



King Saud University
LECTURE 4
(10:45-12:15, 25th September)

How to Publish Papers in
Peer-Reviewed Scientific
Journals

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Importance of Publications

- A study is never completed without publication
- Responsible to share findings of a study with others and disseminate information (as many people as possible)
- Important for academic career (Curriculum Vitae, evidence of research ability)
- Establish ourselves as “scientists” and make the world know us (publish in an international journal)

FACTS

- It is **not easy** to publish a paper
- More competitive, more difficult
- A “bad” study (e.g., poor study design) can never be published
- Journals wait for a paper that will be cited well (impact factor)
- Poor English (writing) is a problem
- Could find a “home” for each paper
- Practice makes perfect

Design a “Publishable” Study

- Find a good topic
- Know the background of the study (what is the originality of the study?)
- Set a clear research question and hypothesis
- Assume “comments” from reviewers when designing a study (e.g. sample size, reliability, validity, statistical analysis)

Key Factors

- Clear research question(s)
- Logical hypothesis (hypotheses)
- Originality
- Rationale
- Significance
- Reasonable approach to the question(s)
- Reliable methods
- Appropriate analysis and interpretation

Exercise 1

- Topic
- Research question(s)
- Hypothesis

Exercise 2

- Methods
 - Study design
 - Subjects (sample size)
 - Measurements
 - Statistical analysis

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Which Journal ?

- Scope
- Previous article(s) in the journal
- Impact factor
- Author's instructions
 - Word limit
 - Format
- Turn-around time (review process)
- First choice and next choices?

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Some of the Journals



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Some Review Journals



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Exercise 3

- Any possible "Review paper" topic?

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Journal Impact Factor

- Based on a three-year period, and can be considered to be the average number of times published papers are cited up to two years after publication
- Journal Citation Report (JCR), a product of Thomson ISI (Institute for Scientific Information)
- The impact factor 2012 for a journal: A = the number of times articles published in 2010-2011 were cited in indexed journals during 2012, B = the number of articles, reviews, proceedings or notes published in 2010-2011, $IF_{2012} = A/B$

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IF of Exercise/Sports Science Journals

- <http://www.sportsci.org/2012/wghif.htm>
- Sports Medicine (5.2), Exercise and Sport Sciences Reviews (4.5), Medicine and Science in Sports and Exercise (4.4), British Journal of Sports Medicine (4.1), American Journal of Sports Medicine (3.8), Journal of Applied Physiology (3.7), Journal of Science and Medicine in Sport (3.0), Scandinavian Journal of Medicine and Science in Sports (2.9), Exercise and Immunology Reviews (2.8), Journal of Sport and Exercise Psychology (2.7), International Journal of Sports Medicine (2.4), European Journal of Applied Physiology (2.2), Applied Physiology Nutrition and Metabolism (2.1), and International Journal of Sport Nutrition and Exercise Metabolism (2.0)

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Number of Citation

- h-index: measure of the productivity and impact of the published work of a scientist or scholar
- The index is based on the set of the scientist's most cited papers and the number of citations that they have received in other publications
- The number of citation may indicate "impact" of a paper than the impact factor of the journal that the paper was published

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Exercise 4

- Which journal do you want to publish a paper?
- Information about the journal
- Instructions for authors
- What is the second and third choices?

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Author Guidelines

- Scope of the journal
- Editor and editorial board
- Readers
- Format (font size, line space)
 - Abstract
 - Main text
 - References
 - Figures and tables

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Authorship

- Most journals have requirement of at least two of three conditions:
 - Development of research question and project
 - Data collection and analysis
 - Writing and revising the paper
- Order of authors
 - First author
 - Last author

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Structure

- Title page (Blinded title page)
- Abstract
- Introduction: 2 pages
- Methods: 3-5 pages
- Results: 3-5 pages
- Discussion (conclusion, practical applications): 4-5 pages
- References (not too many)
- Tables and Figures (limitation)

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Writing up a Manuscript

- Takes a time (e.g. 3 months for the first draft)
- Where to start (e.g. Methods – Results – Introduction – Discussion)
- Several revision process (read it over and over, co-authors)
- Revisions based on “Reviewers’ comments”
- Make it “perfect”

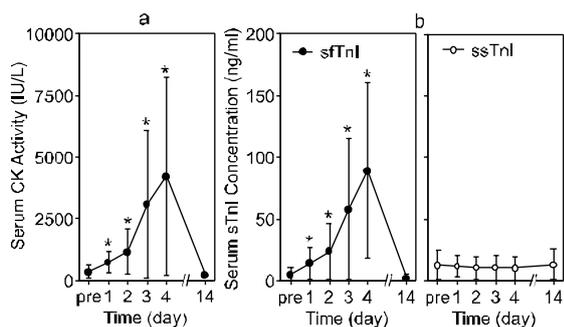
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Figures and Tables

- Good quality
- Best format (e.g. bar graph vs line graph)
- Suitable font size (consider the “print” size)
- Simple and clear
- Figure vs Table
- What you want to present

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Example Figure



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Manuscript

[Example 1](#)

[Example 2](#)

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Submission

- Online submission – follow the instructions
- Cover letter to the Editor (“sell” the manuscript and explain how it will contribute to the body of knowledge – journal)

Example

- Nomination of potential reviewers
- Other documents (e.g. copyright form)

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Reviewers

- Nominate reviewers if possible
- Nominated reviewers may not be chosen – Invitation ([Example](#))
- Provide information about the reviewers and justify the choice
- Use papers of the reviewers in the manuscript (cite them appropriately)
- Networking (let reviewers know you)

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Review Process

- Often takes a time
- Appreciate comments and suggestions from Reviewers
- Revise the manuscript accordingly
- Provide “Response Letter” to each reviewer and to the editor
- Improve the manuscript and resubmit
- If rejected, learn from the comments and revise it to be submitted other journal (never give up)

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Please rate this manuscript on a scale of 1-5 (with 5 indicating greatest degree or best, and 1 indicating least degree or poor).

Rating Scale	1	2	3	4	5	N/A
How relevant is the topic of the article to the field?	<input type="radio"/>					
How clear is the research question?	<input type="radio"/>					
How original is the research question?	<input type="radio"/>					
To what degree is the article based on sound theory?	<input type="radio"/>					
How appropriate is the methodology?	<input type="radio"/>					
How thorough is the data analysis?	<input type="radio"/>					
How informative is the interpretation of results?	<input type="radio"/>					
To what extent does the discussion yield new insights?	<input type="radio"/>					
How clear is the writing?	<input type="radio"/>					

Are the results of the research original?

Yes

No

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Review Questions

- Novelty of the research
- Impact of the research
- Appropriateness of the design and data analysis
- Interpretation of the research
- Overall rating: the default value for acceptance is currently “Upper 25%”

1. Upper 10%
2. Upper 25%
3. Upper 50%
4. Lower 50%
5. Lower 25%

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Review Questions

- Does the manuscript require expert statistical review?
- Is there an issue with the abbreviations?
- Is there an issue with the length of the submission?
- Does the manuscript require editing for grammar and style?
- Would you be willing to review a revision of this manuscript?

Yes

No

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Recommendation

Accept

Minor revision

Major revision

Reject & Resubmit

Reject

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Reviewer's Comments

- There are good reviewers and bad reviewers
- Reviewers are not always right
- Reviewers try to find problems
- Understand the reviewers' comments
- Appreciate the comments and use them to improve manuscript

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Reviewer's Comments

[Example 1](#)

[Example 2](#)

[Example 3](#)

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Reviewer's Comments to the Editor (1)

I do not understand the significance and rationale of the study. It may be due to my lack of knowledge, but I did not understand why the complexity of EMG was examined in the study, especially how it is associated with the effectiveness of vascular restriction on increases in muscle mass and muscle function. The authors state vascular restriction provides "healthier muscle activation dynamics" but the statement is vague and from the study, it is not possible to judge that. The manuscript is reasonably well written, but lacks some necessary information. I think that the contribution of the study on the body of knowledge is limited, thus my recommendation is REJECT.

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Reviewer's Comments to the Editor (2)

Thank you for giving me the opportunity to review the manuscript. The study is interesting, but I do not think that the manuscript is well written and the authors succeeded to deliver the significance of the study to the readers.

As explained in the comments to the authors, there are several major problems in the study, and I think that they are enough reasons to "reject" the manuscript. I do not think that the manuscript is considered to be top 25%, even after revisions. Thus, my recommendation is "Reject."

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Reviewer's Comments to the Editor (3)

I have carefully reviewed the manuscript and made comments. Since this is the first time to review a paper of the Histochemistry and Cell Biology, I am not familiar with the format of this journal. There are many tables and figures, but I assume that all of them can not be included in the publication. The manuscript provides interesting and valuable information, and I think that it contributes to the body of knowledge significantly. However, I think that the manuscript could be improved more and attracts readers more by discussing the relationships between the inflammatory cell profile and other dependent variables included in the study.

As you can see in my comments to the authors, most of them are not major, but a lot of revisions are required. Based on this, my recommendation is "Major Revision." If the authors are given a chance to revise the manuscript and resubmit the manuscript, I am happy to review it again, if I am asked.

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Response letters

- Respond to all comments
- Point-by-point manner
- Be polite and show appreciation
- Consider all comments
- If you don't agree with a comment, explain clearly why
- Make it easy for reviewers to re-review

[Example](#) [Example 2](#)

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Revised Manuscripts

[Example1](#)

[Example2](#)

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Proofs

[Example](#)

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Tips to Increase Publications

- Read journal articles and understand “research”
- Team work (co-author)
- Set a goal (e.g., 1 publication per year)
- Design a good study (nobody can do!)
- Publish with students
- Collaboration

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SUMMARY

- Publishing a study is a part of our profession
- It is not an easy task, but can be done
- A good study design is the key
- Find a home for each paper
- Believe in yourself (You can do it!)
- Never give up

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**Thank you
very much**

Questions?
Comments?
Collaborations?

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