

Author's instructions



Amsterdam Medical Student
journal

(Systematic) Review

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Manuscripts of (systematic) reviews 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 Amsterdam Medical Student Journal. If you are interested in submitting your manuscript, please follow our guideline below.

1.1 Content

(Systematic) reviews review the data of original clinical research. The text is limited to 1000 words (abstract, figures, tables, references excluded). A maximum of 5 tables/figures and a maximum of 30 references is allowed.

Please notice that any figures or tables should be submitted in separate files. Tables and graphs should be submitted in a word or excel file. For pictures or images a .TIF file is most preferable. Please notice that any images or pictures must consist of a minimum of 300 dpi.

1.1.1 Title

Even though you might not have thought it ought to be, the title is the most important and most difficult part of writing an article. The title is vital in determining whether a reader will continue to read your article. Keeping that in mind, a title should comprise 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 not contain any details (e.g. “Type 1 diabetes patients, consuming 100mg potatoes a day, show less pancreatic inflammation”).

1.1.2 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 (first) co-authorship.
- 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.

1.1.3 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 someone read the abstract and let that person explain to you what the research is about. In this

way you will immediately see whether someone, unfamiliar with the research, understands what this study was about.

Please use the following structure: background, methods, results, conclusions.

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

1.1.4 Introduction

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

(e.g. *“The main goal of 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... ”*).

1.1.5 Methods

This section should contain enough information to allow another scientist to repeat your experiment. If you had a complicated protocol, it may be helpful to include a diagram, table or flowchart to explain the methods used. A flow diagram of your search strategy is preferable. An extensive search strategy (i.e. Mesh terms used) might be used as supplementary file. 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 include which software? program was used for statistical analysis.

1.1.6 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 provided information. Do not discuss the results yet; save that for the next section, the Discussion.

1.1.7 Discussion

Start with a one-sentence summary of your results, emphasizing why these are relevant. Highlight the most significant results, and try to bring clarification to the results. Keep in mind that negative results can be important as well!

- How do these results relate to the original question?
- Do the data support your hypothesis?
- Are your results conform other studies and if not, why so?
- What further research is necessary to answer the questions raised by your results? -
- How do your results fit into the big picture?

To give you an idea of a structure for systematic review, we recommend the PRISMA guidelines (<http://www.prisma-statement.org/PRISMAStatement/Checklist.aspx>). Also, the Cochrane handbook for systematic reviews can be used (<http://training.cochrane.org/handbook>).

1.1.8 Acknowledgment

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

1.1.9 References

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

Please find more about the AMA style at <https://www.lib.jmu.edu/citation/amaguide.pdf>



--- In the text, cite the literature in the appropriate places using a superscript:

The anti-inflammatory properties of potatoes were first shown in a research conducted to find a cure for viral myocarditis.¹ 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. Programs like Mendeley or Endnote can be used. When your reference has more than 3 authors, please only mention the first three authors!

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