

INSTRUCTIONS FOR AUTHORS

All manuscripts must be submitted online via Manuscript Central at:
<http://mc.manuscriptcentral.com/rojost>

Articles submitted to ROJOST undergo a double-blind peer review, with the Editorial Office removing all author and institution identifiers before sending papers to reviewers.

In general, authors should follow the ICMJE's "Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals." <http://www.icmje.org/recommendations/>

Types of papers

This journal publishes double-blind peer reviewed articles

1. Case Reports

2. Original Articles should have no more than 2,500 words with an abstract of 150 words (in some cases, a maximum of 250 words is also acceptable), no more than 5 figures and 3 tables, and a maximum of 25 references

3. Review Articles should have no more than 3,500 words and 50 references

4. Letters to the Editor are limited to 500 words and 5 references

Editorial procedure

This journal follows a double-blind reviewing procedure. Authors are therefore requested to submit:

1. A blind manuscript without any author names and affiliations in the text or on the title page. Self-identifying citations and references in the article text should be avoided.

2. A separate title page, containing title, all author names, affiliations, and the contact information of the corresponding author. Any acknowledgements, disclosures, or funding information should also be included on this page.

Manuscript Submission

Submission of a manuscript implies that the work described has not been published before; that it is not under consideration for publication anywhere else; that its publication has been approved by all co-authors, if any, as well as by the responsible authorities – tacitly or explicitly – at the institute where the work has been carried out. The publisher will not be held legally responsible should there be any claims for compensation.

Permissions

Authors wishing to include figures, tables, or text passages that have already been published elsewhere are required to obtain permission from the copyright owner(s) for both the print and online format and to include evidence that such permission has been granted when submitting their papers. Any material received without such evidence will be assumed to originate from the authors.

Text formatting instructions

All manuscripts must conform to the following formatting instructions:

File format: Microsoft Word

Word count: Maximum, 3,000 words (including the Abstract but excluding references and figure legends)

Line spacing: Double-spaced

Font: Times New Roman (size 12)

Page layout: Manuscript title included at the beginning of the first page with continuous line numbering down left side of page

The text of a research paper should be divided into Introduction, Materials and Methods, Results, Discussion, Conclusions, Acknowledgements, Conflict of Interest, and References.

Use italics for emphasis.

Use the automatic page numbering function to number the pages.

Do not use field functions.

Use tab stops or other commands for indents, not the space bar.

Use the table function, not spreadsheets, to make tables.

Use the equation editor or MathType for equations.

Save your file in docx format (Word 2007 or higher) or doc format (older Word versions).

The following items must be submitted:

1. TITLE PAGE INCLUDING

(1) article title, (2) authors' names, in the order they should appear, and academic degrees, (3) institution(s) the work was performed at, (4) institution (and city and state or country) each author is affiliated with, (5) corresponding author and his/ her e-mail address and phone number.

2. ABSTRACT

Please provide a structured abstract of 150 to 250 words, which should be divided into the following sections:

-Purpose/ aim (stating the main purposes and research question)

-Materials and Methods

-Results

-Discussion

-Conclusions

3. KEYWORDS

Please provide 4 to 6 keywords, which can be used for indexing purposes.

4. MANUSCRIPT TEXT: SEE "MANUSCRIPT STRUCTURE" BELOW.

5. DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

6. PERMISSION TO USE FIGURES, TABLES, AND VIDEOS OWNED BY ANOTHER PARTY:

Authors are responsible for obtaining permissions. Provide (1) a full citation for the previous publication and (2) a

letter from the owner of the copyright granting permission for the journal to reproduce the copyrighted material OR a completed permissions form stating the date when permission was requested and the approximate date when the permission is expected to be received.

Manuscript Structure

The body should consist of:

1. INTRODUCTION

State the problem that led to the study, including a concise review of only the relevant literature. State your hypothesis and the purpose of the study. It is preferable that this is done in the form of a research question that describes the setting of the study, the population, or sample studied, and the primary outcome measure.

2. MATERIALS AND METHODS

Describe the study design in detail using standard methodological terms. Reports of randomized controlled trials should follow the twenty-five-item checklist developed by the CONSORT Group. Submissions reporting cohort, case-control, and cross-sectional studies should conform to the format suggested by the STROBE panel. Reporting of meta-analyses should conform to the PRISMA Statement criteria.

3. RESULTS

Provide a detailed report on the data obtained during the study. All measurements should be presented in metric values. Results of many reconstructive procedures, such as total joint arthroplasty, should be based on at least a 2-year follow-up of each patient. An average of two years of follow-up is generally not sufficient. If the follow-up is shorter, provide a strong scientific justification for why the focus on shorter follow-up is clinically relevant.

4. DISCUSSION

Be succinct. What does your study show? Is your hypothesis affirmed or refuted? Discuss the importance of this article with regard to the relevant world literature; however, a complete literature review is unnecessary. Analyze your data and discuss their strengths, their weaknesses, and the limitations of the study.

5.A REFERENCE SECTION, in PubMed/ Index Medicus format, must be included after the manuscript text. Number the references according to the order of citation in the text (not alphabetically), and cite all references in the text.

6. FIGURE LEGENDS for all images must be included at the end of the manuscript text file, after the References section. Explain what each figure shows. Identify machine settings for magnetic resonance images, and give the magnification of all photo micrographs. Define all arrows and other such indicators appearing on the figure.

7. FIGURES must be submitted in TIFF or EPS format. Cite all figures, in the order they appear in the text.

*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. You are advised to provide recent references (2014 and recently), and from peer-reviewed journals. References before 2014 are discouraged.

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. <https://doi.org/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. Clinical implications of dysregulated cytokine production. *J Mol Med.* 2000. <https://doi.org/10.1007/s001090000086>.

Book

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

Book chapter

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

Online document

Cartwright J. Big stars have weather too. IOP Publishing PhysicsWeb. 2007. <http://physicsweb.org/articles/news/11/6/16/1>. Accessed 26 June 2007.

Dissertation

Trent JW. Experimental acute renal failure. 1975, Dissertation, University of California.

Always use the standard abbreviation of a journal's name according to the ISSN List of Title Word Abbreviations, see ISSN.org LTWA.

If you are unsure, please use the full journal title.