

Information for Authors

The JNHA is indexed in MEDLINE/Index Medicus, in Current Contents/Clinical Medicine, in Journal Citation Reports/ Science Edition, in Science Citation Index Expanded (Sci Search), in EXCERPTA MEDICA (EMBASE and BIOBASE), in Mental Health Abstracts, Chemical Abstracts (CA), Abstracts in Social Gerontology: Current Literature on Aging, Sociological Abstracts and Social.

Authors are invited to submit their manuscripts on the new submission and review tracking site: <https://www.editorialmanager.com/jnha/>.

Reviews by the editors and referees will also be performed online, which will greatly facilitate, hasten, and simplify reviews of all manuscripts and potentially reduce publication costs. Authors are encouraged to indicate the names of potential referees as well as those whom they wish not to review the paper, but the editors will make the final choice. The average time interval for the initial review process, if it involves both editorial and peer reviews, is approximately 1 month; occasionally, there are unavoidable delays, usually because of multiple reviews or several revisions on a manuscript. Decisions conveyed may be acceptance with or without revision, non-acceptance with encouragement to make revisions and resubmit; non-acceptance with encouragement to resubmit in another format (e.g., letter to the editor), or rejection. Manuscripts held for revision will be retained for a maximum of 90 days. Authors who plan to resubmit but cannot meet this deadline should contact the editorial office. To maximize the number of pages that can be published and yet maintain high quality, there are strict limits on the total number of a) text words, b) graphics (tables, figures and appendices combined), and c) references. Authors retain the right to use the article for personal professional purposes (teaching, lecturing). The publication of all articles published in the JNHA is compliant with the NIH open access policy (http://www.springer.com/cda/content/document/cda_downloadaddocument/M9551R_NIH_OpenAccess_Flyer.pdf).

STYLE

Submissions to the JNHA should adhere to the AMA Manual of Style (11th edition). The Editors require that when referring to persons aged 65 years and older, the authors use the terms “older adult,” “older persons,” “older people,” “older patients,” “older individuals,” “persons 65 years and older,” or the “older population.” Terms such as “(the) aged,” “elder(s),” “(the) elderly,” “seniors,” “aging dependents,” “old-old,” “young-old,” and similar negative terms must be avoided due to their ageist, discriminatory, prejudicial, and stereotypical connotations. The Journal follows ICMJE’s recommendations, including regarding the registration of clinical trials in a publicly accessible database before or at the moment of the first study participant enrollment (See: <https://www.icmje.org/recommendations/browse/publishing-and-editorial-issues/clinical-trial-registration.html>).

ABSTRACT

JNHA requires that abstracts of manuscripts submitted for the Clinical Investigations, Brief Reports, and Brief Methodological Reports sections be in a structured form conforming to guidelines published in the Journal of the American Medical Association (1998;280:23–24).

See also Annals of Internal Medicine (1990;113:69–76). Abstracts should include the following headings: Objectives, Design, Setting, Participants, Intervention (if any), Measurements, Results, and Conclusion. Specify the sample size. Emphasize clinical relevance in the abstract’s conclusion. Failure to adhere to this format will delay or unduly prolong the review process. Following the abstract conclusion, list 3 to 5 key words to be used for indexing. Editorials, Letters to the Editor and Geriatric Literature do not require an abstract.

KEY WORDS

Authors should include 3 to 5 key words at the end of the abstract for all papers except Editorials, Geriatric Literature, and Letters to the Editor.

PAPER FORMAT

Authors must submit all manuscripts in MS Word or similar word processing software. Tables should be editable and placed on separate pages at the end of the main document. Figures displaying continuous data should allow the reader to evaluate the distribution of data points (eg, scatterplots, boxplots, and histograms); whereas Figures displaying non-independent (eg, paired) data should indicate if changes are consistent across participants.

ETHICAL STANDARDS

Manuscripts submitted for publication must contain a declaration that the experiments comply with the current laws of the country in which they were performed. Please include this note in a separate section before the reference list. It is necessary to agree upon standards of expected ethical behavior for all parties involved in the act of publishing: the Authors, the Editor-in-Chief, the Peer-Reviewers and the Publisher. The following ethic statements are based on COPE’s Best Practice Guidelines for Journal Editors and on the International Committee of Medical Journal Editors (ICMJE) recommendations («Uniform Requirements for Manuscripts Submitted to Biomedical Journals», February 2006). The JNHA devotes special attention to detect any plagiarism using adapted software. The JNHA follows the ICMJE recommendations about overlapping publications (<http://www.icmje.org/recommendations/browse/publishing-and-editorial-issues/overlapping-publications.html>).

EXPERIMENTAL SUBJECTS/ANIMALS

The journal of nutrition, health & aging only publishes articles that are ethically approved. All authors are expected to abide by accepted ethical standards. In investigations that involve human subjects or laboratory animals, authors should provide an explicit statement in Materials and Methods that the experimental protocols were approved by the appropriate institutional review committee and meet the guidelines of their responsible governmental agency. In the case of human subjects, informed consent is essential.

CONFLICT OF INTEREST DISCLOSURE FORM

All potential benefits in any form from a commercial party related directly or indirectly to the subject of this manuscript or any of the authors must be acknowledged. For each source of funds, both the research funder and the grant number should be given. All authors must complete the Conflict-of-Interest Form individually even if an author

has no conflict of interest to disclose. If all participating authors declare no conflict of interest, it is still required for each author to include a disclosure statement in the manuscript text. You can download and use the ICMJE COI form. It's available through the following link: <http://www.icmje.org/conflicts-of-interest>. IMPORTANT: All forms must be completed as The Journal of Nutrition, Health & Aging Instructions for authors Information for Authors instructed from each author and there must be a disclosure statement included in the manuscript text for each author before the manuscript can be sent out for peer review. Furthermore, the completed forms must be uploaded with the manuscript during the initial submission via the Editorial Manager website.

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PEER REVIEWING

At submission of your paper please add complete references: email, postal address and phone number for 4 potential reviewers. The Peer Reviewing Process will only start at reception of this list.

PUBLICATION FEES

All the articles exceeding 2 published pages of the journal will be charged 295 euros/342 US dollars per extra page.

MANUSCRIPT TYPES AND PAPER LENGTH

Original Articles: These papers present original research findings. Limit the manuscript to a maximum of 5,500 text words, 5 graphics (tables, figures, or appendices), and 60 references. A structured abstract is required (see under Abstract).

Review Articles: Refers to comprehensive summaries of the literature on a specific topic. Limit the manuscript to a maximum of 6,500 text words, 5 graphics (tables, figures, or appendices), and 120 references. A narrative abstract is required (see under Abstract). Please, provide enough information (eg, clear objectives, literature search) for both Systematic and Narrative Reviews, in order to allow appropriate peer-review.

Brief Reports: Brief investigation paper presenting initial research findings. Limited to 3,500 text words, 2 graphics (tables, figures, or appendices), and 30 references, plus a brief unstructured abstract up to 150 words (see under Abstract).

Letters to the Editor: Brief critiques of papers published in JNHA, commentaries, and clinical, research findings or both. Limited to 800 text words, 1 graphic (tables, figures, or appendices), and 5 references. No abstract is required.

Editorial commentaries: These are generally invited by the Editor-in-Chief to discuss articles appearing in the journal or topics of special interest. Editorial commentaries should not exceed two printed pages. No abstract is required.

Book Reviews: Limited to 800 text words, 1 graphic (tables, figures, or appendices), and 5 references. No abstract is required.

Editorials, Special Articles: These papers are specifically invited by the Editor-in-Chief to a researcher or group of researchers with the aim of developing a specific theme of interest for the journal. A narrative abstract is required (see under Abstract). Differently from Review papers, the size of this type of contribution is decided ad hoc with the Editor-in-Chief.

SHORT PAPERS ARE WELCOME

These are clinical-investigation or clinical-experience reports whose findings are somewhat preliminary or a clinical study reporting on narrowly focused or limited findings.

Brief Reports are limited to 1 800 text words, 3 graphics (tables, figures, appendices), and 30 references, plus a brief structured abstract limited to one double-spaced manuscript page (see under Abstract).

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REFERENCES

Citation

Reference citations in the text should be identified by numbers in parenthesis. Please always include DOIs as full DOI links in your reference list.

Reference list

The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text. Do not use footnotes or endnotes as a substitute for a reference list. The entries in the list should be numbered consecutively.

Journal article

Gamelin FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L. Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol* 2009;105:731-738. doi: 10.1007/s00421-008-0955- 8.

Ideally, the names of all authors should be provided, but the usage of "et al" in long author lists will also be accepted:

Smith J, Jones M Jr, Houghton L et al. Future of health insurance. *N Engl J Med* 1999;965:325-329

Article by DOI

Slifka MK, Whitton JL (2000) Clinical implications of dysregulated cytokine production. *J Mol Med*. doi:10.1007/ s001090000086

Book

South J, Blass B (2001) The future of modern genomics. Blackwell, London

Book chapter

Brown B, Aaron M (2001) The politics of nature. In: Smith J (ed) The rise of modern genomics, 3rd edn. Wiley, New York, pp 230-257

Online document

Cartwright J (2007) Big stars have weather too. IOP Publishing PhysicsWeb. <http://physicsweb.org/articles/news/11/6/16/1>.

Dissertation

Trent JW (1975) Experimental acute renal failure. Dissertation, University of California Always uses the standard abbreviation of a journal's name according to the ISSN List of Title Word Abbreviations, see www.issn.org/2-22661-LTWA-online.php <http://www.springer.com/journal/12603>