AUTHOR GUIDELINES

*SelfCare* seeks to publish material concerned with all aspects of consumer-directed healthcare. These include, but are not limited to submissions concerning:

- Studies of the efficacy and safety of pharmacological or non-pharmacological treatments intended for self-care, which may include licensed consumer medicines, food supplements, vitamins/minerals and complementary medicines.
- Market research papers and community surveys of health-related consumer behaviour.
- Consumer behaviour and pharmacy model studies performed in support of applications for non-prescription status of medicines.
- The roles of healthcare professionals in promoting self-care and using self-care strategies in clinical practice.
- The access to, and delivery of, self-care including socio-economic aspects.
- Self-care in healthcare policy.
- The regulatory environment for self-care internationally.

*SelfCare* will consider the following types of submissions:

**Original Scientific Papers:** reporting results of original research including clinical trials and studies of consumer behaviour or healthcare delivery. The text is limited to 3,000 words, with an abstract of 250 words (see Presentation of Manuscripts), a maximum of 6 tables and figures (total), and up to 50 references.

**Review Articles:** will generally be solicited by the editors but we also welcome unsolicited material. You are advised to contact the editors before writing a review for *SelfCare*. The text should be limited to 3,000 words, with a maximum of 6 tables and figures (total) and up to 100 references. An abstract of 250 words is also required for review pieces.

**Reviews** should be written for healthcare professionals but should recognise that these are unlikely to be specialists.

**Opinion Pieces:** are solicited or unsolicited essays on a particular aspect of healthcare related to self-care. These may be concerned with particular disease areas or with relevant aspects of healthcare policy. The text for opinion pieces should be limited to 2500 words, a maximum of 6 tables and figures (total), and a maximum of 15 references.

**Letters:** will generally be restricted to the discussion of papers already published in the journal, with a maximum of 300 words, one table or figure and up to 10 references.

**Additional material:**

**Slide Sets:** For Original Scientific Papers, Review Articles and Opinion Pieces, authors are strongly encouraged to submit a slide presentation of 10 slides maximum (using any plain Powerpoint® template). This presentation should summarize the submitted article in ‘bullet points’, tables and figures, as if for presentation at a scientific conference. These slides are a potentially valuable resource for the readers of *SelfCare* and will be made available for download. All downloaded slides will carry the full citation of the paper from which they are taken.

**Video Papers:** Some content may be selected by the editors for video presentation on the website. Video presentations allow the principal author to summarise the paper with slides in a 10 minute slot (similar to the style of presentation at a scientific meeting). Reviews and opinion content may sometimes be allocated longer video slots. Video downloads allow *SelfCare* website users the convenience of an audiovisual summary of the submitted work.

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Designated authors on a submitted paper should meet the following four criteria:

• Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work; AND

• Drafting the work or revising it critically for important intellectual content; AND

• Final approval of the version to be published; AND

• Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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All Original Scientific Papers, Review Articles and Opinion Pieces will be peer-reviewed by a minimum of two independent reviewers. The average turn-around time between submission and acceptance is 4 weeks. If selected for video presentation, the video piece will also be reviewed by editorial staff for concordance with the final peer-reviewed written paper.

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Authors should submit manuscripts directly using the Call for Submissions button on the website.

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All manuscripts should be prefaced by an abstract or summary which must not exceed 250 words. For reports of original research the abstract should be organized into sections headed: Background, Objectives, Methods, Results and Conclusions. For other types of submissions, abstracts should follow the same general structure but need not include all section headings, depending on the nature of the content.

For original research reports the manuscript should be divided into sections using the conventional headings: Introduction, Materials and Methods, Results and Discussion. Only 3 levels of headings should be used, and pages should be numbered consecutively.

Tables and figures, acknowledgements and statements declaring interests must be submitted on separate pages at the end of the document.

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Figure legends should be included in the text of the manuscript and not form part of the figures. We can accept figures in jpg or TIFF format; or as files created in Illustrator or Photoshop software saved with the suffix ‘.eps’ or ‘.tif’. If you are unable to provide these specified formats, please provide the figures in as many different file formats as possible.

The resolution for figures and tables, at their final size, should be a minimum of 300 dpi.

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All measurements should be in SI units with the exception of haemoglobin (g/dL) and blood pressure (mmHg). Original observations recorded in other units should be stated, together with the appropriate conversion factors. Standard abbreviations, without punctuation, are used. Abbreviations and acronyms should be given in parentheses following the first full spelling in the text.
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When submitting a report of a clinical trial (defined as ‘any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects on health outcomes’), please indicate if your clinical trial has been registered in a publicly accessible registry. If so, provide details of the registry and the registration number in the manuscript’s Methods section together with information on Ethics committee approvals. Please also give the registration number at the end of the Conclusions in your abstract. SelfCare supports the principles embodied in the CONSORT statement. The principal author must indicate on the submission form that a consort Statement checklist form is available to the editors on request. Additional information on this subject can be found at http://www.consort-statement.org/consort-statement/overview/

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(i) [Name of individual] has served as a speaker, a consultant and an advisory board member for [names of organizations], and has received research funding from [names of organization].
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(i) This study was funded [in part or in full] by [insert name of funding organization], grant number [insert grant or other identification number].
(ii) The [writing or preparation] of this paper was funded in part by [insert name of funding organization].
(iii) Initial data analyses were undertaken by [name of individuals if not listed as authors] who are employees of [name company] and received funding from [insert name of funding organization].
(iv) Writing support was provided by [insert name of individual(s)] of [name company] and funded by [insert name of funding organization].

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We recommend the use of a tool such as EndNote or Reference Manager for reference management and formatting.

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