

## **Guidelines for Contributors**

### **Journal of Advances in Health and Medical Sciences (JAHMS)**

Before submitting the manuscript for consideration for publication, author(s) are required to follow the guidelines of JAHMS. JAHMS will not consider any manuscript for review, which has not been prepared as per guidelines. All manuscripts must be submitted in Microsoft Word format.

### **Publication of Accepted Articles**

Accepted papers are copy-edited. Authors may review and edit in page proofs. JAHMS's copy editor–production manager will contact you after the acceptance of your manuscript for publication.

### **First Page**

The first page should include the following information;

1. The title of article (The title should not be too short or too long but it must reflect the idea of paper)
2. Full name(S) of authors are required
3. The affiliation of the author(S) with School and/or Department
4. The city and country(S) of affiliation
5. E-mail address of correspondent author is mandatory

### **Acknowledgment**

If you wish to acknowledge the financial support, any other assistance, or the constructive feedback provided by the reviewers and/or the editor, add a note at the bottom of front page. The acknowledgment should be reported before end references.

### **Abstract.**

An abstract of 200 to 250 words is required. The abstract should include very brief and clear summary of the purpose of the study, the method/material applied in the paper, the main findings of the paper, and implication of the study.

**Keywords:** 3 to 6 keywords should also be there after the abstract. Keywords should be of such nature which may be helpful in the searching of paper. Keywords should be followed by sentence case.

## **Headings and Sections**

JAHMS uses three levels of headings. Use boldface and left alignment for all levels of headings. Main headings (all capital letters; left align) are first. Second-level headings (flush left) are next. The third-level headings will be italic style with sentence case. For example:

<b>METHODS</b>	[1st level]
<b>Data and Sample</b>	[2nd level]
<i>Independent variable.</i>	[3rd level]
<i>Dependent variables.</i>	[3rd level]

## **Footnotes**

JAHMS encourages the use of footnotes and endnotes on their respective pages.

## **Abbreviations and Language**

JAHMS doesn't prefer to use abbreviations but if it is necessary, then use the full name for the first time and then use abbreviations in the subsequent paragraphs.

## **Tables and Figures**

Tables and figures both can enhance reader's understanding of information and the efficiency of its presentation. But too many figures and tables can detract from the overall narrative. Thus, JAHMS encourages the judicious use of tables and figures and discourages their overuse. Number tables and figures consecutively (one series for tables, one for figures). Place them at the end of your manuscript, but indicate the position of each in the text as follows:

TABLE 1: Assessment of health-related issues in Africa

Health Issues	%Cases
HIV	20
Hepatitis	15
Malaria	35
Tuberculosis	30

Figures, unlike tables, contain drawings (e.g., an arrow, boxes). Make sure your figures print out clearly so that they can be scanned. Do not use color. Sample Tables and a Figure are given below.

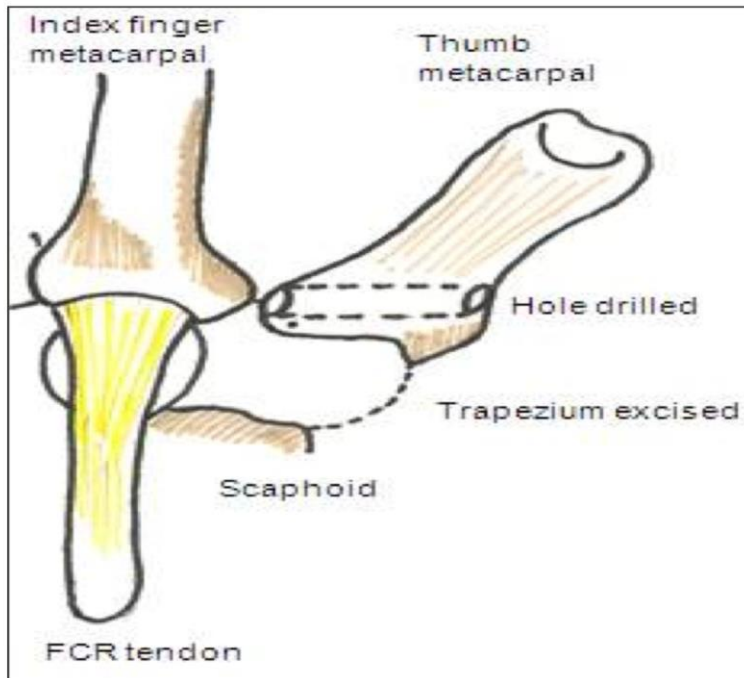


FIGURE 1: Excision of trapezium and Drilling of hole in the base of thumb metacarpal

## **In-text Citation**

### **Direct and Indirect Citation:**

JAHMS uses a different format in the in-text citation style for direct and indirect citations. For direct citations, Numbering of citation and Author(S) name is required. And *et al.* [1], in italic style will be used if there are more than one author (right for the first time). The addition of the year of publication is not required in the in-text citation. For example;

### **For Multiple Authors**

Freire *et al.* [1] also use two kinds of intervention to stimulate panic, such as 35% CO<sub>2</sub> challenge (exogenous) and breath holding (endogenous).

### **For Single Author**

For single author, in-text citation should be followed by:

Klein [2] suggests that panic attacks arise spontaneously when brain realises the suffocation false alarm system.

For indirect citation, JAHMS only uses numbering of the references and no author name is required. For example;

The point of the panic disorder cognitive-behavioral model is the misinterpretation catastrophic experienced by the patient at the situation or the somatic sensation which leads to the feelings of danger associated with a panic attack [19], [20].

### **Order of In-text Citation**

In-text citation should be arranged alphabetically, and if two or more publications of the authors are available in the same year, then it should be differentiated by the numbering. For example:

Klein [10], Klein [11] suggests that panic attacks arise spontaneously when brain realises the suffocation false alarm system.

## **References**

The references of the manuscript should be arranged as per numbering, not as per alphabet. Numbering should follow the order which has been used in the in-text citation. DOI is highly required if available.

### **Journal Article**

Kaczynski AT, Henderson KA. Evidence about parks and recreation environmental correlates of physical activity: A review of evidence about parks and recreation. *Leisure Sciences*. 2007; 29(4): 315–354. DOI: [10.1080/01490400701394865](https://doi.org/10.1080/01490400701394865)

### **Book**

Reference of the book should be followed by;

Last names, initials, no space is required between two initials of single author (no “and or &” should be used to separate two authors but only one full stop should be used to separate two authors).

Title (Boldface italic; capitalize only the first letter of the first word and of the first word after a long dash or colon). Country and city where published (For US’s states, the names of states will be used, like New York, NY): Name of the publisher. The year will be used after the publisher’s name. For example;

### **Book with Multiple Author(s)**

Craske MG, Barlow DH. *Mastery of your anxiety and panic*. New York, NY: Oxford University Press; 1988.

### **Chapter of the Book and Book with Editor(s)**

For author, follow same rules as above. The title of the chapter (regular type, single-capital rule). In Editors’ initials and last names. Eds., Title of book: Page numbers. City (same rules as above): Publisher. Examples:

Han J, Park M, Hales RE. Anxiety disorders. In Robert M, Xiong MGL, Bourgeois J, eds. *Lippincott’s primary care psychiatry*. Philadelphia, PA: Williams & Wilkins; 2009.

### **Working/Discussion Paper**

Anderson L, Simpson D, Stephens M. *Effective malaria control through durable housing improvements*. [White paper no. 1]. Global Programs Department, Habitat for Humanity, Atlanta, GA; 2014.

### **Government Report**

Center for Disease Control and Prevention (CDC). *Malaria general information-global health-division of parasitic disease and malaria*. U.S Department of Health and Human Services, Atlanta, GA; 2012.

### **Dissertation**

Taylor RL. *Downsizing the dial: The reinvention of private radio in Canada*. [Ph.D. thesis]. Burnaby, BC: British Columbia Institute of Technology; 2008.

### **Conference Paper**

Tenerife, Spain, Jantzen J, George D. *Analysis of Pap-smear image data*. Paper presented at: Nature-Inspired Smart Information Systems (NISIS) 2nd Annual Symposium; November 29, 2006. Tenerife, Spain.

### **Online Work**

World Health Organisation. *Global strategy on diet, physical activity and health*. Physical Activity and Women; 2014. Available from:

[http://www.who.int/dietphysicalactivity/factsheet\\_women/en/](http://www.who.int/dietphysicalactivity/factsheet_women/en/)

### **Language editing Services for Authors**

Separate English editing charges will be applied to authors who require extensive English language editing or formatting. For details of language editing charges, please contact [contact@gipublishing.com](mailto:contact@gipublishing.com). Non-English speaking authors who would like to refine their use of language in their manuscripts might consider using a professional editing service. In order to enhance the chances of acceptance of a manuscript by the peer-reviewers, non-native English speaking colleagues are encouraged to use professional English editing services before submitting a manuscript. The professional editing services may be acquired from other English-language editing firms as well, such as Editage ([www.editage.com](http://www.editage.com)) and Enago (<http://www.enago.com>).