

Lifestyle

journal

INSTRUCTIONS
FOR AUTHORS

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Introduction

“Lifestyle Journal” is a journal that electronically publishes peer reviewed scientific articles, which aims to promote interdisciplinary and multiprofessional practice through dissemination of original research and academic manuscripts in the area of “**Health promotion, prevention and rehabilitation**”. Focusing on the relation between Lifestyle and Health, *Lifestyle Journal* aspires to receive national and international manuscripts that will positively influence the practice of Health professionals. *Lifestyle Journal* offers access and space for discussion, and encourages collaboration and diffusion of innovative ideas among academics and professionals worldwide.

Form of Analysis and Review

Initially the text will be evaluated by one of the members of the “Editorial Board”, who will classify it according to the following criteria: ❶ compatibility with the journal thematic, ❷ potential for acceptance in terms of relevance, originality and methodology, and ❸ compatible format with the journal standards. The work that does not meet criteria ❶ and ❷ will be refused at this stage, without being sent to reviewers. In the case of the work that does not meet criterion ❸, it will be returned and a deadline will be established for corrections. The text that fulfills all the three criteria will be sent to at least two reviewers experienced in the area, national or international ones. Evaluation process is double-blinded.

Decisive Criteria

The main criterion for accepting or declining a work is adherence to scientific methodology. In addition, the following criteria will be taken into consideration: ❹ originality, ❺ creativity, ❻ clarity in writing, and ❼ interest to readers. The process of submission, analysis and publication is free of charge.

Article Categories

Formatting, maximal amount of words and maximal number of references are given for each submission

category: editorials, research, critical review, case report, trials and letters to the editor.

1. Editorial

They are short articles, aiming to relate or discuss current matters in Lifestyle and Health. Periodically, specialists will be invited to write an editorial about one of the works published in the journal. Manuscripts that detail, clarify or debate relevant themes for the reader will also be accepted. Editorial from all professionals and academics in Health will be welcome. The structure of the editorial does not require abstract and keywords, but encourages the use of the logical structure present in original articles. Text shall not be structured through the words: introduction, methods, results, discussion and conclusion.

Word limit: 800.

References limit: 10.

2. Research

They are original scientific works, also known as original articles, formatted according to the scientific method, with quantitative or qualitative content, or a combination of both ways to present data. Respecting the peculiarities of each discipline or profession, we request the following general structure of the text:

- **Abstract:** must be structured and enough to condense and draw the reader’s attention to the most important points of the research. *Word limit: 200.*
- **Introduction:** must be drafted in such way to present and explain the importance of the topic in question. Additionally, it must raise the interest of the reader and provide a context to the theme through definitions and data from previous studies.
- **Brief literature review:** must not be highlighted by a title, but must be inserted into the introduction. It must assess the related literature and identify its gaps. It must serve to justify the proposed

work, clearly indicating objectives and hypotheses.

- **Methods:** must encompass the following aspects with titles and specific contents according to the methodological structure:
 - ① methodology (include aspects such as conceptual structure, design, design type, single blinded, double blinded, randomization, placebo controlled, methods and measuring instruments),
 - ② location and period of time (month, year or intervals),
 - ③ participants (explain the nature of the sample, its selection, inclusion, non-inclusion or exclusion criteria, initial and final sample size),
 - ④ ethical approval,
 - ⑤ interventions (intervention protocol, duration, who was involved) and
 - ⑥ measures adopted with proper justification.
- **Results:** results or findings must be expressed in an accessible way through data analysis, tables, figures, diagrams, anonymous notes, according to the specific case.
- **Discussion:** main findings must be established and study strengths and limitations must be evaluated. Methodology and results must be compared to and contrasted with information previously published in the area. Findings must be interpreted and possible reasons for the results must be explored. Implications for professional practice must be explored.
- **Conclusion:** must be brief, logically organized and must summarize the findings. It must identify the gaps in the current knowledge and suggest further researches.

Word limit: 4000.

References limit: 40.

3. Case Report

Texts that report interesting cases, detailing important implications for the readers of *Lifestyle Journal*. Cases that relate new approaches to multiprofessional and interdisciplinary work are particularly welcome. They must start with the case history and then detail therapeutic procedures, clarifying the clinical reasons and reasoning process behind procedures, starting with results assessment. Practices should be based upon scientific evidences. Case report also demands written informed consent, abstract and presentation of key points. The use of tables and figures is recommended and encouraged.

Word limit: 1.500.

References limit: 20.

4. Critical Review

Critical review provides clear and updated information about a relevant issue for health professionals who work with lifestyle and health promotion. Abstract and key points must be presented. The use of tables and figures is recommended and encouraged. The following structure must be followed:

- **Introduction:** must be drafted in such way that presents and explains the importance of the topic. Furthermore, it must raise the interest of the reader and provide a context for the theme through definitions and data from previous studies.
- **Methods:** must provide details of the methodology used for review, including, for instance, search strategies, inclusion, non-inclusion and exclusion criteria, quality evaluation of the evidences found and details of analysis performed.
- **Evidences review:** in this part of the work it is essential to maintain the focus of the review. The use of titles and subtitles in each section is recommended. Every statement must be supported by evidences and quality and relevance of evidences must be given in details. When quality of

researches limits the capacity to draw solid conclusions, that fact must be stated.

- **Conclusions:** must be brief, logically organized and must summarize the findings. All of them must be supported by scientific evidences. Review limitations must be identified and presented. We recommend that future initiatives are suggested.

Word limit: 3000.

References limit: 100.

5. Trials

Texts that report interesting or new observations or observations with enough importance to health professionals, containing all necessary information for the proper replication and evaluation. The structure must be the same as Research.

Word limit: 2000.

References limit: 20.

6. Letters to the Editor

Texts that provide commentaries about previous articles of the journal, articles accepted for publication or any relevant issue to health promotion through interventions in lifestyle. Letters to the editor must not be structured. The editor reserves the right to shorten the text

Word limit: 400.

References limit: 5.

Technical Orientations

1. Submission

All submissions to “Lifestyle Journal” must be made electronically by accessing the following link: <http://www.lifestylej.com>. If authors or reviewers find any difficulty, they must send the editor-in-chief an e-mail, to the following addresses: leslie.portes@unasp.edu.br or leslie_portes@yahoo.com.br. When the work is submitted, corresponding author will receive an e-mail confirming file receipt. If the text is in accordance with “instructions for authors” (stage

①) and in conformity with criteria established at “Form of Analysis and Review” (page 1), the editor-in-chief will send the text to at least 2 independent reviewers (stage ②). Review process is blind. Stage ① should take 1 to 2 weeks and stage ②, 4 to 6 weeks.

2. Title Page

- **Article title:** must be as concise and informative as possible, without abbreviations, with up to 70 words, in both Portuguese and English.
- **Article category:** define article type according to the topic “Article types”, items 1 to 6.
- **Authors’ names:** full names of each author must be followed by superscript arabic numbers, indicating each author’s affiliation.
- **Institutional Affiliation:** affiliations must be identified by superscript arabic numbers. We recommend the following structure: Laboratory or Department, School/College or Course, University, City, State and Country.
- **Brief biography:** present a biography as short and informative as possible about each author.
- **Short title:** this title will be shown on top of the pages. It must not exceed 70 characters.
- **Corresponding author:** Name, complete address, e-mail and contact phone number of corresponding author.

3. Authorship

Each author must have made a substantial contribution to the study in one or more of the following areas: ① study conception, ② study design, ③ acquisition, ④ analysis and ⑤ interpretation of data, ⑥ writing and final approval of text. Describe authors’ names

after the References list, and beside each name write down the contribution given to the work, based on the options listed above.

4. Acknowledgements

All of those who do not fit the established criteria for authorship must be listed at the acknowledge section. Solely people's names, entities or funding agencies must be mentioned.

5. Manuscript: general guidelines

- **Introduction** must attract the interest of the reader about the theme, and also prepare him to understand the study. Besides, introduction updates the reader with previous knowledge about the theme. As for the whole manuscript, introduction must be brief.
- At the end of introduction, continuously, authors must present study objective and scientific hypothesis.
- Right after that, **Material and Methods** must be described. At this section of the manuscript, applied procedures must be briefly and accurately described. This description is crucial for the complete understanding of the study, and also to allow reproduction by the experienced reader. Whenever necessary, methodological procedures must contain references. At the end of this section of the manuscript, describe the statistical analysis procedures adopted.
- After describing methodology, **Results** section starts. At this point results found are described and highlighted, and must be properly illustrated by **Tables and Figures** (graphs). Data from Tables and Figures must not be described; the most important points must be highlighted.

- Next comes **Discussion**. This section of the manuscript allows a wide and deep debate with other ideas and with the reader. At this chapter, critical thinking supported by related references is demanded. To **discuss** a topic in the light of the study results and previous findings is not an easy task, it is an exciting assignment. The biggest challenge of the authors is to explore the topic as deep as possible, in an objective and concise way.

- **Conclusions** must be drawn the end of the manuscript. This part of the manuscript must be extremely brief and absolutely connected to the proposed objectives.

- **Bibliographic References** must be described after conclusions. Authors are responsible for the correct description of references: authors' names, article title, and abbreviated journals names, year of publication, volumes and pages of cited articles. References list must be numerical and Arabic, in the same order in which they appear in the manuscript. In the manuscript body, references must also appear with a superscript arabic number, as presented in the model below (**References: models**).

6. Abstract

It must be clear, informative and brief, and must arise reader interest. It must be structured (bold titles) as follows: Objective, Methods, Results and Conclusion. It must not contain references, unless extremely necessary. Abstract must be followed by keywords, according to criteria found at: <http://decs.bvs.br>.

Word limit: 200.

Keywords limit: 5.

7. Abbreviations and Units

- Abbreviations must be defined in the first opportunity they're mentioned in the text body, and they can be freely used so on. O Sistema Internacional de Unidades (SI) sempre deverá ser usado.
- International Units Systems (SI) must always be utilized.

8. Tables and Figures

Tables and figures are excellent resources to the readers. It is authors' responsibility to obtain authorization in case of using tables and figures of other authorship or editorial sources.

- **Tables:** ① must be placed into separate pages, one table per page; ② authors must indicate on the text where tables should approximately appear; ③ insert caption, references or footnotes at the bottom of the table; ④ in the footnotes, explain all of the abbreviations used in the table; ⑤ tables must be consecutively numbered; ⑥ table title must start as follows: "Table 1:".
- **Figures:** ① figures include illustrations, graphics and photographs; ② the use of colors is recommended and encouraged; ③ they must be placed into separate pages, one table per page; ④ authors must indicate on the text where figures should approximately appear; ⑤ figures caption must be placed consecutively in one or more pages right after "References"; ⑥ above the figures their numbers should be placed, one number per page, one number for each figure; ⑦ figures title must start as follows: "Figure 1:".

9. Design

- **Lifestyle Journal** recommends and encourages the presentation of the study design in studies carried out with human subjects.
- Suggested model can be found at the following link (CONSORT): <http://www.consort-statement.org/>.
- Alternatively, design can be built with Microsoft Word or PowerPoint tools.
- The diagram must be numbered as one of the figures of the work and inserted at the text body, in the assigned place.
- It is recommended that the figure is saved in JPG or TIF format before it is inserted into the text body.

10. Conflict of Interest

- Following bibliographic references, authors should inform the existence or not of conflict of interest.

11. References: models

- For references that have up to 6 authors, all of the names must be listed.
- When more than 6 authors are cataloged, list the first 6 ones, add a comma and et al followed by a period.
- Journals names must be abbreviated according to "Index Medicus". (<http://icmr.nic.in/health/Medline2007.pdf>).
- Examples of references of original articles::
- Canhadas IL, Silva RL, Chaves CR, Portes LA. Anthropometric and physical fitness characteristics of Young male soccer players. *Rev Bras Cineantropom Desempenho Hum*, 2010;12:239-45.

- Portes LA, Saraiva RM, dos Santos AA, Tucci PJ. Swimming training attenuates remodeling, contractile dysfunction and congestive heart failure in rats with moderate and large myocardial infarctions. *Clin Exp Pharmacol Physiol*, 2009;36:395-9.
- Example of **book** reference:
- McCullagh P, Nelder JA. *Monographs on Statistics. Generalized Linear Models*, 2nd ed. London: Chapman and Hall, 1989.
- Example of **book chapter** reference:
- Sealey JE, Laragh JH. The renin-angiotensin-aldosterone system for normal regulation of blood pressure and sodium and potassium homeostasis. In: Laragh, JH, Brenner, BM, eds. *Hypertension: Pathology, Diagnosis, and Management*. New York: Raven Press, 1990:1287-1317.
- Example of **Dissertation or Thesis** reference:
- Veldkamp MW. Potassium channels in the heart. Amsterdam: University of Amsterdam, 1993 (Thesis).
- References of abstracts will not be accepted, as well as electronic documents..
- In case of articles accepted for publication but still not published, at the end of the reference add the expression “In Press”, and use DOI system (Digital Object Identifier System), indicating the offered number.

Editorial Policy

1. General Aspects

Lifestyle Journal aims to publish articles with the highest ethical and scientific standards. Thus, authors must pay special attention to the following aspects.

2. Ethical Approval

Original works that involve human subjects must clearly state, at “**Material and Methods**” section, the following requirements:

- if the study has been approved by an ethics committee,
- if all of the procedures are in accordance with resolution 196/96 of Brazilian Health Ministry and Helsinki “Declaration of Human Rights” (www.wma.net/e/policy/b3.htm),
- name of the institution by which the ethics committee is bounded and,
- number of the process (committee approval).

Original works that involve experimentation animals must clearly state, at “**Methods**” section, the following requirements:

- if the study has been approved by an ethics committee,
- if all of the procedures are in accordance with international principles for biomedical research involving animals (<http://www.the-aps.org/publications/journals/guide.htm>).

Studies that do not match these criteria will not be accepted.

3. Conflict of Interest

- In a document apart from the manuscript, authors must write down the following text: “**The undersigned authors, from the article entitled _____, declare to have not to have any potential conflict of interest regarding the present study, submitted to *Lifestyle Journal*. Add place and date, full name of the authors and respective signatures.**”

4. Copyright

- All articles published at [Lifestyle Journal](#) must become property of the Journal and UNASP, and cannot be republished without written permission from the editors.
- The assignment of authorship rights of articles accepted for publication must be downloaded by authors from the Journal's website, filled in and sent to [Lifestyle Journal](#), together with the submitted manuscript.
- Additionally, copyright laws forbid [Lifestyle Journal](#) from publishing any material without previous authorization from other journals, books, sources or authors. Hence, any material that is not from the own authors and that might be bounded by another editing source, must have the proper written authorization before it is included in the article.
- [Lifestyle Journal](#) will request a copy of the authorization in these cases.

Manuscript Evaluations

1. Evaluation Criteria and Guidelines

Every manuscript submitted to [Lifestyle Journal](#) that presents ❶ compatibility with the journal thematic, ❷ potential for acceptance in terms of relevance, originality and methodology, and ❸ format compatible with the journal's standards, will be sent to 2 different reviewers, specialists in the area, in a process called "blind".

2. Mission, Vision, Motto and Philosophy of [Lifestyle Journal](#)

- To serve as a means to establish the interface between research in field of lifestyle and

professional practice to disease prevention and health promotion.

- To be a scientific journal recognized by its high ethical and scientific standards, by the excellence of the published articles and by the quality of the services provided.
- To investigate and promote healthy lifestyles.
- Scientific and ethical impartiality.

3. Objectives of [Lifestyle Journal](#)

- To promote the dialogue among researchers and professionals concerning investigations and practical experience.
- To encourage multiprofessional and interdisciplinary approaches in the examination of more than one dimension of the interventions through Lifestyle changes towards health promotion.
- To deepen investigations and progress in the field of Lifestyle research

4. Evaluation Criteria

The following are brief descriptions of the guidelines and criteria reviewers will use.

■ General Aspects:

- ◆ Does the title refer precisely the content of the article?
- ◆ Does the abstract give enough and suitable information about the work?
- ◆ Was the purpose of the work clearly stated?
- ◆ Is the text complete and formatted accordingly to the standards of [Lifestyle Journal](#)?
- ◆ Is the theme of the work contemporary?
- ◆ Was the manuscript well written (writing, precision and organization)?
- ◆ Is the literature review updated and complete?

■ Methodological Aspects:

- ◆ Is the methodology adequate to the purpose

of the study?

- ◆ Are the instruments appropriate for the study?
- ◆ Is sample size appropriate?
- ◆ Is methodology clear and organized in such way that the study can be reproduced?
- ◆ Are the statistical methods suitable for the issues studied?

■ **Results, Discussion and Conclusion:**

- ◆ Are results organized and presented adequately and clearly?
- ◆ Were results deeply discussed and do they provide relevant information?
- ◆ Does the information provided by the work present scientific relevance?
- ◆ Does the information provided by the work present clinical relevance?
- ◆ Does the article add value to the literature available in the area?
- ◆ Are the study conclusions coherent with the results found?
- ◆ Do study conclusions fulfill the objectives proposed?

■ **Possible final decisions from reviewers:**

- ◆ The text suits the requirements of “[Lifestyle Journal](#)” and I assent its approval.
- ◆ The text partially suits the requirements of “[Lifestyle Journal](#)” and must be returned for corrections.
- ◆ The text presents severe limitations and must be largely corrected before it is re-submitted to “[Lifestyle Journal](#)”.
- ◆ The text does not meet the requirements of “[Lifestyle Journal](#)”, and therefore has not been accepted for publication.

■ **Reviewers can also, at their discretion, suggest:**

- ◆ Alterations
- ◆ Inclusions
- ◆ Considerations