Pakistan Journal of Physiology
Information for authors

Pakistan Journal of Physiology (Pak J Physiol, PJP) accepts manuscripts prepared in accordance with the ‘Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals’ as approved by the International Committee of Medical Journal Editors (ICMJE) available at www.icmje.org. Authors are advised to read the ICMJE recommendations and following instructions carefully before submitting their manuscript to PJP.

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Aim and Scope of the Journal:
Pakistan Journal of Physiology publishes scholarly work in all areas of human/animal Physiology, related disciplines of basic medical sciences/clinical medicine, and medical education. The manuscripts submitted for publication may be in the form of an original research (randomized controlled trial, meta-analysis, quasi experimental study, case control study, cohort study or cross-sectional analytical study), review article, case report, book review, recent advances, new techniques, debates, adverse drug reports, current practices, audit report, evidence-based report, short communication or a letter to the editor. Studies more than five years old at the time of submission are not entertained. Pakistan Journal of Physiology does not accept multiple studies/multiple end publications gathered/derived from a single research project or data (wholly or in part) known as ‘salami slices’. The Journal discourages submission of more than one article dealing with related aspects of the same study.

Submission process:
All submissions to Pakistan Journal of Physiology are online through ‘Open Journal System (OJS)’ at ‘http://pjp.pps.org.pk’. All authors and co-authors must provide details such as their full names, designation, mailing address, telephone/cell numbers and email addresses on undertaking certificate (author certificate). The undertaking certificate will be signed by all the authors and the sequence/order of authors on the certificate once submitted shall not be changed at any stage. Undertaking certificate can be downloaded from ‘make a submission’ page. It is mandatory to provide approval letter of institutional review board/ethical review committee or exemption thereof with all the research articles. Dissertation/thesis approval letter from relevant authority is also acceptable.

After the manuscript is received it undergoes preliminary editorial review. Decision whether the manuscript will be processed for publication or it is unsuitable for publication in PJP will be intimated to the corresponding author. Manuscripts found suitable for publication undergo peer review process which may take minimum two to four months. Each manuscript is sent to two peer reviewers. Suggestions given by the peer reviewers are intimated to the corresponding author for necessary corrections. After this the manuscript undergoes final editorial review and the composing process. The processed manuscript is finally sent to the corresponding author for proof reading before declaring it ‘camera-ready’. When the manuscript is considered fit for publication, an email is sent to the
corresponding author to deposit publication fee. After receipt of the publication fee, letter of acceptance is issued and the manuscript is kept in queue for publication. The average time taken from submission to publication is approximately six months, however it highly depends upon the response from peer reviewers and authors which may lead to delays in the publication process.

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**General instructions:**
The manuscript should be composed of a single Microsoft Word file with tables and figures placed at appropriate places within the text instead of putting at the end. The text should be single-spaced, single column with Arial or Times New Roman font style and 12-point font size. Manuscripts should be written in English in British or American style/format (same style should be followed throughout the whole text), in past tense and third person form of address. Sentences should not start with a number or figure. Present decimal figures up to 2 decimals only, e.g., 0.07 instead of 0.071. Use the full form of an abbreviation initially in the text before using the abbreviated form. Avoid capitalization except where it is grammatically required and for proper nouns. Inappropriately long or short sentences should be avoided.

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**Types of publication material**

**Original research article:**
The word count of original article should not exceed 2,500 words excluding abstract and references. It should contain a structured abstract of not more than 250 words. Three to 10 keywords should be given from MeSH (Medical Subject Headings). There should not be more than 4 tables and/or figures. The
number of references should not exceed 25. Fifty percent references should be from last five years from the date of submission.

Reporting guidelines available at ‘http://www.equator-network.org/’ should be followed while writing the manuscripts depending upon the specific study design. Reporting of all the RCTs must be based upon CONSORT statement. Reporting of observational studies should be based upon STROBE guidelines. Studies involving animals should follow ARRIVE guidelines. Clinical trials submitted for publication must be registered in international registry and the authors are required to provide the registration number. Unregistered trials will not be published.

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It should consist of critical overview/analysis of some relatively narrow topic providing background and the recent development with the reference of original literature. It should incorporate author's original work on the same subject. The length of the review article should not be more than 3,500 words with maximum 40 references. It should have non-structured abstract of 150 words with 3–10 keywords. An author can write a review article only if he/she has written a minimum of three original research articles on the same topic.

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These reports must be of academic and educational value and provide relevance of the disease being reported as unusual. Brief or negative research findings may appear in this section. The word count of case report should be 800 words with a minimum of 3 keywords. It should have a non-structured abstract of about 100–150 words (case specific) with maximum of 5–6 references. Not more than 2 figures and one table shall be accepted.

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It should not be more than 1,000 words, having a non-structured abstract of not more than 150 words with maximum two tables or illustrations and not more than 5 references.

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Letters should normally not exceed 400 words, with not more than 5 references and be signed by all the authors-maximum 3 are allowed. Preference is given to those that take up points made in contributions published recently in the journal. Letters may be published with a response from the author of the article being discussed. Discussions beyond the initial letter and response will not be entertained for publication. Letters to the editor may be sent for peer review if they report a scientific data.

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**Article Title:**
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**Abstract:**
An abstract should briefly state the objective, time and location of the study, basic procedures (selection of study participants, settings, measurements, analytical methods), main findings (giving specific effect sizes with frequencies and percentages, and their statistical and clinical significance), and principal conclusions. It should emphasize new and important aspects of the study or observations, note important limitations, and should not over-interpret findings. Do not use references in abstracts. Structure of an abstract should be in accordance to the article type. A structured abstract should consist of the following headings: objective, methods, results, conclusion, and keywords. An unstructured abstract should follow a logical sequence. Write the clinical trial number after the abstract in case of randomised controlled trials. Abstracts should be followed by 3–10 MeSH words. Use appropriate terms from MeSH database to increase search ability of your study.

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It presents a background and rationale for the study and is not the review of literature. It includes global, regional and local reports where appropriate. Cite only strictly pertinent references. State the purpose or objective of the study in the last paragraph without sub-headings. Explain the hypothesis and the requirement of the research. Do not include data or conclusions from the current study.

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Present the results in a logical sequence in the text, tables and illustrations. Do not repeat all the data of the tables or illustrations in the text. Emphasize or summarise important observations. Frequencies and percentages both should be mentioned, for example, there were 16 (3%) women. Exact p values should be reported. Mean should be with standard deviation. Medians should be with inter-quartile range.

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Data should be placed clearly and concisely to enable the reader to comprehend easily. Do not repeat the results stated in tables in the text. Tables should be numbered consecutively and cited in the results. Arabic numerals should be used. The title should be short and explanatory and written on top of the table. The columns of the table should have a short heading. Footnotes should elaborate on the abbreviations. If any data or table has been included from a published article, the source should be given.

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