not familiar with the appropriate abbreviation, the journal name given in full

#### References should be structured as follows:

**Journal paper:** Rundell KW, Im J, Mayers LB, et al. Self-reported symptoms and exercise-induced asthma in the elite athlete. *Med Sci Sports Exerc.* 2001;33:208-13.

**Books:** Roberts WC. Congenital coronary arterial anomalies unassociated with major anomalies of the heart or great vessels. In: *Adult Congenital Heart Disease*. Philadelphia: FA Davis Co. 1987; P:583.

**Chapters in Book:** Sheffield L. Exercise stress testing for coronary artery disease. In: Braunwald E (ed). *Heart Disease; A Textbook of Cardiovascular Medicine*. 3rd ed. Philadelphia: WB Saunders. 1988; Pp:223-41.

**Website:** Saglimbeni AJ, Perron AD, Talavera F, et al. Sports physicals. E-medicine. Available at: <http://www.emedicine.com/sports/topic156.htm>. Cited: Dec 12, 2005.

'In press' can only be used to cite manuscripts actually accepted for publication in a journal. Citations such as 'manuscript in preparation' or 'manuscript submitted' are not permitted. Data from such manuscripts can only be mentioned in the text as 'unpublished data'.

#### Tables

Tables should be self-contained and complement, but not duplicate, information contained in the text. Tables should be numbered consecutively in Arabic numerals. Each table should be presented on a separate page with a comprehensive but concise legend above the table. Tables should be double-spaced and vertical lines should not be used to separate columns. Column headings should be brief, with units of measurement in parentheses; all abbreviations should be defined in footnotes. Use superscript letters (not numbers) for footnotes and keep footnotes to a minimum. \*, †, ‡ should be reserved for P values. The table and its legend/footnotes should be understandable without reference to the text.

#### Figures

Only scientifically necessary illustrations should be included. All illustrations (line drawings and photographs) are classified as figures. Figures should be cited in consecutive order in the text. Color photographs should be submitted as good quality. Authors have to bear the cost of color printing. Figures and other graphic material sent electronically may be sent in any common file format (such as TIFF, GIF, JPG, or BMP) as long as quality and resolution are borne in mind. A charge of 100 Eur for any color figures will be charged to the author. If the author does not wish to pay for printing color figures, then the manuscript's figures must be in black and white at the time of submission and during the review process.

#### Figure Legends

Legends should be self-explanatory and typed on a separate sheet. The legend should incorporate definitions of any symbols used and all abbreviations and units of measurement should be explained so that the figure and its legend are understandable without reference to the text. (Provide a letter stating copyright authorization if figures have been reproduced from another source).

#### No of Words

Original Articles are limited to 3,500 words including references, Tables and Figures.

#### Case Reports

Case Reports include case studies of patient(s) that describe a novel situation or add important insights into mechanisms, diagnosis or treatment of a disease. Case Reports are limited to 1,500 words including references.

The body of a Case Report Manuscript should include: title page, structured abstract (including: background, case presentation, conclusion), key words, Introduction, case presentation, discussion, conclusion, acknowledgments, references and illustrations (if applicable).

#### Commentaries and Expert Commentaries

A commentary is basically an expression of opinions or explanations. Commentary Articles seek to provide a critical or alternative viewpoint on a key issue or provide an insight into an important topic in sports and exercise medicine that is of interest to a large number of physicians and researchers in this field. Commentaries should be

well focused, scholarly, and clearly presented. These narrowly focused articles are usually commissioned by the journal. Experts authors are usually invited to write an Expert Commentary by the chief editor of the *AsJSM*.

Commentaries should be between 700 and 1,000 words and a maximum of 10 references is requested. Expert Commentaries are not subject to peer-review but other Commentaries may be informally reviewed by editorial board members with appropriate expertise.

#### Letter to Editor

Letter to Editor are timely and succinct expressions of responsible criticism or reaction to material published in recent issues. Letters to the Editor may also call attention to topics of general interest to readers. Submission of a letter to the editor constitutes permission for the *AsJSM* to publish it with or without editing and abridgment. Authors of letters to the Editor must acknowledge financial and other conflicts of interest within the letter. Letters related to articles published in *AsJSM* will receive top priority for publishing, and the authors of the articles will be given an opportunity to respond in a letter for simultaneous publication. Letters are limited to 700 words including references.

#### Short Communication

Short Communication is articles that satisfy all criteria for a Research Article including:

- 1) Report new, pilot tested research methods
- 2) Report on secondary or ancillary results from a larger study
- 3) Report results from a small or non-representative sample
- 4) Report on a topic that is considered low priority but would be of interest to some readers of the *AsJSM*. Short Communication is limited to 1,500 words including references.

#### Review Article

Review Articles on selected topics should provide an up-to-date and authority's review of a topic in any area of Sports Medicine. These are generally invited by the editor, but authors may otherwise suggest writing a Review Article on an issue of interest. Review Articles are limited to 5,000 words including references.

#### Photo Quiz

A photo Quiz presents readers with a clinical challenge based on a photograph or other figure. Photo Quiz should include a title, presenting the patient or clinical scenario, a question with one correct and three incorrect answers, discussion of correct answer, and short explanation of incorrect answers. Figures should be original images and presenting of references in discussion is mandatory. Photo quiz articles are limited to 700 words including references.

#### “Student Corner” of Asian J Sports Med

It is our honor to introduce you the “Student Corner” of the Asian Journal of Sports Medicine. In this section of the journal, we receive manuscripts in which a student (either undergraduate or postgraduate student) or junior colleague up to two years after graduation is the first or corresponding author of the paper.

**Aim and Scope of the Student Corner:** We can consider articles on all aspects of the prevention, diagnosis and management of musculoskeletal and associated disorders, as well as Sport Nutrition, Sport Injury, Physical Activity in Medical Disorders, Sport Psychology, Physical Fitness and their related pathophysiology, and epidemiology. *In addition, Articles in the field of Medical Education, research methodology, scientific writing and medical ethics as well as education of these topics to the students will also be welcomed by the editorial team of the AsJSM.*

**Types of Manuscripts:** In addition to regular article types of the *AsJSM*, we welcome submission of the clinical quiz, clinical images, interactive medical cases, letters, Experiences and interviews and other types of publications from all related areas and fields.

**Manuscript Submission to Student Corner:** To submit your valuable works in the *AsJSM*, please login in the author area of the journal and mention in the covering letter of the manuscript that “*This paper is submitting for the Student Corner section of the AsJSM*”.

**Indexing:** The indexing of the papers will be completely similar to regular publications of the *AsJSM*.

**Facilities:** Rapid Peer Review: The editorial board of the *AsJSM* will aim to reach a first decision as soon as possible (less than 6 weeks).

- 1) Student Peer Review: The papers will generally be reviewed by two experts in this field which at least one of them is a student.
- 2) Fast Publication: Once an article is accepted, it is subsequently published in AsJSM immediately in both fully browseable web form, and as a formatted PDF.
- 3) In addition to specific topics that meet the scope of the journal, also articles in the field of Medical Education, Research Methodology, Scientific Writing and Medical Ethics as well as education of these topics to the students will also be given full consideration for publication in the AsJSM.

### Ethics

Informed consent of the patients participating in the study should be undertaken. In addition, all human and animal studies must have been approved by the authors' institutional review board. The relevant ethics committee/institution review boards of the respective institutions must approve the study.

### Abbreviation and Units

SI units (meter, kilogram etc.). Statistics and measurements should always be given in figures; that is, 10 mm, except where the number begins the sentence. When the number does not refer to a unit measurement, it is spelt out, except where the number is greater than nine. Use only standard abbreviations. The word 'Figure' should be shortened to Fig. unless starting a sentence.

### Proofs

Proofs will be sent via e-mail as an Acrobat PDF (Portable Document Format) file and should be returned within 5 days of receipt. Alterations to the text and figures (other than the essential correction of errors) are unacceptable at proof stage and authors may be charged for excessive alterations. Acrobat Reader will be required in order to read the PDF. Authors should therefore supply an e-mail address to which proofs can be e-mailed.

### Page Charges

There are no page charges to individuals or institutions (except color figures) for foreign authors. For each color figure 100 Eur should be paid upon acceptance of the paper.

### Reprint

Two copies of the journal will be provided to the corresponding author after the publication. Further copies can be ordered at the author's expense.

### The address of the Editorial Office of *AsJSM*

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