

# Guide for Submission

This guide describes how to prepare contributions for submission. We recommend you read this in full if you have not previously submitted a contribution to *Life Research*.

## Formats Guide

*Life Research's* main formats for original research are Articles and Reviews. In addition, *Life Research* publishes other submitted material as detailed below. All contributions should be written in English (spellings as in the Oxford English Dictionary). Our preferred format for text is Microsoft **Word**. We prefer the use of 12-point Times New Roman. For mathematical symbols, Greek letters and other special characters, use normal text or Symbol font.

**Title page:** All forms of contribution require a Title page. This page includes the title of the article which should be concise but informative; name of department (s) and institution (s) to which the work was done; address, telephone and fax numbers, and E-mail address of the author responsible for correspondence about the manuscript; and any grant support should be mentioned on this page. Notes: For Chinese name, please list given name first and then surname in pinyin, and uppercase the first letter of each part (e.g., Jian-Xing He, Bo Li).

*Life Research* requires authors to specify the contribution made by their co-authors in the end of the paper. If authors regard it as essential to indicate that two or more co-authors are equal in status, they may be identified by an asterisk symbol with the caption 'These authors contributed equally to this work' immediately under the address list. If more than three co-authors are equal in status, this should be indicated in the author contributions statement. Present addresses appear immediately below the author list (below the footnote rule at the bottom of the first page) and may be identified by a dagger symbol; all other essential author-related explanation is in the acknowledgements.

## Articles

Articles are original reports whose conclusions present novel and unusual significance discover regarding life science questions of wide interest. They do not normally exceed 10 pages of *Life Research* and allow up to 50 references. It is important to note that the Articles needs to contain enough credible scientific research data to prove the conclusion.

**Titles:** Titles do not exceed 90 characters (including spaces) for Articles. Titles do not normally include numbers, acronyms, abbreviations or punctuation. They should include

sufficient detail for indexing purposes but be general enough for readers outside the field to understand what the paper is about.

**Abstract:** Abstract is separate from the main text, of up to 300 words, which does not have references, and does not contain numbers, abbreviations, acronyms or measurements unless essential. It is aimed at readers outside the discipline. This summary contains a paragraph (2-3 sentences) of basic-level introduction to the field; a brief account of the background and process of the work; a statement of the main conclusions (introduced by the phrase 'Here we show' or its equivalent); and finally, 2-3 sentences putting the main findings into general context so the significance of the article is clear.

**Text:** A typical Article contains abstract, text, reference list and methods and other sections. Articles typically have 7 or 8 display items (figures or tables). Articles allow up to 50 references. Articles are typically 3,500 words of text, beginning with up to 700 words of referenced text expanding on the background to the work. The text may contain a few short subheadings (not more than six in total) of no more than 40 characters each.

**Methods:** They should contain all elements necessary for replication of the results. Methods should be written as concisely as possible and do not exceed 4,000 words. The subjects (patients or laboratory animals, and the controls, including criteria for selection) should be described clearly. Please describe the methods, apparatus and procedures in sufficient detail and identify precisely all drugs and chemicals used, including generic name(s), dose(s) and route(s) of administration. The Methods must include a statistics section where you describe the statistical tests used and whether they were one- or two-tailed. Please ensure that the error bars are defined throughout the figures. For all statistics (including error bars), provide the  $n$  values used to calculate the statistics (reporting individual values rather than a range if  $n$  varied among experiments). For representative results, report the number of times that the measurements were repeated. Where relevant, provide exact values for both significant and non-significant  $P$  values. For ANOVAs, provide  $F$  values and degrees of freedom. For  $t$ -tests, provide  $t$  values and degrees of freedom.

**References:** References are each numbered, ordered sequentially as they appear in the text, tables, boxes and figure legends. When cited in the text, reference numbers are superscript, not in brackets. Do not use linked fields. All authors should be included in reference lists unless there are more than three, in which case only the first three authors should be listed, followed by 'et al.'

The numbered references should be listed at the end of the article in the following format:

1. Author, A. B. Title of the article. *Sci Transl Med*. 2008,7:102–109.
2. Author, A. B., Author, B. C. Title of the article. *Nat Cell Biol*. 2009, 6:124–139.
3. Author, A. B., Author, Z. X., Author, B. C. Title of the article. *EMBO J*. 2009, 15:2444–2451.
4. Author, A. B. in Title of Book (ed. Surname, I. N.) 65–78 (Publisher, City, 2011).

Clinical trials should be cited as a reference using the following format:

5. Chinese National Library. ClinicalTrials.gov, <https://clinicaltrials.gov/ct2/show/NCT01939899> (2016).

General websites should be cited as a reference using the following format:

6. Author. Title of online article. Website name. HTTP address (2015).

The *Life Research* style can be obtained for Endnote (see

<https://www.tmrjournals.com/cancer/EN/item/downloadFile.jsp?filedisplay=20180721165308.ens>).

**Tables:** Tables should each be presented on a separate page, portrait (not landscape) orientation, and upright on the page, not sideways. Tables have a short, one-line title in bold text. Tables should be as small as possible. Bear in mind the size of a *Life Research* page as a limiting factor when compiling a table. Symbols and abbreviations are defined immediately below the table, followed by essential descriptive material as briefly as possible.

**Figures:** Please ensure that images are of sufficient resolution for referees to clearly see the data. Each picture and table should be stored separately from the article. Images should be in RGB color and at 300 dpi or higher resolution. Use the same Arial font for all figures. Use Symbol font for Greek letters. Use distinct colors with comparable visibility. Figures are best prepared at the size you would expect them to appear in print. The optimum font size is between 8pt and 12pt. It is recommended that you convert all your figures to JPEG. Photographs should be provided as high-resolution component files. For photographs of patients' body parts, written and signed a consent of the patient should also be sent to the editors.

**Figure legends:** They should be <600 words each. They should begin with a brief title sentence for the whole figure and continue with a short statement of what is depicted in the figure, not the results (or data) of the experiment or the methods used. Legends should be detailed enough so that each figure and caption can be understood in isolation from the main text.

**Supplementary Information:** Supplementary Information is online-only, peer-reviewed material that is the essential background to the Article (for example, large data sets, methods, calculations) when it is too large or impractical to justify inclusion in the printed version of the paper.

## Reviews

Review articles in *Life Research* aim to provide accessible, well-founded and unique overviews of a field or topic. These articles are targeted towards readers from advanced undergraduate level and upwards, including researchers, academics and clinicians, and should be accessible to readers working in any discipline.

**Title:** The title should be a maximum of 100 characters, including spaces. Abbreviations and punctuation should be avoided.

**Abstract:** The unstructured abstract of up to 400 words should introduce the main themes of the article in a succinct, easily digestible way. All information mentioned in the abstract must be addressed in the main article. The abstract should contain minimal specialist details, no references and no display item citations.

**Introduction:** The first section of the manuscript should provide vital background information and highlight why the topic is of importance. It should also make clear why it is timely to write on this topic. We recommend that you end this section with a guiding paragraph that states clearly what will be discussed in the article.

**Main headings:** Main headings should be used to break up the text. They should be no longer than 40 characters, including spaces, and should avoid abbreviations.

**Subheadings:** Subheadings should be used to subdivide main sections to help guide non-specialist readers. Up to two levels of subheadings are permitted, with a maximum of 80 characters including spaces.

**Conclusion:** The article should end with a brief summary of the main points of the article, and include a discussion of the implications of the latest work and possible future research directions.

**References:** References should be included as superscript numbers and write sequentially in the following order: authors (abbreviation), title, magazines name (abbreviation) and then year, issue and page number. Reveiws allow up to 100 references.

**Acknowledgements** (optional): You may use this section to thank any funding bodies or acknowledge help with preparing the manuscript.

## **Letters**

Letters are short reports of original research focused on a significant finding which will be of interest to scholars in related fields. They do not normally contain about 1,500 words of text (excluding the first paragraph, figure legends, reference and the methods section), and allow up to 30 references. Letters typically have 3 or 4 figures or tables.

They begin with a fully referenced paragraph, no more than 300 words, aimed at readers in other disciplines. This paragraph starts with a 2-3 sentence basic introduction to the field; followed by a one-sentence statement of the main conclusions; and finally, 2-3 sentences putting the main findings into general context so it is clear what is the significance of the paper. The rest of the text is typically about 1,500 words long. Letters allow up to 30 references.

## News and Comments

Comments are exceptionally interesting or important comments and clarifications on original research papers or other peer-reviewed material published in *Life Research*. News are published online but not in print. You can send your articles directly to our email address to submit News or Comments.

## Readability

*Life Research* is an international journal covering all the human life sciences. Contributions should be written clearly and simply so that they are accessible to readers in all related disciplines and to readers for whom English is not their first language. Thus, technical jargon should be avoided as far as possible and clearly explained where its use is unavoidable. Abbreviations, particularly those that are not standard, should also be kept to a minimum. The background, rationale and main conclusions of the study should be clearly explained. Abstracts should be written in language that will be readily intelligible to any scholar.

For gene, protein and other specialized names, authors can use their internationally agreed nomenclature, but they must give all known names for the entity at first use in the paper.

After acceptance, *Life Research's* subeditors ensure that the text and figures are readable and clear to those outside the field, and edit papers into *Life Research's* house style. *Life Research's* editors provide detailed advice about format before contributions are formally accepted for publication. The editors often suggest revised titles and rewrite the abstract or summaries so the conclusions are clear to a broad readership.

Proofs are sent before publication; authors are welcome to discuss proposed changes with *Life Research's* editors, but *Life Research* reserves the right to make the final decision about matters of style and the size of figures.

Even though no paper will be rejected for poor language, non–native English speakers occasionally receive feedback from editors and reviewers regarding language and grammar usage in their manuscripts. You may consider asking a colleague whose native language is English to read your manuscript and/or to use a professional editing service.

## Submission

All contributions should be submitted [online](#), unless otherwise invited by the editors. The authors must make data and materials publicly available upon publication. This includes

deposition of data into the relevant databases and arranging for them to be publicly released on the online publication date. Before submitting, all contributors must agree to all of Life Research's [publication policies](#). Contributions should be organized in the sequence: title page, text, methods, references, Supplementary Information line (if any), acknowledgements, author contributions, author information (containing data available statement, competing interest declaration and corresponding author), tables, figure legends. In order to facilitate the review process, for initial submissions we encourage authors to incorporate the manuscript text and figures together in a single file (Microsoft Word or PDF, up to 30 MB in size). The figures may be inserted within the text at the appropriate positions or grouped at the end, and each figure legend should be presented together with its figure. Also, please include line numbers within the text.