



Süleyman Demirel University
Journal of Health Sciences
Instructions for Authors



Table of Contents

POINTS TO CONSIDER BEFORE MANUSCRIPT SUBMISSION.....	3
PAGE LAYOUT AND WRITING STYLE.....	4
TITLE LAYOUT.....	4
ABSTRACT.....	4
MAIN TEXT.....	5
Organization by In-Text Heading Levels.....	5
Table and Figure Layout.....	5
Content Information by Manuscript Sections.....	6
REFERENCES.....	7
POINTS TO CONSIDER DURING THE SUBMISSION PROCESS.....	9



The following guidelines have been established for the purpose of ensuring uniformity in the format of manuscripts submitted to our journal.

POINTS TO CONSIDER BEFORE MANUSCRIPT SUBMISSION

It is of the utmost importance to pay close attention to the following elements during the preparation of the manuscript:

- Submissions that have been previously published or are currently under review in another journal for publication and have not been approved by the respective authors are not eligible for consideration in the SDU Journal of Health Sciences.
- The authors are accountable for ensuring that all references and citations in the manuscript comply with the relevant scientific and ethical standards.
- In the event that research results submitted to our journal for evaluation have been previously published or presented at a scientific platform, the name of the platform, the information pertaining to the publication or platform where the research was published or presented (journal, etc.), the date of publication or presentation, and the location (city/country), if any, must be indicated on the title page.
- The SDU Journal of Health Sciences reserves the right to reject manuscripts that are not uploaded in accordance with the pre-control approval form.
- The similarity rate should be below 25%, excluding author affiliation information, acknowledgments (if any), and references. Even if the quantitative similarity rate is below 25%, the journal board reserves the right to reject the manuscript if it is determined that the general citation rules have not been followed.
- The following are the requisite characteristics of a respective type of research paper:
 - Review:** It is expected that review articles will be prepared by discussing the latest literature in the field of health, with particular attention to publications from the last five years. The maximum word count (excluding references and tables) should be 4500 words, and this number should not be exceeded. Each abstract in Turkish and English should be a minimum of 250 and a maximum of 300 words. The abstract should include the text and keywords. The main text should include an introduction, a section on methods and findings in systematic reviews, a conclusion, and references.
 - Case Report:** A case report is a written account of a single case or multiple cases that present and discuss clinical evaluations and the characteristics of one or more cases of scientific importance. These manuscripts present uncommon cases and illustrate distinctive approaches to diagnosis and treatment. Photographs and diagrams should be included to support the text. The maximum word count (excluding references and tables) should be 1500 words and this number should not be exceeded. Each abstract in Turkish and English should be at least 100 and at most 150 words. The abstract should consist of an aim, case, a conclusion, and key words. The main text should include an introduction, case presentation, discussion, conclusion, and references.
 - Letter to the Editor:** These manuscripts present a variety of perspectives, experiences, and inquiries from readers regarding articles published in the journal over the past year. They should include the number and date of publication, as well as a reference to the article in question. When feasible, they are published alongside the responses from the authors of the criticized article. They are limited to 500 words and do not include a title or abstract.
 - Original Research:** Original research articles should present original and innovative research in the field of health sciences. The text should clearly demonstrate the scientific contribution of the article and relate it to the existing literature. Research should support scientific quality through methodological details and a clear expression of results. The maximum word count (excluding references and tables) should be 3500 words and should not exceed this number. Each abstract in Turkish and English should be at least 200 and at most 250 words. The abstract should include the



following subheadings: aim, materials and methods, results, and conclusion. Additionally, keywords should be specified. The main text should include an introduction, materials and methods, results, discussion, conclusion, and references. The maximum number of references should be 35, and they should be selected from the current literature as much as possible. Tables and figures should be included and numbered to support the findings of the article.

PAGE LAYOUT AND WRITING STYLE

All text should be placed in the journal template. All text should be written in the "Times New Roman" font style, 12 pt. Line spacing should be 1 in the abstract, bibliography, and main text sections. One line space should be left between each title and text and between each paragraph in the text. Furthermore, no additional spacing should be added before and after the paragraph.

The manuscript should be written in accordance with the English spelling and punctuation rules. A space should be inserted after punctuation marks (comma, colon, semicolon, etc.) at the end of a sentence and/or within a sentence. It is incorrect to insert a space between the percentage sign and the number (e.g., %54). For decimal numbers, the preferred format is 0.02 rather than .02. There should be no space before or after symbols or signs (e.g., 200g, 10L, a=b, 3+2, 1<2, etc.).

TITLE LAYOUT

The title of the manuscript should be presented in title case, that is, it should begin with a capitalized letter and continue with a lowercase letter, be centered, and be set in 12-point font and in bold. Furthermore, the title should not exceed 200 characters, including spaces and punctuation marks. It is imperative that no abbreviations or tags are utilized in the title of the manuscript. The English title of the manuscript should be written beneath the Turkish title, adhering to the identical spelling criteria as outlined in the template.

NAME(S) OF THE AUTHOR(S) AND AFFILIATION INFORMATION LAYOUT

The first name of the author(s) of the manuscript should be written in title case, with the surname continuing in capital letters, centered, in the "Times New Roman" font style, 10 pt and bold. Title case should be used for the institution information. The ORCID number must be included (e.g. X University, X Faculty, X Department, City, Country).

ABSTRACT

The text in the abstract section should be in the Times New Roman font style, 10 pt. font size, and 1 line spacing. The abstract should be in both Turkish and English. Please do not alter the left or right indentation of the text. Organize the content as a single paragraph. Do not use bold font in the text. It is important to note that the recommended word count for the text included in this section varies depending on the type of manuscript. Keywords must be included at the end of the abstract and should be written in italics. All keywords must be written in title case. Words should be separated from each other with commas. A minimum of three and a maximum of six keywords should be used. Turkish keywords must be chosen according to the "Turkish Science Terms" index, and English keywords must be chosen according to "Medical Subjects Headings." The abstract of the manuscript must briefly reflect the main points of the manuscript and must be compatible with each other in terms of content and language.



MAIN TEXT

The main text should be divided into the following sections: Introduction, Materials and Methods, Results, Discussion, and Conclusion. Each section should be formatted in the following manner: Times New Roman font style, 12-point font size, and 1 line spacing. Additionally, a single line space should be left between each title and text, as well as between each paragraph. Finally, a 1.25 paragraph indent should be applied at the beginning of each paragraph. The maximum word count for the text (excluding abstracts, figures, tables, and references) is as follows: 3.500 words for original research articles, 4.500 words for reviews, 1.500 words for case reports, and 500 words for letters to the editor. In accordance with the Vancouver style, reference numbers should be presented in parentheses (e.g., (1) or (1,2) or (3-5)). All references should be provided in a list titled "References" at the conclusion of the manuscript, in the same sequence as they appear in the manuscript. For symbols and abbreviations, the Turkish Language Association's spelling guide should be consulted for Turkish manuscripts. Turkish terms should be utilized as frequently as feasible in lieu of foreign terms. Abbreviations may be employed in the text, but the initial instance of their use should be accompanied by an explanation within parentheses.

Organization by In-Text Heading Levels

It is important to consider the various heading writing styles employed in the text and to categorize them according to the level at which they are used. The following is a list of the heading writing styles identified. To guarantee the coherence and structural soundness of the article, it is advisable to refrain from including an excessive number of subheadings that are not essential to the content.

Subtitle 1: The headings "Introduction," "Materials and Methods," "Results," "Discussion," and "Conclusion," as well as the "References" section, should be formatted as follows: 12-point font, left justification, and bold. All words should be in title case.

Subtitle 2: The second level heading should be 11-point font, left-justified, and bold. The text must be written in title case.

Subtitle 3: The third-level heading should be left-justified and in bold 10-point font size. It is imperative that the text be presented in title case.

Subtitle 4: The fourth-level heading should commence at a paragraph indent of 1.25. The font size should be 10 points and the text should be presented in bold. It is imperative that the text be written in title case.

Table and Figure Layout

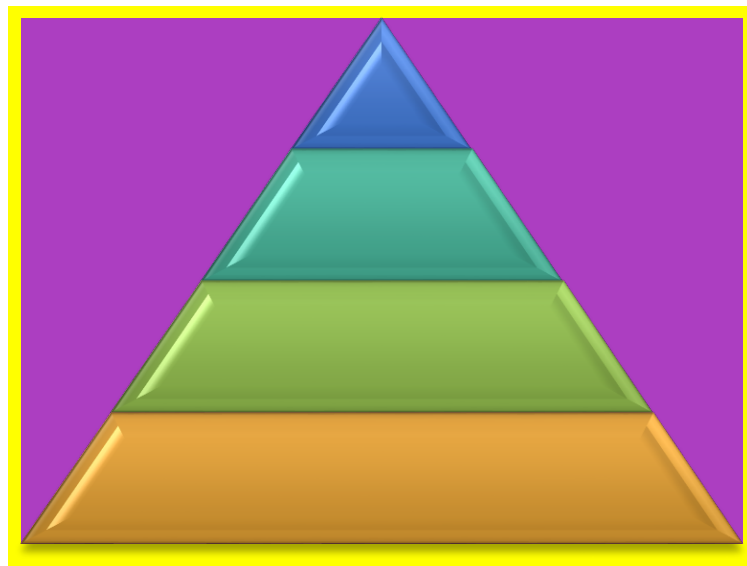
Tables should be numbered in accordance with the sequence of occurrence within the text and positioned within the text in a manner that is consistent with the surrounding content. A reference to the table (Table 1) should be included in the main text. Table numbering should be placed above the table and in bold. The table caption should be positioned above the table, left-justified, in Times New Roman font style and 10 pt. The table caption should be written in title case. A single line space should be left between the table caption and the table. All texts, data, and values in the table should be written in Times New Roman font style, 10 pt., and with 1 line spacing. The alignment of the table lines should be consistent with the text alignment.

Table 1: XXXXXX XXXXXX XXXXXXXX XXXX XXXXXX XXXXXX XXXXXXXX XXXX

Xxx	Xxx		Xxx		
	Xxx	Xxx	Xxx	Xxx	Xxx
Xxx	0	0	0	0	0
Xxx	0	0	0	0	0
Xxx	0	0	0	0	0
Xxx	0	0	0	0	0

* The accompanying explanations should be provided in this section, aligned left, in Times New Roman font, and in 10-point font size.

Figures should be numbered in accordance with the sequence of occurrence in the text and positioned within the text in a manner that facilitates ease of reference. A citation of the figure (Figure 1) should be included in the main text. The resolution of figures or images should be 300 dpi. The figure numbering should be presented below the figure and in bold. The figure caption should be located below the figure, centered, in Times New Roman font style and 10 pt. The figure caption should be presented in title case. A single line space should be left between the figure title and the figure. If there is text in the figure, it should be presented in Times New Roman font style, 10 pt. and 1 line spacing.

**Figure 1:** XXXXXXXX XXXXXX XXXXXX XXXXXXXX XXXXXX

Content Information by Manuscript Sections

Introduction: The introduction should provide a concise overview of the literature that serves as the foundation for the manuscript. In the concluding paragraph, the manuscript's objective(s) should be explicitly stated. Additionally, the subject under investigation should be briefly outlined, accompanied by a summary of the available data. It is essential to limit the discussion to pertinent information and to refrain from including superfluous details or conclusions.

Materials and Methods: The determination of subheadings in the Materials and Methods section should be made in accordance with the type of the manuscript. It is generally advisable to include titles that provide basic information such as the research design, characteristics of the participants, data collection tools, data collection process, and data analysis. In the Methods section, the subheading



"Statistical Evaluation of Data" should include a brief description of all statistical methods used, including data summarization, hypothesis testing, and the level of statistical difference based on the tests. Additionally, the name and version number of the software used for statistical analysis should be provided.

Results: The results of the study should be presented in a clear and concise manner. When appropriate, the findings should be supported by tables, graphs, figures, or drawings. Data presented in one table or figure should not be replicated in another.

Discussion: In evaluating the findings, it is essential to consider the existing literature on the subject. It is of paramount importance to ensure that the research findings are up to date and reflect the current state of knowledge.

Conclusion: A brief summary of the conclusions of the manuscript and its contribution to the existing literature and/or clinical practice should be provided in a separate conclusion paragraph.

Limitations: It is essential to indicate the limitations of the study and to suggest potential avenues for future research.

IMPORTANT NOTE: The following information should be presented immediately preceding the references, as shown below and in the journal template (in Turkish or English, depending on the language of the manuscript), in 10-point font size, with one-line spacing width, left justified, and in Times New Roman font style.

Acknowledgement: Should a expression of gratitude be required, it would be appropriate to include it in this section. Research results submitted to our journal have been previously published or presented at a scientific platform, the name of the platform, the information pertaining to the publication or platform where the research was published or presented (journal, etc.), the date of publication or presentation, and the location (city/country), if any, must be indicated.

Ethics approval: In the case of studies requiring ethical approval, the name of the relevant ethics committee, the date of the decision, and the decision number should be indicated.

Conflict of interest: The authors certify that they have no conflicts of interest. Should a conflict of interest exist, it must be disclosed in this section.

Author contributions: The manuscript is designed in the following manner: AB, CD; Acquisition of study data: AB, CD; Data analysis: AB, CD; Manuscript drafting: AB, CD; Content review: AB, CD; Version approval: AB, CD; Study design: AB, CD; Data collection: AB, CD; Data analysis: AB, CD; Draft preparation: AB, CD; Content review: AB, CD; Version approval: AB, CD.

Financial support: The authors declare that they received no financial support. Any financial or project support provided within the scope of the manuscript should be indicated.

REFERENCES

The bibliography should be prepared in accordance with the Vancouver reference style. The references to be included in the bibliography should be added in the order in which they are cited in the text, as demonstrated in the examples below. All references should be written in 10-point font, with one line spacing, left justified, and in the Times New Roman font style.



- Journal Article with Doi Number

1. Smith J, Doe A, Brown B, Lee C, Green D, White E. The effects of caffeine on cognitive function. J Clin Psychopharmacol. 2020;40(2):123-129. doi:10.1097/JCP.0000000000001234

- Journal Article with Three or More Authors

1. Miller B, Thompson H, Wilson R, Clark E, Martinez F, Lewis G, et al. Genetic markers associated with diabetes. Genomics. 2023;115(4):567-578. doi:10.1016/j.ygeno.2023.02.005

- Book

1. Aydın J, Balcı K, Canlı M, Duman N, Eren O, Fidan P, vd. Genetik ve Moleküler Biyoloji. 2. baskı. Bursa: Uludağ Yayınları; 2021.

2. Johnson M, Lee S, Patel R, Garcia L, Nguyen T, Smith J, et al. Principles of Molecular Biology. 1st ed. Boston: Pearson; 2019.

- Edited Book

1. Yılmaz A, ed. Modern Tıp Eğitimi. 2. baskı. İstanbul: Nobel Yayın Dağıtım A.Ş.; 2020.

2. Taylor K, ed. Modern Approaches to Clinical Medicine. 4th ed. Philadelphia: Saunders Elsevier; 2021.

- Chapter in an Edited Book

1. Dönmez B. Motivasyon. İçinde: Özdemir S, editör. Eğitim yönetiminde kuram ve uygulama. Ankara: Pegem Akademi, 2013; s. 185-229.

2. Doe A. Introduction to pharmacokinetics. In: Smith J, ed. Clinical Pharmacology. 2nd ed. London: Academic Press; 2018. p. 10-25.

- Translated Book

1. Öztürk D, Şahin E, Çelik F, Arslan G, Yıldız H, Kılıç İ, vd. Klinik Psikoloji [Çev. Arslan G, Yıldız H]. 1. baskı. İzmir: Ege Yayınları; 2019.

2. Brown P, Green T. Advanced Biochemistry [Translated by C D Lee]. 3rd ed. London: Academic Press; 2018.

- Dissertations

1. Asar R. Okul yöneticilerinin öğretmenlere ilişkin insan doğası varsayımları ve sergiledikleri yönetim tarzları [Doktora tezi]. Ankara: Hacettepe Üniversitesi; 2021.

2. Doe A. The Impact of Social Media on Youth [master's thesis]. London: University of London; 2018.

- Paper/Presentation

1. Öncü Y. Yenilenebilir Enerji Teknolojilerinde İlerlemeler [poster sunum]. Sunulan: 5. Yıllık Yenilenebilir Enerji Konferansı; Temmuz 20-22, 2021; Isparta, Türkiye.

2. Smith J, Doe A. The impact of climate change on marine biodiversity [oral presentation]. Presented at: International Marine Biology Symposium; March 15-17, 2022; Barcelona, Spain.



- Webpage

1. Dünya Sağlık Örgütü. COVID-19 Halk Sağlığı Tavsiyeleri [Internet]. Cenevre: Dünya Sağlık Örgütü; 2022 Mar 20 [erişim 2024 Nis 10]. Erişilen: <https://www.who.int/tr/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
2. Climate Change Impacts [Internet]. London: Environmental Agency; 2020 May 5 [cited 2024 Apr 10]. Available from: <https://www.environmentalagency.gov/climate-change-impacts>

POINTS TO CONSIDER DURING THE SUBMISSION PROCESS

It is the responsibility of the corresponding author to complete all forms during the manuscript submission process. These forms must be signed with an ink signature and uploaded to the system. Please ensure that all of the following files are included in the manuscript upload process:

A. Manuscript Forms

1) Submission and Transfer of Publication Rights Form: This document should be named as "Submission and Transfer of Publication Rights Form". It must be signed with a wet signature and uploaded at the article submission stage.

Link: [TIKLAYINIZ](#).

2) Author Contribution Form: This document should be named as "Author Contribution Form".

Link: [TIKLAYINIZ](#).

3) Pre-Control Approval Form: This document should be named as "Pre-Control Approval Form". It must be signed with an ink signature and uploaded at the article submission stage.

Link: [TIKLAYINIZ](#).

B. Manuscript Files

1) Title Page: This document should be named as "Title Page".

Link: [TIKLAYINIZ](#).

2) Ethics Committee Approval Certificate: This document should be named as "Ethics Committee Approval Certificate".

Link: [TIKLAYINIZ](#).

3) Main Manuscript: This document should be named as "Main Manuscript". This file should be uploaded to the system in the template specified below.

Link: [TIKLAYINIZ](#).

4) Blinded Main Manuscript File: It is imperative that any information that could potentially reveal the authors' identities be excluded from the manuscript. Therefore, the names, surnames, institutional affiliations, addresses, e-mails, and ORCID numbers of the authors should not be included in the manuscript prior to the layout process. Similarly, in manuscripts for which ethical committee approval has been granted, the name of the ethics committee should be left blank until the layout process. For example, the following statement should be included in the text: "The research was approved by the



ethics committee on January 25, 2023, with the decision number 12345 of the X University clinical research ethics committee." Furthermore, researchers should exercise caution when referencing their own publications in the text. For instance, the phrase "In another study we conducted with hospital managers..." should be replaced with "In the study conducted by Ata et al. (2022) with hospital managers..." to maintain objectivity.

5) Tables: This document should be named as "Tables". All tables should be incorporated into a single Word file, with each table on a separate page in the sequence in which they appear in the manuscript.

6) Figures: This document should be designated as "Figure 1, 2, 3, etc." As all photographs, graphics, and diagrams are regarded as figures, each of them should be uploaded to the system individually in its original size, 300 dpi resolution, and JPEG or PNG format.