



MANUSCRIPT PREPARATION GUIDELINES

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1. EDITORIAL PROCEDURE - REVIEW ARTICLES

For review articles please follow the general instructions for original articles below, with the following exceptions:

- The page number is not limited;
- The illustration number is not limited. Authors are invited to provide high quality tables and figures such as graphs, schemes, drawings and colour photos. Text and illustrations should be well balanced, e.g. one illustration per article section.
- The abstract, with a maximum of 300 words, should contain two parts: a first part giving general/global issues, then specific/scientific issues (5-6 sentences) followed by a second part which should start with: "*Here we review... The major points are the following: 1)...2)...*".

- Please note that this list with major points should list the major advances demonstrated in the review by literature analysis. The reader should be able to clearly understand the added value of those advances.

2. EDITORIAL PROCEDURE - ORIGINAL ARTICLES

2.1 Preselection at the submission stage

Manuscripts that do not strictly follow the instructions below will be declined at the submission stage by the Editors-in-Chief.

2.2 Novelty

The novelty, or difference, of the major finding versus current knowledge should clearly be explained in:

- the cover letter to the Editors-in-Chief;
- the abstract;
- the end of the Results and Discussion section;
- the Conclusion section.

To explain the novelty, the author should first state what is already known (current knowledge), then state what the added value of the main finding is. Only articles that show an outstanding added value will be sent for in-depth evaluation.

2.3 English

All manuscripts should be written in high-quality English. Non-English native authors should seek appropriate help from English-writing professionals before submission.

More information can be found here: [English Language Editing](#)

2.4 Length

The total length of a manuscript including figures, tables and references should not exceed **3000** words (**10 pages**). The number of tables plus figures is limited to **4**. Other material should be placed in a separate file named Supplementary Material ': see 2.13.

2.5 Sections

The text should start with: article title; name of authors with an asterisk "*" highlighting the corresponding author; postal addresses; e-mail address of the corresponding author; 6 keywords. The text should contain the following sections:

- Abstract
- 1. Introduction
- 2. Experimental (including subsections - 2.1, 2.2...)
- 3. Results and discussion (including topical subsections - 3.1, 3.2...)
- 4. Conclusion

Acknowledgments

References

2.6 Title

The Title should be short and focused on the main scientific discovery.

2.7 Abstract

In less than 250 words, the abstract is structured in three parts:

The first part abstracts the Introduction section, it thus gives the background, the global and specific issues, and the hypothesis (about 3-4 sentences).

The second part abstracts the Experimental section, it thus gives a brief overview of the experiments (about 2-3 sentences).

The third part abstracts the Results and discussion section, it thus gives: the 1-2 major results using precise trends and data, then the interpretation of those results, then the claimed novelty of those results versus current knowledge, then the basic or applied benefits of those results. Novelty claims should be made in an affirmative way, using for instance "Here we show that ...", "Here we demonstrate that ..." or "This is the first...".

2.8 Text

All text should be written in paragraphs of more than 3 sentences. Orphan sentences should be avoided.

2.9 Abbreviations

In general abbreviations are not accepted in the main text because they decrease article impact. Only 1-2 common abbreviations such as DNA or PCR are accepted in the main text. They should be explained at the first time of appearance. Abbreviations in figures, tables and equations are accepted only if there is not enough space to write full words. Here, abbreviations should be explained in figure and table captions, or after equations.

2.10 Results and discussion

The Result and Discussion section should be divided into well-thought topical subsections (3.1, 3.2...). Each subsection should give 1) a detailed description of selected result trends with reference to a figure or table in the first or second sentence, usually without literature reference, 2) a discussion of those results and their significance using eventually literature references as support, 3) a brief, one-sentence conclusion on the main discovery and 4) a sentence to introduce the next subsection.

2.11 Figures

- Figures should be used only to illustrate the major novelty of the article. This applies to original articles, not review articles.
- Figures should be of very high graphical quality.
- Figures are separate entities and should therefore be understandable without reading the main article text.
- Caption should thus contain 2-3 sentences explaining the major trend to be observed, e.g. "Note the increase of...", followed by the scientific significance of this trend.
- Figures should be ideally drawn by the author. If you reprint literature figures, you must have permission from the publisher or the journal Chief Editor to reprint published figures, and print 'Reprinted with permission of [title, name, company]' from [reference: author, year] at the end of the caption.
- **Permissions:** If you include figures that have already been published elsewhere, you must obtain permission from the copyright owner(s) for both the print and online format. Please be aware that some publishers do not grant electronic rights for free and that Springer will not be able to

refund any costs that may have occurred to receive these permissions. In such cases, material from other sources should be used.

- For more details on figures please see the [Artwork section](#) in the submission guidelines.

2.12 Conclusion

The Conclusion section should be short and focused on the major discovery. The author should repeat in an affirmative way the major result, its interpretation, its novelty versus current knowledge and its precise implications and benefits for the field. The Conclusion section should not contain references, discussions, or vague comments.

2.13 Supplementary Material

Supplementary material is allowed but should be kept to a minimum of information that supports the main discovery. Manuscripts containing too many supplementary materials will be declined at submission.

Supplementary material is typically a place for tables, detailed procedures, experimental figures and videos, not for graphs showing major trends. Citations to supplementary materials in the main manuscript should be kept to a minimum and be preferably used in the Experimental section and in figure captions, not in the Results and discussion text.

Supplementary material should be provided as a separate Word file titled 'Supplementary Material', containing supplementary text, e.g. Text S1, tables, e.g. Table S1 and figures, e.g. Figure S1. Videos should be placed in another separate file named Video S1.

Please be informed that Supplementary Material will be published as received from the author without any conversion, editing, or reformatting.

For more information on submission and specific file formats, please visit the specific [submission guidelines](#) on supplementary material.

2.14 Declarations

All manuscripts must contain the following sections under the heading 'Declarations', to be placed before 'References'. If any of the sections are not relevant to your manuscript, please include the heading and write 'Not applicable' for that section.

Funding (information that explains whether and by whom the research was supported)

Conflicts of interest/Competing interests (include appropriate disclosures)

Ethics approval (include appropriate approvals or waivers)

Consent to participate (include appropriate statements)

Consent for publication (include appropriate statements)

Availability of data and material (data transparency)

Code availability (software application or custom code)

Authors' contributions (contribution statements that specify the contribution of every author in order to promote transparency)

Detailed information can be found in the [Submission guidelines](#) in these sections:

[Ethical Responsibilities of Authors](#)

[Compliance with Ethical Standards](#)

[Conflicts of Interest/Competing Interest](#)

[Authorship Principles](#)

It also includes various examples of wording. Please revise/customize the sample statements according to your own needs.

2.15 References

Citation

Cite references in the text by name and year in parentheses. Some examples:

- Negotiation research spans many disciplines (Thompson 1990).
- This result was later contradicted (Becker and Seligman 1996).
- This effect has been widely studied (Abbott 1991; Barakat et al. 1995; Kelso and Smith 1998; Medvec et al. 1993).

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.

Reference list entries should be alphabetized by the last names of the first author of each work.

Journal article

Gamelin FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L (2009) Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol* 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 (1999) Future of health insurance. *N Engl J Med* 341:325–329

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

Doe J (1999) Title of subordinate document. In: The dictionary of substances and their effects. Royal Society of Chemistry. Available via DIALOG. [http://www.rsc.org/dose/title of subordinate document](http://www.rsc.org/dose/title%20of%20subordinate%20document). Accessed 15 Jan 1999

Dissertation

Trent JW (1975) Experimental acute renal failure. Dissertation, University of California
Always use 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

2.16 Online Manuscript Submission

Authors should submit their manuscripts online at <http://www.editorialmanager.com/ecl> together with a cover letter explaining clearly the claimed novelty of the major finding versus current knowledge.

Authors should suggest a list of **4** international experts (of which two should be of countries other than the country/ies of the main authors) including e-mail and postal addresses.