

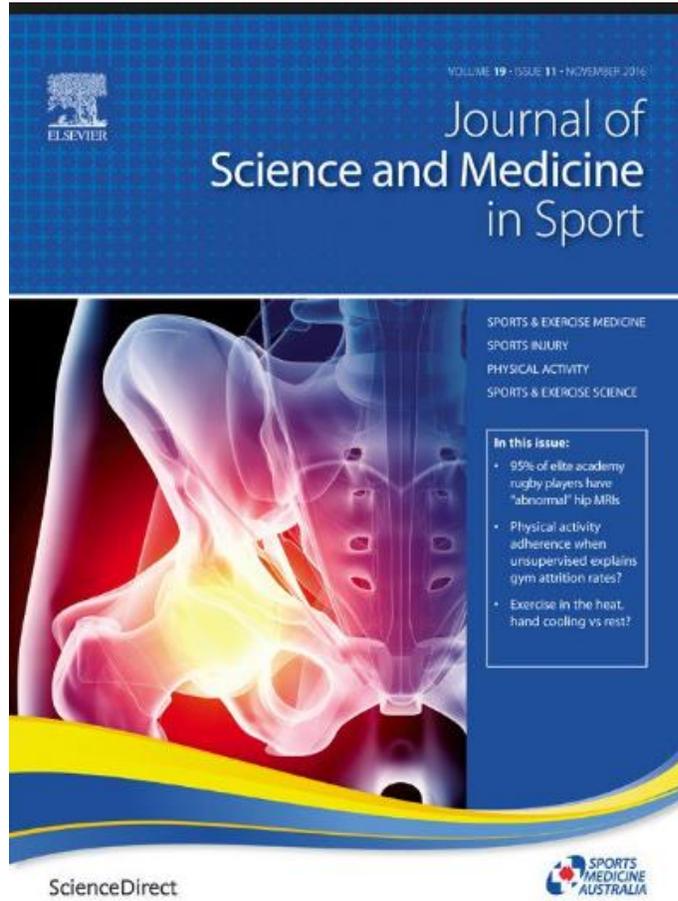


How to get published

Builds on yesterday's workshops, registrar research modules etc.

Overview

- How to write a paper (briefly)
- How to get a good paper published
- How to get a poor paper published?
 - Outside the scope of this talk.



Journal of Science and Medicine in Sport

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Journal Ranking

Current Issue | [January 2017](#)
Volume 20, Issue 1

Issue Highlights

Impact of quadriceps strengthening on response to fatiguing exercise following ACL reconstruction
Christopher Kuenze, Moataz Eltoukhy, Adam Kelly, Chang-Young Kim
Vol. 20, Issue 1
Published online: May 21, 2016
[Full-Text HTML](#) | [PDF](#) | [Supplemental Materials](#)

A rating of perceived exertion scale using facial expressions for conveying exercise intensity for children and young adults
Yi-Lang Chen, Wen-Ko Chiou, Yu-Tung Tzeng, Ching-Yu Lu, Shih-Chi Chen
Vol. 20, Issue 1
Published online: June 1, 2016
[Full-Text HTML](#) | [PDF](#)

The effects of dietary nitrate supplementation on the adaptations to sprint interval training in previously untrained males
David J. Muggeridge, Nicholas Sculthorpe, Philip E. James, Chris Easton
Vol. 20, Issue 1
Published online: May 21, 2016
[Full-Text HTML](#) | [PDF](#) | [Supplemental Materials](#)

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Rating perceived exertion using facial expressions

Tips from Gordon...

- Get advice early from experienced colleagues and do good research
- Level of evidence is always considered ie Meta-analysis above systematic review above trial etc
- Consider which journal is the best fit for your article
 - JSAMS is multidisciplinary –Physical Activity-Sport and Exercise Science-Injury Prevention-Sports Medicine



JSAMS

- [J Sci Med Sport](#). 2017 Jan 18. [Epub ahead of print]
- **The effect of acute and short term glucocorticoid administration on exercise capacity and metabolism.**
- [Tacey A](#), [Parker L](#), [Garnham A](#), [Brennan-Speranza TC](#), [Levinger I](#).



AJSM

- Am J Sports Med – surgical focus –
- [Am J Sports Med.](#) 2002 Jul-Aug;30(4):581-8.
- **Long-term outcome of fasciotomy with partial fasciectomy for chronic exertional compartment syndrome of the lower leg.**
- [Slimmon D¹](#), [Bennell K](#), [Brukner P](#), [Crossley K](#), [Bell SN](#).



BJSM

- Physiotherapy
- Sports physicians
- Systematic reviews
- Less keen on narrative reviews
- Intervention ahead of descriptive studies
- Proven ahead of very very novel...



Others you don't have to pay for

- Scandinavian Journal of Science and Medicine in Sport (SJMSS)
- Clinical Journal of Sport Medicine (CJSM)
- Medicine and Science in Sport & Exercise (MSSE)



Discipline-specific journals

- Gait and posture
- Journal of Applied Biomechanics
- American Journal of Bone and Mineral Research
- JAMA Neurology...
- etc





Open access journals

Here is where predator journals and conference come in...



Sport Injury Prevention
Research Centre
UNIVERSITY OF CALGARY



Research:

Inter-rater reliability of the Shoulder Symptom Modification Procedure in people with shoulder pain (11 November, 2016)

Research:

How accurate are the wrist-based heart rate monitors during walking and running activities? Are they accurate enough? (25 April, 2016)

Research:

Australian Football League concussion guidelines: what do community players think? (28 November, 2016)

Research:

Rethinking the role of fat oxidation: substrate utilisation during high-intensity interval training in well-trained and recreationally trained runners (21 August, 2015)

Review:

Systematic review of physical activity and exercise interventions to improve health, fitness and well-being of children and young people who use wheelchairs (15 November, 2016)



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ne (BJSM)



Things to look for when choosing

- Is it 'free' to publish? Most 'Online only' journals charge to publish – be aware
- Talk to your supervisor
- Turnaround time?

How to get attention!

Abstract needs to grab the editor's attention to get to associate editors

- JSAMS and BJSM each >1000 submissions 85% rejection, by far the most are rejected by the Editor.
- Indicate why this is important new information
- Get someone to read it who has been successful
- Indicate quality of your research in the abstract. (randomised controlled trial, level of review etc.)
- Indicate the statistical analysis used
- Get someone to do a once/twice over read for simple errors
- Make sure you comply with the article submission requirements, referencing etc.



Author advice

- Is this the right journal?
 - Previous similar papers a guide but...
 - Previous similar papers may be a mixed blessing
 - If no papers then you better argue for it or email the editor up front and ask
 - Your supervisor will know
- Look at 'IFORA' – Instructions **FOR** Authors
- Look at 'template paper' (similar paper in that journal ideally)

Your job...

- Work through the Journal's website....
- May take half a day to a day to upload
- Sleep on it before hitting the 'send' button
- Read a paper print out (so 20th century!)

Priorities

- May take an hour (!) to finalise the title
- **Title will influence editors/reviewers as well**
- ‘Declarative’ vs ‘descriptive’ titles
 - “50% of seniors’ falls result in head injury”
 - “A study of seniors’ falls in care facilities”
 - Journal-specific
- Abstract critical

Platelet-Rich Plasma Injection for Chronic Achilles Tendinopathy

A Randomized Controlled Trial

Robert J. de Vos, MD

Adam Weir, MBBS

Hans T. M. van Schie, DVM, PhD

Sita M. A. Bierma-Zeinstra, PhD

Jan A. N. Verhaar, MD, PhD

Harrie Weinans, PhD

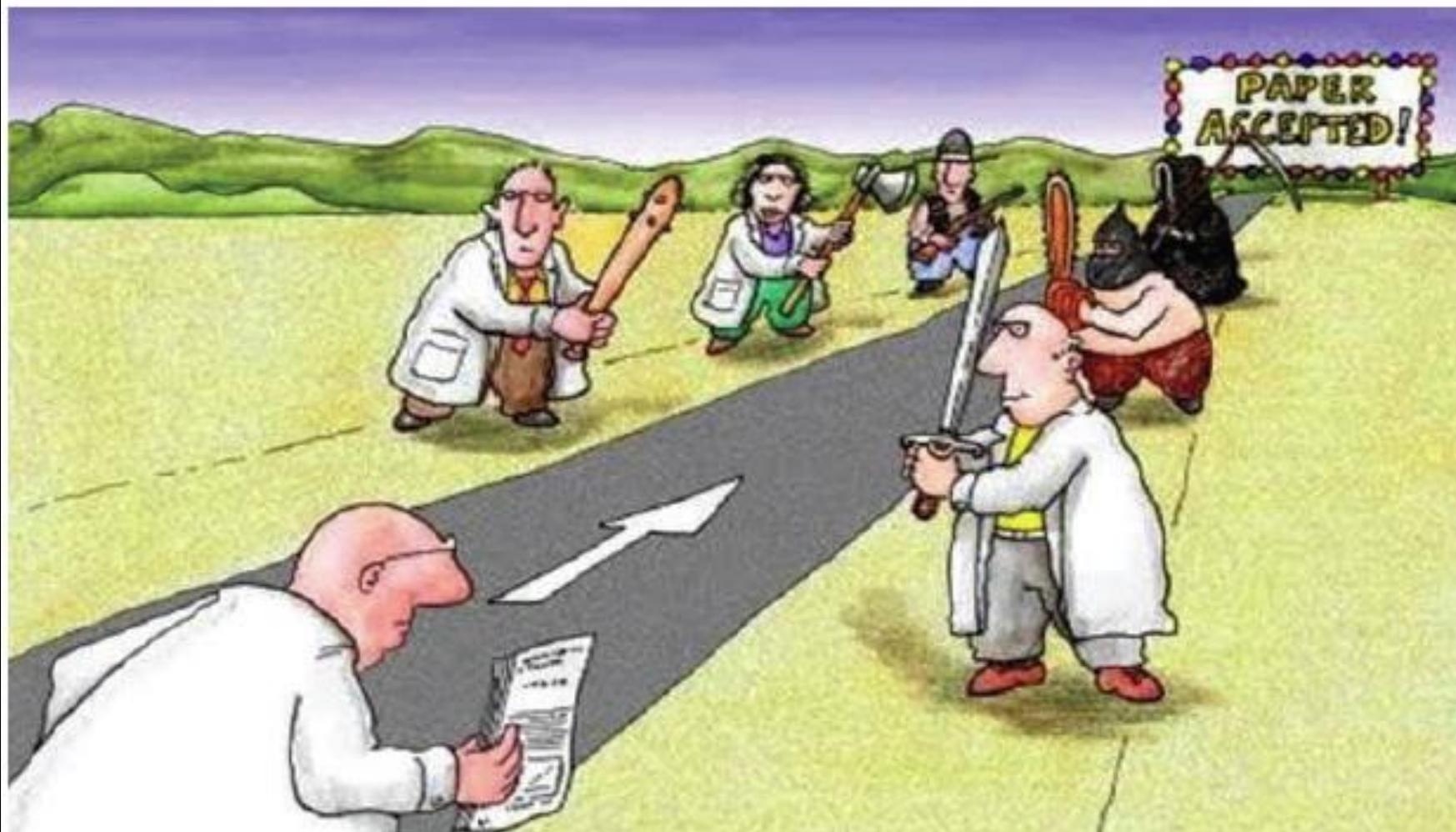
Johannes L. Tol, MD, PhD

Context Tendon disorders comprise 30% to 50% of all activity-related injury. Degenerative tendon disorders (tendinopathy) occur frequently and are difficult to treat. Tendon regeneration might be improved by injecting platelet-rich plasma (PRP), a increasingly used treatment for releasing growth factors into the degenerative tendon.

Objective To examine whether a PRP injection would improve outcome in patients with midportion Achilles tendinopathy.

Design, Setting, and Patients A stratified, block-randomized, double-blind, controlled trial at a single center (The Hague Medical Center, Leidschendam, the Netherlands) of 54 randomized patients aged 18 to 70 years with chronic ten-

'The Peer Review Process'



Your job

- Introduction must be focused on the question. NOT a lit review (good Intro short, 3 pars)
- Methods – cite if standard; focus on your innovation/challenging/dodgy part.
- Results – **One** Key figure (Figure 2) or Table
- Discussion – one speculation OK, two is too many
- Differentiate summary & conclusion



What's your 'hook'

- What makes your paper 'special'
- 'Marketing' your paper
- Consider this 'conventional' motorbike.
- Journal wants something 'different'....

What is special about your paper? (Marketing 101)

Points of parity (-)

- Essential
- E.g. Motorbike engine...
- **Don't lack**
e.g. EMC
straightf



Points of differentiation +++

- Why your Motorbike is different (e.g. engine/design/sexy)
- **Study design**
- **Who is in the cohort**
- **Novel intervention**
- **Novel 1° outcome etc.**
- ***Decide 1-2 special points***

It should be clear what your points of differentiation are:

why is yours 'different' / special;
what is 'adds to the field'



Review process

- Journals might reject 'immediately' – this will be 'fit' and does not mean it is a bad paper.
- If goes for review – journals usually aim to get two reviews
- If you get to nominate reviewers choose them carefully and try to email them to get them to accept the review invitation!
- Journal will often choose at least one of yours

Message there was...

- Don't take it personally
- Journals make mistakes
- It is subjective
- Listen to your advisor as to whether it is good work or not
- Differentiate criticism of the work (nothing is perfect) from criticism of YOU!

Reviewers...

- Comments from reviewers are more important than their *'decision'*
- Editors decide based on comments and the pressure of papers
- At JSAMS & BJSM, need two positive reviews to have a shot; at some journals one good review is enough

'Reviewer speak'

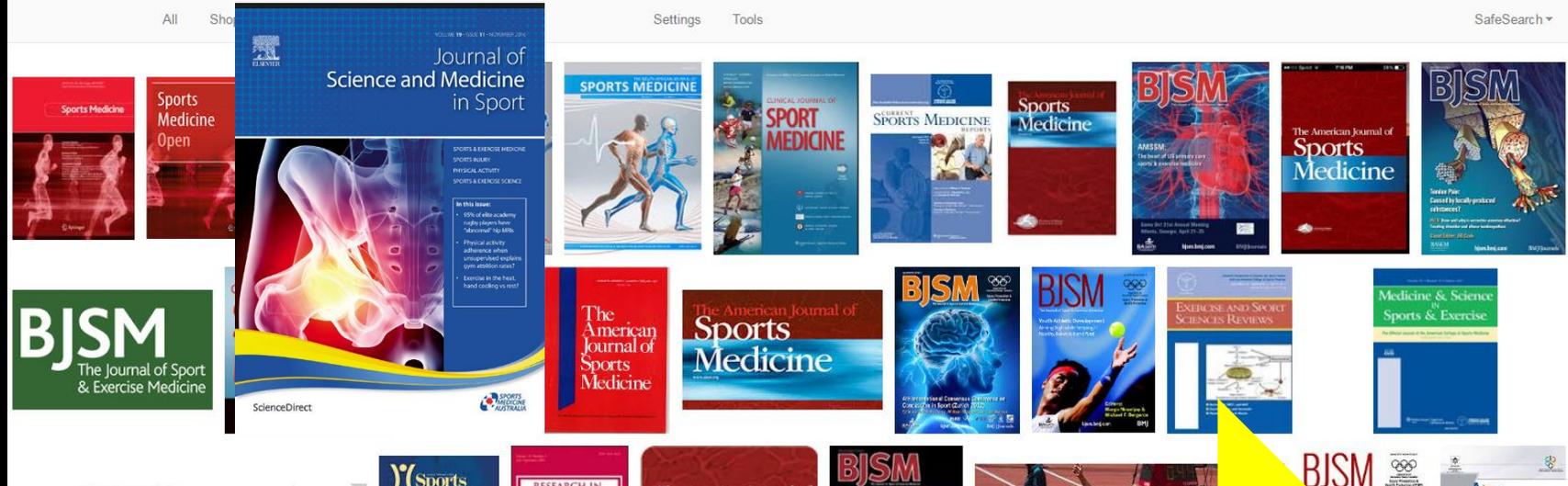
- If you are allowed to submit another version it means you have a good chance
- You should always (!) resubmit if invited
- There is a culture of how to respond and learn that from your supervisors. Use a *template* – make the editor's job easy

You may need to make a 2nd revision

- Nearly done then, that's good news...
- We are too...(nearly done!)

Summary

- The better the study / design / work up front the easier it will be to publish
- Work with experienced publishers – particularly in that field, that journal
- Luck is a part of it – not a rational process



There are a lot of journals

