

# Author guidelines

## 1. Introduction

Journal of Applied Health Sciences publishes original research, theoretical, methodological, review and professional papers from all areas of health sciences. The original research scientific and professional papers include reports on the research results based on data collected in quantitative and qualitative methodological procedures. Theoretical papers imply a comprehensive elaboration of possible explanations of specific phenomenon based on current understanding and theories complemented by new ideas and hypotheses. Methodological papers should give a comprehensive overview of methods, techniques and procedures of collecting and analyzing data that are innovative, not sufficiently known, or have thus far not been or have been rarely used in a particular field of health sciences. Review papers will have to relate to knowledge in the field of health science which has so far not been systematically shown, and which will have to be based on an appropriate set of relevant original research papers, i.e. those which are based on the results of meta-analyses with the representative corpus of original works.

## 2. Paper structure

*Original research papers* should use the general scientific paper format, in the sense that they are subdivided into several sections: *Introduction* which states the topic of the paper; *Methods* which specifies the methods used, materials and groups of patients and which enables the replication of research; clearly stated research *Results* and *Discussion* of the research and results with its *Conclusions*.

Authors can get information on the format of original research papers, from the provided links, as well as in a series of books and articles published on the topic of quality writing of scientific and research papers.

Other types of papers (*theoretical, methodological, review papers*) should have adequate format which clearly presents the basic idea and the sequence of conclusions, but the editorial board reserves the right to suggestions and structural corrections.

The length of the paper should be from 5 pages up to 20 pages of single-spaced text (one standard page is 1800 characters with single spacing).

All papers should have an abstract of up to 250 words, which follows the structure of the text and which briefly describes the relevant parts of the paper, with the most important results and conclusions.

## 3. Guidelines for text formatting

### 3.1 Title page

Title page should contain:

- The title of the paper
- Authors' names preceded by a superscript number denoting their institutional affiliation, e.g. <sup>1</sup>*Name Surname*
- Institution's name preceded by a superscript number denoting the author e.g. <sup>1</sup>*Name of the institution*
- Abstract, up to 250 words, written according to the abovementioned instructions. The word "**Abstract**" should be written in bold
- Keywords, divided by commas, as in the example: *Keywords: keyword1, keyword2,...* "**Keywords**" should be typed in bold.
- Beneath you should type the corresponding author's/authors' contact details. Type the author's name and surname, email address, phone number and address.

### **3.2. Paper size, margins and spacing**

Paper size should be A4 (21 cm x 29,7 cm), with 2,5 cm margins on all sides. The text of the article should start after the title page. The first paragraph after each heading has no indentation, and each subsequent section should be indented by 0.63 cm. The text should be single-spaced, with an empty line between each paragraph, and two empty lines before each subheading.

### **3.3 Font styles, alignment, headings and subheadings**

The use of 12 pt. *Times New Roman* font is recommended. For the alignment of the abstract and the body of the text the authors should use „justification“. The title, names of the authors and institutions, subheadings and table content should be flush-left. The headings and subheadings should be numbered in the following manner - e.g. 4., 4.1., 4.1.1...

### **3.4. Tables**

Tables should be aligned along the left margin. Each table must have a caption or title beginning with *Table and a number* (e.g. *Table 1. Number of patients with coronary disease*).

Tables are to be sent as a separate file in a Microsoft Excel .xls or .xlsx format, or Microsoft Word .doc or .docx format.

### **3.5. Images and illustrations**

Photos, graphs, charts or diagrams must have a caption or a title beginning with *Figure and a number* (e.g. *Figure 1. The relationships of patients in the course of a ten-year period...*)

All images and illustrations are to be sent as a separate file in a .jpg or .png format.

### **3.6. Symbols and equations**

The standard *Symbol* font is recommended for the use of symbols and *Microsoft Equation Editor* for equations.

### **3.7. Using references**

References in the article are cited using the Vancouver citation style. It is necessary to mark the cited paper in the text using a superscript number (e.g. *Information on referencing*<sup>1</sup>)

### **3.8. Using Croatian and English language**

The papers can be published in Croatian or English language. If the article is written in the Croatian language, the abstract has to be written in the English language as well. If the article submitted is written in English, the abstract will be translated into Croatian.

Abstracts written in English, together with the corresponding title in English, author names, names of institutions, keywords and author contact information in English, should be written after the abstract and title in the Croatian language.

## **4. Paper submission**

Papers are to be sent to the email address [jahs@jahs.eu](mailto:jahs@jahs.eu) in MS Word.doc or .docx format, and the text must be accompanied by tables and/or illustrations, as indicated above.

Submitted papers cannot be simultaneously sent for publication or published in another journal. All submitted materials should be original, and if the work of other authors is used the appropriate approval of the copyright holder must be delivered.

## **References**

1. Patrias K. Citing medicine: the NLM style guide for authors, editors, and publishers [Internet]. 2<sup>nd</sup> ed. Wendling DL, (ed.). Bethesda (MD): National Library of Medicine (US); 2007 [cited 2015 Mar 3]. Available from: <http://www.nlm.nih.gov/citingmedicine>