

Manuscripts containing original material are accepted for consideration if neither the article nor any part of its essential substance, tables, or figures have been submitted elsewhere before appearing in the Journal. If you are interested in submitting your article, please follow our guideline below.

Step I. Content of the article

Original articles are scientific reports of the results of original clinical, experimental or epidemiological research. The text is limited to 1000 words (abstract, figures, tables and references excluded). A maximum of 5 tables/figures and 30 references are allowed.

1. Title

The title is the most important and most difficult part of writing an article. It is the key player into determining whether a reader continues reading your article. Therefore, we recommend a title that comprises the following:

- The title usually describes the subject matter of the article (e.g. “Potatoes as a cure for diabetes”) but sometimes it is more effective to have a title that summarizes the results (e.g. “A potato a day keeps diabetes away”).
- Make your title specific enough to describe the content of your research. The title should be appropriate for the intended audience, medical students, so not too technical (e.g. “Type 1 diabetes patients, consuming 100mg potatoes a day, show less pancreatic inflammation”).

2. Authors

It is important to keep in mind that the author section can be a sensitive subject, due to the hierarchy it implies. Hence, we included a few tips.

- The person who conducted the research and wrote the paper is generally listed as the first author of a research paper. However, during scientific internships a research is often divided into two conducting researchers. (e.g. student A wrote the protocol and conducted the first part, student B finished conducting the protocol and wrote the article). This problem can be solved by shared first-authorship. Also try to discuss the list of authors with your supervisor, if applicable.
- Most of the time, your supervisor is the last author on the manuscript.
- Other people who delivered substantial contributions are also listed as authors. Always ask someone’s permission before including his/her name as co-author.
- A substantial contribution should be defined as “scientific-input”. I.e. conducting measurements or performing assays is not enough to become a co-author. However, it is important to recognize the work that has been done. Therefore, people who did not have any scientific input, but did help out in conducting the research can be mentioned in the acknowledgment section.

3. Abstract

After the title, the abstract is the second factor persuading other peers to read your article in depth. The abstract should be a little less technical than the article itself; you don’t want to dissuade your potential audience from reading your paper. It should summarize your paper’s purpose, methods, results and conclusions.

Start by writing a summary that includes what you think is important, and then gradually prune it by removing unnecessary words. When the abstract is finished, it can be helpful to let a friend read the abstract and let him/her explain what the research is about. Hereby you immediately

see whether someone, unfamiliar with the research, understands what this study was about. The abstract should be submitted according to the following format:

- Introduction
- Methods
- Results
- Conclusion

Maximum amount of words: 250, no figures/citations.

4. Introduction

Start the first paragraph with explicating the central aim of the study. The reader will understand head on where the argumentation is leading him/her.

(e.g. *“The main goal during this study was to explore the anti-inflammatory effect of consuming potatoes in type 1 diabetes. In a cohort study¹, that was conducted in patients who suffered from acute viral myocarditis, the suggestion was made that patients who consumed >200mg of potatoes a day showed less myocardial damage, due to lasting inflammation, over a period of one year after acute onset. This study raised questions... ”*).

5. Methods

This section should contain enough information to allow other scientists to repeat your experiment. If you had a complicated protocol, it may be helpful to include a diagram, table or flowchart to explain the used methods. Do not put results in this section. An exception to this rule includes preliminary results that were used to design the main experiment. Last but not least, it is important to mention which program was used for the statistical analysis.

6. Results

Here you present your obtained results. Make sure you do not use more words than utterly required. Use graphs and tables if appropriate, but also summarize your main findings in the text. You do not necessarily have to include all the data, or the reader might drown in the sea of information. Do not discuss the results yet; save that for the next section, the discussion.

7. Discussion

Start with a one-sentence summary of your results, emphasizing why it is relevant. Highlight the most significant results, and try to bring clarification to the results. Please realize that findings which rejected your hypothesis are also very important!

- How do these results relate to the original question?
- Does the data support your hypothesis?
- Are your results conform other studies and if not, do you have an explanation for the discrepancies?
- What further research is necessary to answer the questions raised by your results?
- How do your results fit into the big picture?

8. Acknowledgment

This section is optional. You can thank those who helped with experiments, or made other important contributions, such as commenting on the manuscript.

9. References

There are several possible ways to organize this section. However, for the submission to this journal the AMA style should be used.

- In the text, cite the literature in the appropriate places:
The anti-inflammatory properties of potatoes were first shown in a research conducted to find a cure for viral myocarditis¹. Urie et al. conducted a research to elucidate the possible working mechanism behind its anti-inflammatory effect ².

- In the References section list citations in number of appearance.
 1. *Ikapo, A. C., and Mailwaki, B. E. 2012. Current treatment options for viral myocarditis. Science 275, 1213-1214.*
 2. *Urie, Q., Magenta, S. T., Sepia, X., et al. , U. 2013. The anti-inflammatory effect of potatoes: elucidating its working mechanism. Nature 564, 123-145.*

Step II. Format of the article

Via the website, www.amc.nl/amsj, you can submit your article online. Please submit it as a Word-document. It should follow the lay-out below:

1. *Title section:* Please include a title page with your submission that includes the title of the manuscript, each author's name and affiliation/institution and contact information for the corresponding author.
2. *Content:* Abstract, Introduction, Methods, Results, Discussion.
3. *References:* The reference list should be according the AMA style. In case of more than 3 authors, name the first 3 and insert "et al.". Limit the number of references to 30. References in text should appear as follows "...treatment is of proven benefit¹."
4. *Tables and figures:* All tables and figures have to be numbered sequentially. Place tables and figures at the end of the article; insert captions at correct locations in body text. Tables, figures and flowcharts should be sent in an adjustable form (i.e. word or excel), instead of being an image. Legends for all figures should be included in the file with the text and should not appear on the figures.
5. *Page layout:* no headers or footers; no columns; left align; font: 12 pt. Times New Roman, single line spacing; main headings 14 pt bold; subheading 12 point italic.
6. *Line numbering:* number all the lines in the document. You can find this function in the 'Page Setup' group, under the 'Page Layout' tab.
7. *Language:* US English spelling and punctuation.

Step III. Copyright Transfer Agreement form

Do not forget to sign the copyright transfer agreement form. Please make sure every author has agreed to publication. The form should be uploaded along with the article (PDF, TIFF, JPEG file). For the copyright transfer agreement form, see Appendix I.