How to write a paper

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Declaration of interest

- Associate Editor of *Angiology (IF 3.085)*

- Associate Editor of *Clinical Lipidology*

- Associate Editor of the *Hellenic College of Treatment of Atherosclerosis* for *The Open Cardiovascular Medicine Journal*

- Section Editor of *Archives of Medical Science (IF 1.969)*

- Book Review and News and Views Editor of *Current Vascular Pharmacology (IF 2.391)*

- Editorial Board Member of *Metabolism Clinical and Experimental (IF 5.777)* and *Current Medical Research and Opinion (IF 2.757)*
MY CREDENTIALS

REFEREEING
41 different journals

AUTHOR
248 entries on MEDLINE, February 2018

CITATIONS
2,064 on ISI Core Collection, February 2018

H-factor
26 on ISI Core Collection, February 2018
Declaration of interest

- NK has given talks, attended conferences and participated in trials sponsored by Amgen, Angelini, Astra-Zeneca, Boehringer Ingelheim, Galenica, Elpen, MSD, Novartis, Novo Nordisk, Sanofi and WinMedica
PROCEDURE

Select journal *(level? scope? first mistake)*
Cover letter
Format text in journal style
Submit
Receive response
Respond to referee comments or resubmit
Check proofs
• Does the journal have that option?

• Say what is new and important in your paper

• Say what you published before on this topic, especially if this was in big journals

• Have you published in this journal before?
STRUCTURE OF A PAPER

- Title page (+ short title)
- Abstract (+ key words)
- Introduction
- Methods (subheadings)
- Results (same subheadings)
- Discussion (do not forget limitations)
- References (style, style, style!!!)
- Acknowledgements
- Declaration of Interest (essential)
- Author contribution (becoming essential)
STRUCTURE OF A REVIEW

• Title page
• Abstract (+ key words)
• Introduction
• Methods
• Results
• Discussion (limitations)
• References
• Acknowledgements
• Declaration of Interest
• Size ???
• Invited or submitted review???
STRUCTURE OF A LETTER

- Very short text (*the shorter the better*)
- Few references (e.g. 5)
- Few messages (e.g. 1 - 3)
- To *contradict* a finding
- To *re-interpret* a finding
- To *support* a finding
- To *present* early (unpublished?) findings
- Mostly related to publications in the same journal
STRUCTURE OF AN EDITORIAL

• PRESTIGIOUS, especially in high ranking journals
• “Few” references
• “Few” messages
• Related to publications in the same journal
• Usually invited (how to get invited?)
SOME GENERAL ADVICE

ABSTRACT (the “shop window” of your paper):

• AMAZINGLY! Key findings not included
• Details are included in the Abstract but not in the text!
• Key words?
• Include $p$ values, species or number of patients, duration of treatment …..
• Word limit: very strict!
SOME GENERAL ADVICE

ABBREVIATIONS:

• Hour, hours, hrs, h

• In Abstract and in Main Text (list of abbreviations?)

• Be consistent! (e.g. do not use several abbreviations for the same thing)

• Be sensible! (e.g. VD)

• Units: mg/L or mg/l?

• Add values in mmol/l?
SOME GENERAL ADVICE

REFERENCES:

• Consistent
• In journal style in both the reference list and within text
SOME GENERAL ADVICE

SPELLING:

• *Spellcheck* set to the correct language! (use it!)
• English/American (e.g. aemia/emia)
SOME GENERAL ADVICE

• *Spellcheck* is not the answer to everything, although helpful

• e.g. “imagining” techniques = “imaging” techniques

• “black” = “blank”
STATISTICS

• Distribution: Gaussian or not?
• No SEM, use SD
• Median and range
• Be sensible (e.g. cholesterol 123.45 mg/dl)!
• Separate section in METHODS
• 95% CI?
STATISTICS

• A meta-analysis of 92 patients! One study had 65 patients and 3 studies the remaining patients.
SOME GENERAL ADVICE

This man’s height is?
This man’s weight is?
SOME GENERAL ADVICE

This man’s height is 176.83 cm
This man’s weight is 100.27 Kg
SOME GENERAL ADVICE

*Rushing* serves no purpose!

Discuss findings among the team and then write them

*Short sentences* (20 - 30 words. Not a whole paragraph!)

*Decimal points* not commas (2.88 *NOT* 2,88)

Read *whole text* (avoid repeating yourself)
SOME GENERAL ADVICE

Nobody is always right! The team opinion is the best bet.

Several areas of expertise may be included in a paper.

Success of the mission → get published → get cited
SOME GENERAL ADVICE

You may only have minutes of attention from an Editor before he/she makes a decision.

Factors:

- Does the Editor know you or your centre?
- Ranking of your centre or authors?
- Presentation quality
- Are you a helpful referee for the journal?
- Cover letter?
You must be able to defend every sentence.

XX was markedly increased in patients with YY disease compared with control subjects.
You must be able to defend every sentence.

XX was markedly increased in patients with YY disease compared with control subjects. But the p value is not significant!!
These results were statistically significant \( (p = 0.001) \).

*What is wrong with that wording?*
These results were statistically significant (p = 0.001).

What is wrong with that wording?

If they are significant with a p value then they were obtained by a statistical test!
Change to:

These results were significant (p = 0.001).
“We enrolled 91 patients who were diagnosed to have CMP. The patients were divided into 3 groups; patients with idiopathic CMP (n = 33), ischemic CMP (n = 31) and controls (n = 27).”
ALL tables and figures must be able to "stand alone".
High levels of X are associated with a higher prevalence of disease Z.
High levels of X are associated with a higher prevalence of disease Z.

1) “High” and “higher” in the same sentence (e.g. use raised levels)
2) Levels = serum, plasma or blood? Other details e.g. fasting?
REFEREEING

- No more agreement than expected by chance
- Arrogant referee or has a personal agenda
- Editor can ignore a referee’s comment but the authors cannot
- Bias: should not be there but unfortunately is. Influenced by quality of submission.
Clarity of response is crucial!

• Point by point response in different colour
• You can refute a comment
• Point to inconsistent comments or to lack of honesty
• Your paper cannot cover everything
• Cite your own work (within reason!). Big journals preferably
In a recent study conducted by us, we demonstrated that...
In a recent study we demonstrated that…

In a recent study, we demonstrated that…

In a recent study, we reported that…
On the contrary,....
On the contrary,…

In contrast,…
As already mentioned previously…
As already mentioned previously…

As already mentioned…

As previously mentioned…
Statistical significance was defined as a $p < 0.05$
Statistical significance was defined as a $p < 0.05$

Statistical significance was defined as a two-tailed $p < 0.05$
The prevalence of obesity rises dramatically worldwide
The prevalence of obesity rises dramatically worldwide.

The prevalence of obesity is rising rapidly worldwide.

There is a marked increase in the prevalence of obesity worldwide.
PCI presented itself with an obvious limitation of high-risk target lesions revascularization
PCI presented itself with an obvious limitation of high-risk target lesions revascularization.

A limitation of PCI is the need for target lesion revascularization in some patients.
It was detected that high serum levels of total bilirubin was associated with CAD severity
It was detected that high serum levels of total bilirubin was associated with CAD severity.

It was reported that high serum levels of total bilirubin were associated with CAD severity.
Insulin levels were detected using an .... assay
Insulin levels were detected using an .... assay

Insulin levels were measured using an .... assay
Women have also a high prevalence of …
Women have also a high prevalence of …

Women also have a high prevalence of …
Headache, myalgia or constipation was seen in 6 patients
Headache, myalgia or constipation was seen in 6 patients

Headache, myalgia or constipation was recorded in 6 patients
Transaminases levels were improved
Transaminases levels were improved

*Serum* transaminase *activity* was improved
The inclusion of patients with bare-mental stents may worsen the outcome of PCI
The inclusion of patients with bare-metal stents may worsen the outcome of PCI
95% confidential interval [CI]
95% confidential interval [CI]

95% confidence interval [CI]  Probably a Spellcheck error
Contrast-induced neuropathy
Contrast-induced neuropathy

Contrast-induced nephropathy
Compared to…
Compared to...

Compared with...
A previous study by .....
A previous study by ..... 

A study by .....
Troponin levels were taken at admission to the hospital.
Troponin levels were taken at admission to the hospital.
Thank you for your attention