

Instructions to the Authors

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Manuscripts must be prepared in accordance with "Uniform requirements for Manuscripts submitted to Biomedical Journals" developed by International Committee of Medical Journal Editors.

Editorial Process

All manuscripts received are duly acknowledged. A preliminary technical review is carried out for all the submitted manuscripts initially. Those manuscripts that are not prepared as per the author guidelines are resent for technical modification prior to the review process. Manuscripts that pass through this initial screening process are sent to two or more expert external reviewers and this is a blinded process. The reviewer's comments on revision/acceptance / rejection of the manuscript is communicated to the author in eight to ten weeks. Manuscripts with scant ingenuity, scientific weaknesses, or non-contribution to existing knowledge have a lesser chance of acceptance. Articles accepted are copy edited for grammar, punctuation, print style, and format. Page proofs are sent to the corresponding author, which has to be returned within five days.

Types of Manuscripts and Limits

Original articles:

Up to 3000 words excluding references and abstract.

Case reports:

Up to 1000 words excluding references and abstract and up to 10 references.

Online Submission of the Manuscripts

Articles can also be submitted online from <http://www.journalonweb.com/jisppd>.

1. **First Page File:** Prepare the title page, covering letter, acknowledgement, etc. using a word processor program. All information which can reveal your identity should be here. Use text/rtf/doc/PDF files. Do not zip the files.
2. **Article file:** The main text of the article, beginning from Abstract till References (including tables) should be in this file. Do not include any information (such as acknowledgement, your names in page headers, etc.) in this file. Use text/rtf/doc/PDF files. Do not zip the files. Limit the file size to 400 kb. Do not incorporate images in the file. If file size is large, graphs can be submitted as images separately without incorporating them in the article file to reduce the size of the file.
3. **Images:** Submit good quality color images. Each image should be less than 400 kb in size. Size of the image can be reduced by decreasing the actual height and width of the images (keep up to 1024x760 pixels or 5 inches). All image formats (jpg, jpeg, tiff, gif, bmp, png, eps, etc.) are acceptable; jpeg is most suitable. Do not zip the files.
4. **Legends:** Legends for the figures/images should be included at the end of the article file.

Manuscript charges for submission, processing and publication:

The journal does not charge for submission and processing of the manuscripts.

Preparation of the Manuscript

The text of observational and experimental articles should be divided into sections with the headings: Introduction, Methods, Results, Discussion, References, Tables, Figures, Figure legends, and Acknowledgment. Do not make subheadings in these sections.

Title Page

The title page should carry

1. Type of manuscript (e.g. Original article, Case Report)
2. The title of the article, must fit on two lines in print (75 characters including spaces) and should avoid technical terms, abbreviations and active verbs.
3. The name by which each contributor is known (Last name, First name and initials of middle name), with his or her highest academic degree(s) and institutional affiliation;
4. The name of the department(s) and institution(s) to which the work should be attributed;
5. The name, address, phone numbers, fax numbers and e-mail address of the contributor responsible for correspondence about the manuscript;
6. The total number of pages, total number of photographs and word counts separately for abstract and for the text (excluding the references and abstract);
7. Source(s) of support in the form of grants, equipment, drugs, or all of these;
8. Acknowledgement, if any; and
9. If the manuscript was presented as part at a meeting, the organization, place, and exact date on which it was read.
10. Mention the article has not been submitted to/ published in any other journal.

Abstract Page

The second page should carry the full title of the manuscript and an abstract (of no more than 150 words for case reports, brief reports and 250 words for original articles). The abstract should be structured and state the Context (Background), Aims, Settings and Design, Methods and Material, Statistical analysis used, Results and Conclusions. Below the abstract should provide 3 to 10 keywords.

Meta-Analyses / Systematic Reviews

Authors of must adhere to Preferred Re-orting Items for Systematic Reviews and Meta-Analyses, available at: "<http://www.prisma-statement.org/statement.htm>". Structured Abstracts for systematic reviews are recommended. Headings should include: Research Question, Research Protocol, Literature Search, Data Extraction, Quality Appraisal, Data Analysis and Results, and Interpretations of Results.

Scientific Studies

The Introduction should State the purpose of the article and summarise the rationale for the study or observation.

The Methods section should include only information that was available at the time the plan or protocol for the study was written; all information obtained during the conduct of the study belongs in the Results section. Reports of randomized clinical trials should based on the CONSORT Statement (<http://www.consort-statement.org>). When reporting experiments on human subjects, mention the receipt of consent from the Institutional Ethics Committee along with the Certificate number.

The Results section should include only results and not discussion of the data. Present your results in logical sequence in the text, tables, and illustrations, giving the main or most important findings first. Do not repeat in the text all the data in the tables or illustrations; emphasize or summarize only important observations. Extra or supplementary materials and technical detail can be placed in an appendix where it will be accessible but will not interrupt the flow of the text; alternatively, it can be published only in the electronic version of the journal.

The Discussion section should discuss the results, of the present study and compare them to the existing knowledge base.

The Conclusions section should consist of succinct, numbered statements that are sup-ported by the results of the study. They should not repeat the Results section.

Randomized Clinical Trials

Studies that are Randomized Clinical Trials should review and consider CONSORT guidelines and checklist available at: "www.consort-statement.org".

Cohort Studies

Studies that are observational cohort, case-controlled and cross-sectional studies must include submission of STROBE checklist addressing the guidelines available at: "www.strobe-statement.org/index.php?id=avao;ab;e-checklists".

Case Reports

Full-length manuscript not to exceed 1,850 words (including unstructured Abstract, brief Introduction, Description of Case, Discussion, Acknowledgments (if any), and References (if any). The unstructured Abstract should be no longer than 150 words. Case Reports must include submission of CARE checklist addressing the guidelines available at: www.care-statement.org/checklist

Literature Reviews

Full-length manuscript not to exceed 2,500 words (including unstructured Abstract, Introduction, the Review of the Literature with appropriate subheading, Discussion, Conclusions, and Acknowledgments; excluding References). The unstructured Abstract should be no longer than 150 words.

References

References should be numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order). Identify references in text, tables, and legends by Arabic numerals in square bracket (e.g. [10]). Please refer to ICMJE Guidelines (http://www.nlm.nih.gov/bsd/uniform_requirements.html) for more examples.

1. Standard journal article: Kulkarni SB, Chitre RG, Satoskar RS. Serum proteins in tuberculosis. J Postgrad Med 1960;6:113-20.
2. List the first six contributors followed by et al.
3. Chapter in a book: Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. pp. 465-78.

Download a PowerPoint presentation on common reference styles and using the reference checking facility on the manuscript submission site.

Tables

- Tables should be self-explanatory and should not duplicate textual material.
- Tables with more than 10 columns and 25 rows are not acceptable.
- Number tables, in Arabic numerals, consecutively in the order of their first citation in the text and supply a brief title for each.
- Explain in footnotes all non-standard abbreviations that are used in each table.
- For footnotes use the following symbols, in this sequence: *, †, ‡, §, ||, , **, ††, ‡‡

Illustrations (Figures)

- Figures should be numbered consecutively according to the order in which they have been first cited in the text.
- Provide legends (maximum 40 words, excluding the credit line) for illustrations using double spacing, with Arabic numerals corresponding to the illustrations.

Identifying information should not be published in written descriptions, photographs, sonograms, CT scans, etc., and pedigrees unless the information is essential for scientific purposes and the patient (or parent or guardian, wherever applicable) gives informed consent for publication. Authors should remove patients' names from figures unless they have obtained informed consent from the patients. The journal abides by ICMJE guidelines:

1. Authors, not the journals nor the publisher, need to obtain the patient consent form before the publication and have the form properly archived. The consent forms are not to be uploaded with the cover letter or sent through email to editorial or publisher offices.
2. If the manuscript contains patient images that preclude anonymity, or a description that has obvious indication to the identity of the patient, a statement about obtaining informed patient consent should be indicated in the manuscript.

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The copyright mail shall be sent to the email id of the corresponding author at the time of submission. The acknowledgement must be provided for the further processing of the manuscript.

Checklist

Manuscript Title

Covering letter

- Mentioning the article has not been submitted to/ published in any other journal
- Previous presentations mentioned
- Source of funding mentioned
- Conflicts of interest disclosed

Authors

- Author for correspondence, with e-mail address provided
- Number of contributors restricted as per the instructions
- Identity not revealed in paper except title page (e.g. name of the institute in Methods, citing previous study as 'our study', names on figure labels, name of institute in photographs, etc.)

Presentation and format

- Double spacing
- Margins 2.5 cm from all four sides
- Title page contains all the desired information
- Running title provided (not more than 50 characters)
- Abstract page contains the full title of the manuscript
- Abstract provided (about 150 words for case reports and 250 words for original articles)
- Structured abstract provided for an original article
- Key words provided (three or more)
- Introduction of 75-100 words
- Headings in title case (not ALL CAPITALS)
- References cited in square brackets
- References according to the journal's instructions, punctuation marks checked

Language and grammar

- Uniformly American English
- Abbreviations spelt out in full for the first time
- Numerals from 1 to 10 spelt out

Tables and figures

- No repetition of data in tables and graphs and in text
- Actual numbers from which graphs drawn, provided
- Figures necessary and of good quality (colour)
- Table and figure numbers in Arabic letters (not Roman)
- Figure legends provided (not more than 40 words)
- Patients' privacy maintained (if not permission taken)
- Credit note for borrowed figures/tables provided

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