

# Malaysian Physiotherapy Journal (MPJ)

*Official journal of the Malaysian Physiotherapy Association*

## GUIDE FOR AUTHORS

- i. All manuscripts should be submitted online to [mpj.editorial@gmail.com](mailto:mpj.editorial@gmail.com). Authors should kindly note that submission implies that (i) the content has not been published previously, in any language, in whole or in part, except as a brief abstract in proceedings or scientific meeting or symposium and (ii) the manuscript is not currently under consideration for publication elsewhere.
- ii. A cover letter containing an authorship statement should be included together with the submission. The cover letter must include the following sections: (1) introductory sentence with manuscript titles, (2) paragraph (not more than 5 sentences) explaining why the work described in the manuscript is important and suitable for publication in MPJ and (3) a paragraph outlining any special notes in relation to word count, ethical approval, conflict of interest or any relationship with recent work submitted elsewhere for publication and copyright.
- iii. One Word file needs to be submitted, including: The title page, abstract, keywords, main text (introduction, materials and methods, results, discussion), acknowledgement, conflict of interest statement, references, tables and figure legends.
- iv. Manuscript is to be typed double-spaced for all parts including the tables and footnotes using a 12-point Times New Roman font type, on A4 size paper with 2.5cm margins at the top and the left-hand side of the pages and must be in Word (doc or docx) format only. All pages should be numbered accordingly beginning with the title page.

## TYPES OF PAPERS

The editorial board will consider the following types of paper for publication in MPJ

- i. *Original research* - original study reporting the results of basic and clinical investigations that are sufficiently well documented to be acceptable to critical readers. Clinical trial registered prospectively in a publicly accessible trials registry (e.g., ClinicalTrials.gov, Australia New Zealand Clinical Trials Registry) will be given high priority. Authors must provide the name and website address of the registry and trial registration number upon submission.
- ii. *Review papers* - review articles (e.g., systematic review / narrative review/ scoping review/ rapid review) which provide a comprehensive review of a subject of importance to clinicians and researchers. For systematic review, authors are encouraged to prospectively register the review protocol in a publicly available registry (e.g., PROSPERO) and submit the proof of registration when submitting the manuscript for consideration.

- iii. *Study protocol.* Submission of study protocol should include a detailed account of the hypothesis, rationale and methodology of the study. A protocol paper with a proof of registration in an established trial registry (e.g., ClinicalTrials.gov, Australia New Zealand Clinical Trials Registry) will be given a priority.
- iv. *Case report.* Case reports are considered for publication when at least one of the following criteria is met: (a) a rare condition is reported, (b) atypical symptoms and signs are observed, (c) new diagnostic or therapeutic methods are introduced, (d) atypical clinical and laboratory findings for populations residing in Asia and the Pacific Rim. Descriptions of clinical cases (individual or a series) should be unique, should deal with clinical cases of exceptional interest or innovation and should preferably be a first-time report.
- v. *Brief report.* This type of manuscript is short but important in providing preliminary communications with less complete data sets than would be appropriate for original contributions that present novel and impactful clinical and basic research of a more preliminary nature.
- vi. *Others* (Letter to editor, commentaries, expert opinion)

## MANUSCRIPT PREPARATION

Please use these guidelines to prepare your manuscript. Completed applicable checklists, structured abstracts and flow diagrams should be uploaded with your submission; these will be published alongside the final version of your paper. We also strongly recommend that authors refer to the minimum reporting guidelines for health research hosted by the EQUATOR Network when preparing the manuscript, and FAIRsharing.org for reporting checklists for biological and biomedical research (where applicable). Authors should adhere to these guidelines when drafting their manuscript, and peer reviewers will be asked to refer to these checklists when evaluating such studies. The guidelines listed below should be followed where appropriate.

*CONSORT* statement for the reporting of randomised controlled trials: please use the appropriate extension to the CONSORT statement, including the extension for writing abstracts. More information can be found at <http://www.consort-statement.org/>

*SRQR* and *COREQ* are recommended for reporting qualitative research. More information can be found at <https://www.equator-network.org/reporting-guidelines/srqr/> and <https://www.equator-network.org/reporting-guidelines/coreq/>.

*STARD* is recommended for the reporting of diagnostic accuracy studies. More information can be found at <https://www.equator-network.org/reporting-guidelines/stard/>.

*STROBE* is recommended for the reporting of observational studies in epidemiology. More information can be found at <https://www.equator-network.org/reporting-guidelines/strobe/>.

*PRISMA* is recommended in reporting systematic reviews while PRISMA-P and PRISMA-ScR are used for reporting systematic review and meta-analysis and scoping reviews, respectively. More information can be found at <https://www.equator-network.org/reporting-guidelines/prisma/> for PRISMA, <https://www.equator-network.org/reporting-guidelines/prisma-p/> for PRISMA-P, and <https://www.equator-network.org/reporting-guidelines/prisma-scr/> for PRISMA-ScR.

[guidelines/prisma-protocols/](http://guidelines/prisma-protocols/) for PRISMA-P and <http://www.prisma-statement.org/Extensions/ScopingReviews> for PRISMA-ScR.

*MOOSE* is recommended for the reporting of meta-analyses of observational studies. More information can be found at [http://www.elsevier.com/\\_data/promis\\_misc/ISSM\\_MOOSE\\_Checklist.pdf](http://www.elsevier.com/_data/promis_misc/ISSM_MOOSE_Checklist.pdf).

*SPIRIT* is recommended in reporting protocols for RCTs. More information can be found at <https://www.equator-network.org/reporting-guidelines/spirit-2013-statement-defining-standard-protocol-items-for-clinical-trials/>.

## **Words Limits**

The length of the manuscript (not including title page, abstract, references, tables or figure legends) depends on the type of study:

Systematic review	: Not more than 5000 words
Original research	: Not more than 3500 words
Study protocol, brief report	: Not more than 2500 words
Others (Letter to editor, commentaries, expert opinion)	: Not more than 1500 words

## **MANUSCRIPT STRUCTURE**

### **Title Page:**

Title: should be concise and informative. Avoid abbreviations and formulae (where possible).  
Author names and affiliations: please indicate the given name (s) and family name (s) of each author and ensure that all names are accurately spelled. Present the authors' affiliation addresses below the names. Indicate all affiliations with a superscript number immediately after the author's name and in front of the appropriate address. Please also provide the e-mail address of each author.

Corresponding author: clearly indicate the person that will handle correspondence at all stages of publication and post-publication.

### **Abstract & Keywords:**

A concise and factual abstract of no more than 250 words is required for all types of articles except for the Letter to editors and Commentaries. The abstract should be structured as follows: Background and objective, Method, Results and Conclusions. References or footnotes should be avoided. A non-standard or uncommon abbreviation should also be avoided. Below the abstract provide a maximum of six (6) key words that will assist indexers in cross-indexing your article.

### **Introduction:**

Provide an adequate background and state the purpose/ objectives of your study. Avoid a detailed literature review in this section.

### **Materials and methods:**

Provide adequate details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarised and indicated by a reference.

### **Results:**

Results should be clear and concise. Do not elaborate or discuss the findings of your study in this section.

### **Discussion:**

This section should explore the significance of the results of the study. Do not repeat the results in this section. Include in the discussion the implications of the findings and their limitations and relate the observations to other relevant studies.

### **Conclusion:**

The main conclusions of the study should be presented in a short concluding paragraph without a further discussion of the statements. Relate the conclusions with the objectives of the study but avoid unqualified statements or statements which are not supported by your data.

### **Acknowledgements:**

Acknowledge the research ethics body which approved the study (provide the study code in a bracket). Individuals who provided help during the research (e.g., those providing language help, writing assistance, proof reading, etc) may also be acknowledged in this section.

### **Conflicts of Interest:**

Malaysian Physiotherapy Journal requires that authors disclose any potential or actual competing interests (financial or other), or state the absence of such competing interests, as part of the manuscript.

If none of the authors have any competing interests to disclose, the published statement will be 'The authors declare that they have no conflicts of interest'. If only part of the authors has competing interests to disclose, the published statement will end with the sentence 'The other authors have nothing to disclose'.

### **Funding:**

Use the following template when listing the funding sources.

This work was supported by xxx [grant number: xxx], the city, country (e.g., Kuala Lumpur, Malaysia).

## References:

Provide a list of no more than 40 references for original research and an adequate number of references for review papers using a format as described in the 'REFERENCING STYLE' section below.

## Tables:

Table should be included in the main manuscript document i.e., at the end of the document (one table per page and each table accompanied by a descriptive caption at the top). Each table should be referred to in the text and numbered in the order of mention. The number of tables should be kept to a minimum. The combined number of tables and figures must not exceed 6.

For assistance in formatting of tables, figures and images, please refer to APA referencing style guide at <https://aut.ac.nz.libguides.com/APA6th/tables>.

## Figure legends:

A caption should comprise a brief title (not the figure) and a description of the illustration.

## REFERENCING STYLE

Each reference must be written using **APA style**. The APA style can be found as a standard referencing style in EndNote, RefWorks, Mendeley and Zotero. Journal titles should be abbreviated according to the style used for Medline ([www.ncbi.nlm.nih.gov/nlmcatalog/journals](http://www.ncbi.nlm.nih.gov/nlmcatalog/journals)).

**Reference in text.** Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Authors are responsible for the accuracy and completeness of citations. References in text should be written as authors' name and year in a bracket e.g. (Taylor, 2020), (Taylor & Black 2020), (Taylor, Black, & Golden 2020). For papers with more than 3 authors, please use et al. e.g. (Taylor et al. 2020) for in-text reference.

**Reference in References List.** Each reference must be written in an **alphabetical order** and contain the following:

- i. Authors (last name and initials), listing all when there are up to six; first three followed by et al in the case of more than six authors
- ii. Year of publication
- iii. Title of article (sentence case, no quotation marks)
- iv. Publication source (italicized), when referring to a journal, the journal name should be abbreviated according to Index Medicus
- v. Volume and issue number
- vi. Page numbers

Reference formatting and punctuation should conform to the following Journal style examples:

Journal article:

Grady, J. S., Her, M., Moreno, G., Perez, C., & Yelinek, J. (2019). Emotions in storybooks: A comparison of storybooks that represent ethnic and racial groups in the United States. *Psychology of Popular Media Culture*, 8(3), 207–217.

In-press journal article:

Castle, R. (in press). Shadowing a police officer: How to be unobtrusive while solving cases in spectacular fashion. *Professional Writers' Journal*.

Book:

Jackson, L. M. (2019). *The psychology of prejudice: From attitudes to social action* (2nd ed.). American Psychological Association.

Book chapter:

Aron, L., Botella, M., & Lubart, T. (2019). Culinary arts: Talent and their development. In R. F. Subotnik, P. Olszewski-Kubilius, & F. C. Worrell (Eds.), *The psychology of high performance: Developing human potential into domain-specific talent* (pp. 345–359). American Psychological Association.

For assistance in formatting other types of references, please refer to the Reference Guide for Journal Articles, Books and Edited book chapters (7th edition) at <https://apastyle.apa.org/instructional-aids/reference-guide.pdf>