

INSTRUCTIONS TO AUTHORS

General Instructions

- Type manuscripts **double-spaced**, including references, figures with legends, and tables on one side of the page only.
- Leave 1-inch margin on all sides with number in every page beginning with the abstract page and including text, tables, references and figures.
- Cite each reference in text in numerical order and list in the References section.
- Use SI units of measure.
- Assemble manuscript in this order: (1) Title page with author information, (2) Acknowledgments, (3) Abstract page, (4) Text, (5) References, (6) Tables, (7) Figures with legends.
- As a general rule, articles should not exceed **6-8 pages**. Over-length manuscripts will NOT be accepted for publication. Consult current issues for additional guidance on format.
- Submit two copies of the manuscript. An electronic version (MS Word) **needs to be submitted** in a CD.

Title page with author information (1st page, but do not number)

Text page must include:

- Full title of the article not exceeding 50 characters with three to five key words for use as indexing terms and a running title for use on the top of text pages;
- Authors' names, highest academic degree, affiliations, and complete address for correspondence including Fax number, telephone number, and E-mail address;
- Authors should reveal all possible conflicts of interest on this page.

The acknowledgments page (Second page, but do not number)

- List all sources of funding for the research, plus substantive contributions of individuals. (Note: If the article is published, this section will be printed at the end of the text).

Abstract page (First numbered page)

- Do not cite references in the abstract. Be concise (250 words, maximum).
- Limit use of acronyms and abbreviations. Abbreviations must be defined at the first mention.
- The abstract should cover *Background and Purpose* (description of rationale for study); *Methods* (brief description of methods); *Results* (presentation of significant results); and *Conclusion* (succinct statement of data interpretation) in a running manner and *not under separate headings*.

The Text

The following are typical main headings:

Introduction, Materials and Methods, Results, Discussion and Conclusion.

- **Introduction:** Summarize the rationale for the study with pertinent references. The purpose(s) of the study should be clearly stated.
- **Materials and Methods:** Identify type of study and describe the study subjects and methods used. Provide methods of statistical analysis. Cite reference(s) for standard study and statistical methods. Describe new or modified methods.

Identify apparatus (with name and address of manufacturer) used. Generic names of drugs must be given. *Manuscripts that describe studies on humans must indicate that the study was approved by an institutional Ethical Committee and that the subjects gave informed consent. Add statistical analysis.*

- **Results:** Present only important results/ observations in logical sequence in the text, tables or illustrations with relevant statistics.
- **Discussion:** Emphasise new and important results and the conclusions that follow including implications and limitations. Relate observations to other relevant studies.

- **References** – Accuracy of reference data is the author's responsibility. Verify all entries against original sources, especially journal titles, inclusive page numbers, publication dates. All authors must be listed if less than six. Use et al, if more. Personal communications, unpublished observations, and submitted manuscripts must be cited in the text as "[name(s)], unpublished data, 20XX." Abstracts may be cited only if they are the sole source and must be identified in the references as "Abstract". "In press" citations must have been accepted for publication and add the name of the journal or book including publisher. Use Vancouver style, for example:

1. World Health Organization: *WHO Recommendations: Obesity: Preventing and Managing the Global Epidemic*. Geneva, World Health Org., 2000 (Tech. Rep. Ser., no. 894).
2. Rashid M. Food and Nutrition. In Rashid KM, Rahman M, Hyder S eds. *Textbook of Community Medicine and Public Health*. 4th edn. RHM Publishers 2004; 126-140.
3. Sayeed MA, Hussain MZ, Banu A, Rumi MAK, Azad Khan AK. Prevalence of diabetes in a suburban population of Bangladesh. *Diab Res Clin Pract* 1997; 34: 149-155.
4. Jarrett RJ. Insulin and hypertension (Letter). *Lancet* 1987; ii: 748-749.
5. Banerji MA, Faridi N, Atluri R, Chaiken RL, Lebovitz HE: Body composition, visceral fat, leptin and insulin resistance in Asian Indian men. *J Clin Endocrinol Metab* 1999; 84: 137-144. [Abstract].
6. Anwar AKMN & Fariduddin KM, Innovation and re-orientation in medical education and research: challenges for Ibrahim Medical College. *Ibrahim Med. Coll. J.* 2007; 1(1): i-ii. [Editorial].

Tables

- Each table must be typed on a separate sheet and double-spaced. The table number should be Arabic, followed by a brief informative title. Place explanatory matter in footnotes. For footnotes use symbol in this sequence: *, **, †, ††, etc.

Figures

- Line drawings, photomicrographs, colour prints and halftones should be camera ready, good quality glossy prints. Submit only originals of laser prints, not photocopies. A set of original figures must be submitted. Indicate figure number, short figure title on top of figure lightly in pencil. Any abbreviations or symbols used in the figures must be defined in the figure or figure legend. Keep an extra set of original figures for your records.