

# **Navigating the publication process in health and ageing journals**

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# About myself

- PhD in Health Economics and Policy at London School of Economics and Political Science
- Associate Professor, Director, Institute of Gerontology, Department of Global Health and Social Medicine, King's College London
- Published at *Social Science and Medicine*, *European Journal of Health Economics*, *Health Policy and Planning* and *Journal of Gerontology*.
- Editorial boards of two journals—*Journal of Global Health Research and Policy* (IF = 1.45), and *Aging and Health Research* (Elsevier journal).



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### Articles

**Recent**

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High performing primary health care organizations from patient perspective: a qualitative study in China

# Do not under-estimate yourself!

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- **Over the years, I have seen many excellent postgraduates' or undergraduates' papers that are of publishable standard.**
- **PhD students**
  - Wang Y, Yang W\*, Avendano M. (2022) Does informal care reduce health care utilisation in older age? Evidence from China. *Social Science & Medicine*. 306:115123. (doi: 10.1016/j.socscimed.2022.115123)
  - Wang, Y., & Yang, W. (2022). Does Receiving Informal Care Lead to Better Health Outcomes? Evidence From China Longitudinal Healthy Longevity Survey. *Research on Aging*, 44(7–8), 510–518.
  - Wang, Y., Yang, W., Avendano, M. (2021) Income-related inequalities in informal care: Evidence from the Longitudinal Healthy Longevity Survey in China. *Journal of Gerontology: Series b*. (doi:10.1093/geronb/gbab043)
  - Xu, M., Yang, W., (2022) Depressive symptoms among older empty nesters in China: the moderating effects of social contact and contact with one's children. *Aging and Mental Health*. (doi: 10.1080/13607863.2021.2019190).
  - Xu, M., Yang, W., (2021) Who will drop out of voluntary social health insurance? Evidence from the New Cooperative Medical Scheme in China. *Health Policy and Planning* (doi: 10.1093/heapol/czab017)



# Undergraduate students' publications

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- **2014 -2016**

- Price, K and Tinker, A (2014) 'Creativity in later Life' *Maturitas*, 78 (2014) 281-286
- Tinker, A, Gilani, N, Luthra, I, Richardson, O, Howells, A, Kureeman, Z, Oshunniyi, (2014) O 'Why is it important to consider so-called 'invisible' older people in UK Healthcare?' *Quality in Ageing* Vol 15, No 4 187 - 196
- Tinker, A, Hussain, L, Lilly d'Cruz, J, Seng, W Yei, Zaidman, S (2016) 'Why should medical students study Social Gerontology?' *Age and Ageing* 45, 190 – 193
- Gordon, A, Blundell, A, Gladman, J, Masud, T (2016) 'Better teaching in basic gerontology should be seen as both a goal and an opportunity for those shaping undergraduate curricula'. *Age and Ageing*, 45, 188 – 189
- Zaidman, S and Tinker, A (2016) 'computer classes for older people: motivations and outcomes'. *Working with Older People*. 120, 2, 121 – 129

- **2017**

- 'Margaret McCartney: Medical school interviews are needless and unfair' *BMJ* letter 27.5.17 Impact 20.7, PubMed
- 'Volunteering and getting into medical school' *European Geriatric Medicine* (in press) Impact 1.326
- 'Volunteering with Older People in a Care Home ' *Working with Older People* (accepted and now in press) (good refereed Emerald Journal)

# What is your personal reason for publishing?

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- 1) PhD degree
- 2) Getting funding
- 3) Tenure/promotion requirement
- 4) Fulfilling funder's requirement
- 5) Looking good on my CV
- 6) Publishing important and rigorous research
- 7) Others

**Go to:**

[PollEv.com/weiyang709](https://poll-ev.com/weiyang709)

Or



## What is your personal reason for publishing?

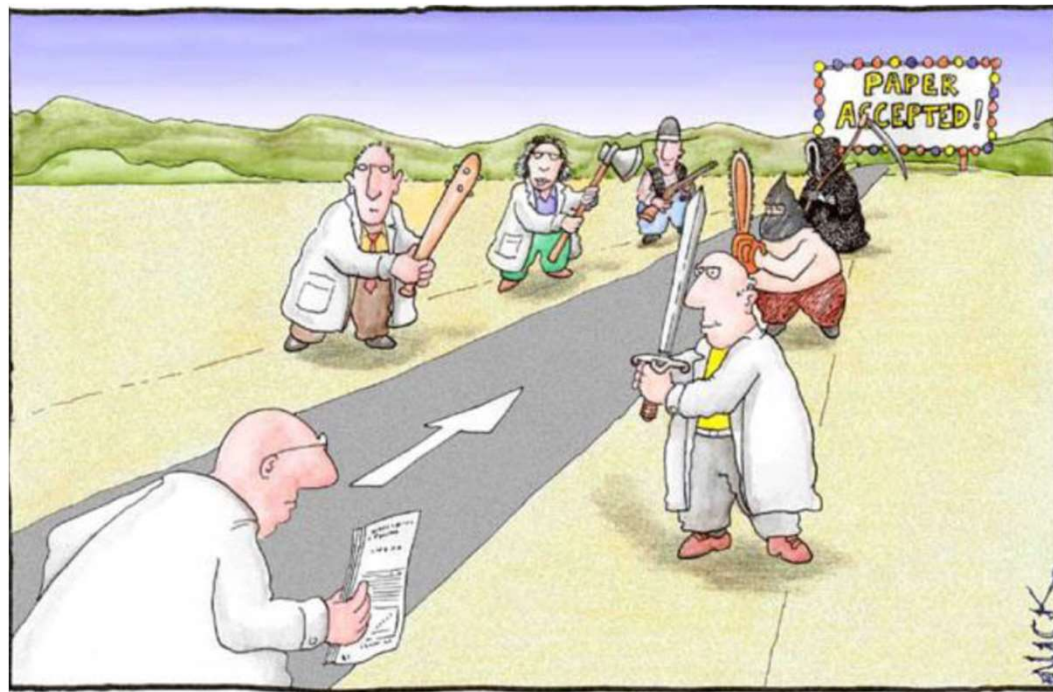


# Overview

- Preparing for a journal paper
- Structuring your paper
- Journal selection
- Peer review process
- Defining authorship
- Promoting your paper



# Why are you here?





# Preparing for a journal paper

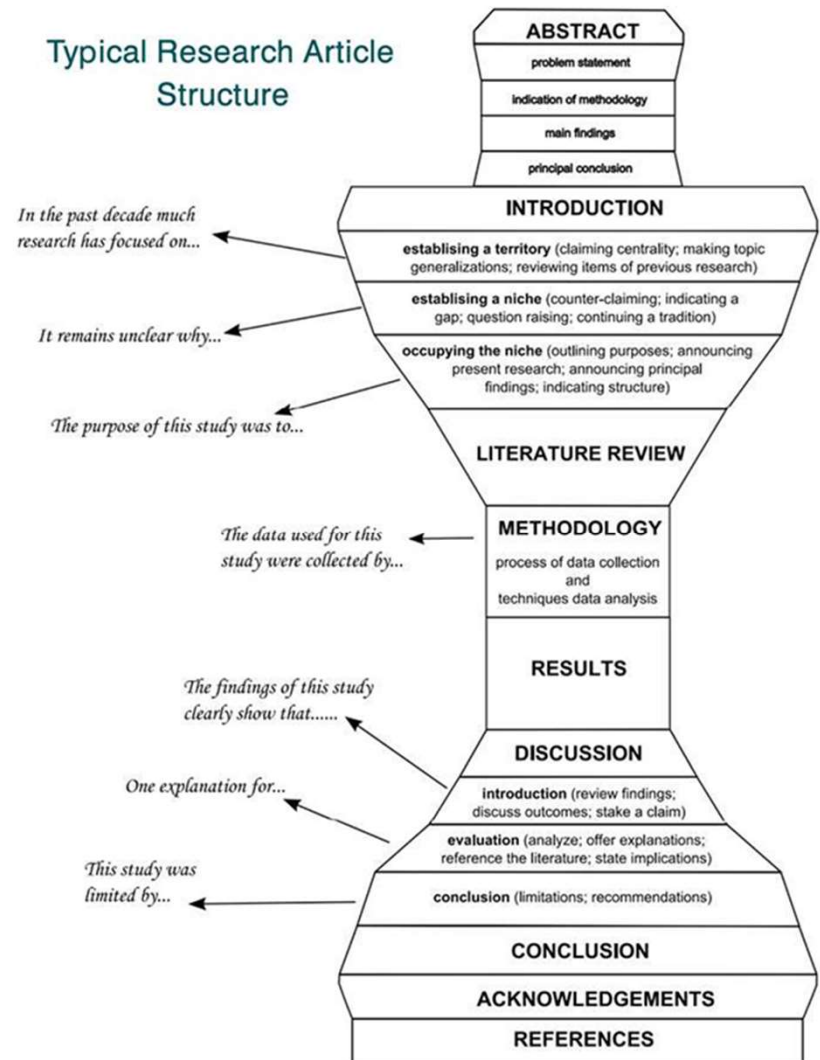
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- Most journal papers are between 3,500 to 6,000 words.
- A good manuscript has .....
- **good CONTENT: useful and exciting**
- **appropriate methods**
- **a good PRESENTATION of the data**
- **clear and logically constructed**
- **Policy implications**



# Structuring your journal article (1)

- Write in the following order (quantitative papers):
  - Figures and tables
  - Results and methods
  - Introduction
  - Discussion and conclusion
  - Abstract and title
- Each section has a definite purpose.



# Structuring your journal article (2)

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## Abstract

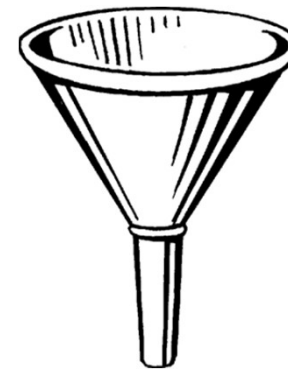
- An abstract is a shortened version of the paper and should contain all information necessary for the reader to determine:
  - **What is the background of the research?**
  - **What are the objectives of the study;**
  - **What are the methods and data?**
  - **What results were obtained;**
  - **and the significance of the results.**

## Introduction

It provides context and set out the paper's main aims:

- **Why the topic is important, what it contributes to the body of knowledge, background to the research, what made you decide to research this topic/write the article?**

Frequently, reviewers of a scientific journal will **only read the abstract and introduction**, choosing to read at length those papers that are most interesting to them.



General  
↓  
Specific

# Structuring your journal article (3)

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## Methods

- This section provides all the methodological details necessary for another researcher to understand how you conduct your research
- You need to
  - **Indicate the main methods used**
  - **Demonstrate that the methodology is robust, and appropriate to the objectives**
  - **Focus on telling the specifics!**

## Results

- Main findings NOT all of your findings

## Discussion and conclusion

- It is the most important section of your article.
- Make the discussion corresponding to the Results.
- You need to compare the published results/studies with yours.
- Indicate limitations and future research directions



## Some tips for writing an excellent research paper

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- Pitch
  - Find a good selling point – state clearly the novelty of your paper.
  - Do not underestimate the importance of abstract and introduction.
- Theorising: Explain very clearly the mechanism of your research question.
- Details: Explain all the details of your paper, including data, variable construction, empirical strategies, etc.
- Impact: Make sure your paper will contribute to global literature. Local interventions with limited global applications are often not favoured by reviewers and editors.



## Journal selection

- Journal reputation
  - Impact factor: average number of times published papers are cited up to two years after publication

Rank	Journal	Impact Factor	Rank	Journal	Impact Factor	Rank	Journal	Impact Factor
1	NEW ENGL J MED	47.05	1	CIRCULATION	14.816	1	NAT REV NEUROSCI	26.483
2	LANCET	30.758	2	J AM COLL CARDIOL	12.64	2	ANNU REV NEUROSCI	24.822
3	JAMA-J AM MED ASSOC	28.899	3	EUR HEART J	9.8	3	BEHAV BRAIN SCI	19.045
4	ANN INTERN MED	16.225	4	CIRC RES	9.214	4	MOL PSYCHIATR	15.049
5	BRIT MED J	13.66	5	BASIC RES CARDIOL	5.973	5	NAT NEUROSCI	14.345
6	PLOS MED	13.05	6	NAT CLIN PRACT CARD	5.902	6	NEURON	13.26
7	ANNU REV MED	9.94	7	HEART FAIL REV	5.865	7	TRENDS NEUROSCI	12.794
8	ARCH INTERN MED	9.813	8	CARDIOVASC RES	5.801	8	FRONT NEUROENDOCRIN	12.048
9	CAN MED ASSOC J	7.271	9	HEART	5.385	9	TRENDS COGN SCI	11.664
10	J INTERN MED	5.942	10	CARDIOVASC DRUG REV	5.208	10	BRAIN	9.49
11	COCHRANE DB SYST REV	5.653	11	J MOL CELL CARDIOL	4.965	11	ANN NEUROL	9.317
12	MEDICINE	5.054	12	HEART RHYTHM	4.559	12	PROG NEUROBIOL	9.14
13	MAYO CLIN PROC	4.973	13	TRENDS CARDIOVAS MED	4.367	13	BIOL PSYCHIAT	8.926
14	AM J MED	4.466	14	AM HEART J	4.357	14	NEUROSCI BIOBEHAV R	7.791
15	ANN MED	4.246	15	PROG CARDIOVASC DIS	4.246	15	BRAIN RES REV	7.39
16	AM J PREV MED	4.235	16	CURR PROB CARDIOLOGY	3.957	16	CURR OPIN NEUROBIOL	7.211
17	ANN FAM MED	4.13	17	AM J PHYSIOL-HEART C	3.712	17	J NEUROSCI	7.178
18	BMC MED	3.985	18	EUR J HEART FAIL	3.706	18	NEUROPSYCHOPHARMACOL	6.993
19	PREV MED	3.172	19	J CARDIOVASC ELECTR	3.703	19	CEREB CORTEX	6.979
20	BRIT MED BULL	2.9	20	ANN THORAC SURG	3.644	20	ACTA NEUROPATHOL	6.397
21	MED J AUSTRALIA	2.894	21	AM J CARDIOL	3.575	21	HUM BRAIN MAPP	6.256
22	AM J MANAG CARE	2.737	22	J HEART LUNG TRANSPL	3.541	22	NEUROSCIENTIST	6.079
23	J GEN INTERN MED	2.654	23	NUTR METAB CARDIOVAS	3.517	23	SLEEP MED REV	5.967
24	EUR J CLIN INVEST	2.643	24	INT J CARDIOL	3.469	24	NEUROBIOL AGING	5.937
25	QJM-INT J MED	2.627	25	CIRC-HEART FAIL	3.433	25	BRAIN PATHOL	5.903
26	CURR MED RES OPIN	2.498	26	CIRC-ARRHYTHMIA ELEC	3.4	26	NEURO SIGNALS	5.75
27	BRIT J GEN PRACT	2.442	27	J CARD FAIL	3.254	27	NEUROIMAGE	5.739
28	J PAIN SYMPTOM MANAG	2.423	28	J THORAC CARDIOV SUR	3.063	28	BIPOLAR DISORD	5.502
29	PAIN MED	2.393	29	J AM SOC ECHOCARDIOG	2.981	29	J CEREBR BLOOD F MET	5.457
30	INTERN EMERG MED	2.371	30	CLIN RES CARDIOL	2.958	30	CURR OPIN NEUROL	5.43
31	INT J CLIN PRACT	2.245	31	J CARDIOVASC PHARM	2.826	31	SLEEP	5.402
32	J URBAN HEALTH	2.205	32	J NUCL CARDIOL	2.777	32	J COGNITIVE NEUROSCI	5.382
33	SCAND J PRIM HEALTH	2.205	33	CARDIOVASC DIABETOL	2.77	33	NEURO THERAPEUTICS	5.381
34	MED CLIN N AM	2.182	34	REV ESP CARDIOL	2.746	34	PAIN	5.371
35			35	CARDIOVASC THER	2.741	35	NEUROPSYCHOL REV	5.231
36			36	CIRC J	2.692	36	J PINEAL RES	5.209
37						37	MOL NEURODEGENER	5.091





# Some peer-reviewed journals for health or ageing papers

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## General health topics

- Social Science and Medicine
- British Medical Journal
- Lancet

## Health Policy journals

- Health Policy and Planning (developing countries)
- Health Policy (developed countries)
- Health Economics
- Journal of Health Economics

## Ageing journals

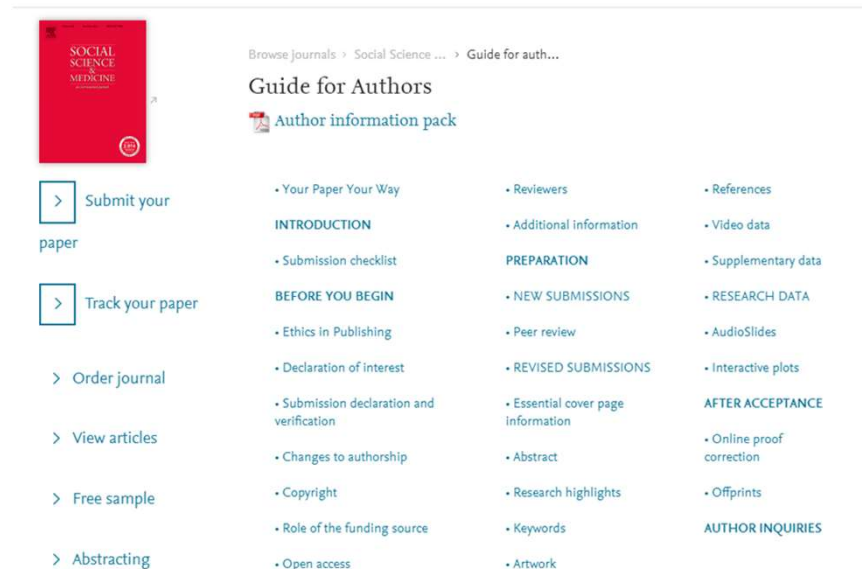
- The Gerontologist
- Journal of Gerontology, series A and B
- Aging and Mental Health

## International development journals

- World Development

# Journal selection

- So you now have a list of candidate journals for your manuscript.....
- All authors of the submission agree to this list and the sequence of journals
- Write your draft as if you are going to submit to the first journal on your list. Use its Guide for Authors - **these differ per journal DO NOT gamble by submitting your manuscript to more than one journal at a time.**
- **Framing your paper differently for different journals will increase the acceptance rate for your paper**



The screenshot shows the 'Guide for Authors' page for the journal 'Social Science Medicine'. The page is organized into several sections:

- Navigation:** A vertical sidebar on the left contains links: 'Submit your paper', 'Track your paper', 'Order journal', 'View articles', 'Free sample', and 'Abstracting'.
- Journal Cover:** A red cover image for 'SOCIAL SCIENCE MEDICINE' is displayed at the top left.
- Page Header:** The breadcrumb trail reads 'Browse journals > Social Science ... > Guide for auth...'. The main title is 'Guide for Authors' with a sub-section 'Author information pack'.
- Content Grid:** The main content area is divided into four columns of links:
  - Column 1:** 'Your Paper Your Way', 'INTRODUCTION', 'Submission checklist', 'BEFORE YOU BEGIN', 'Ethics in Publishing', 'Declaration of Interest', 'Submission declaration and verification', 'Changes to authorship', 'Copyright', 'Role of the funding source', 'Open access'.
  - Column 2:** 'Reviewers', 'Additional information', 'PREPARATION', 'NEW SUBMISSIONS', 'Peer review', 'REVISED SUBMISSIONS', 'Essential cover page information', 'Abstract', 'Research highlights', 'Keywords', 'Artwork'.
  - Column 3:** 'References', 'Video data', 'Supplementary data', 'RESEARCH DATA', 'AudioSlides', 'Interactive plots', 'AFTER ACCEPTANCE', 'Online proof correction', 'Offprints', 'AUTHOR INQUIRIES'.
  - Column 4:** (Empty)



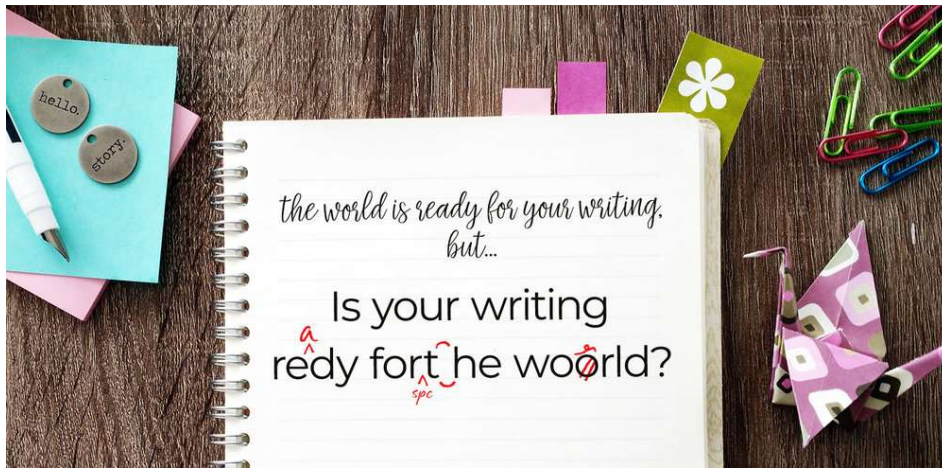
# Common problems with submissions

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## **An international editor says...**

- *The following problems appear much too frequently*
- *Submission of papers which are clearly out of scope*
- *Inappropriate (or no) suggested reviewers*
- *Inadequate response to reviewers*
- *Inadequate standard of English*
- *Resubmission of rejected manuscripts without revision*

– Paul Haddad, Editor, Journal of Chromatography A



## Why language is important?

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- **Complaint from an editor:**

*"[This] paper fell well below my threshold. I refuse to spend time trying to understand what the author is trying to say. Besides, I really want to send a message that they can't submit garbage to us and expect us to fix it."*

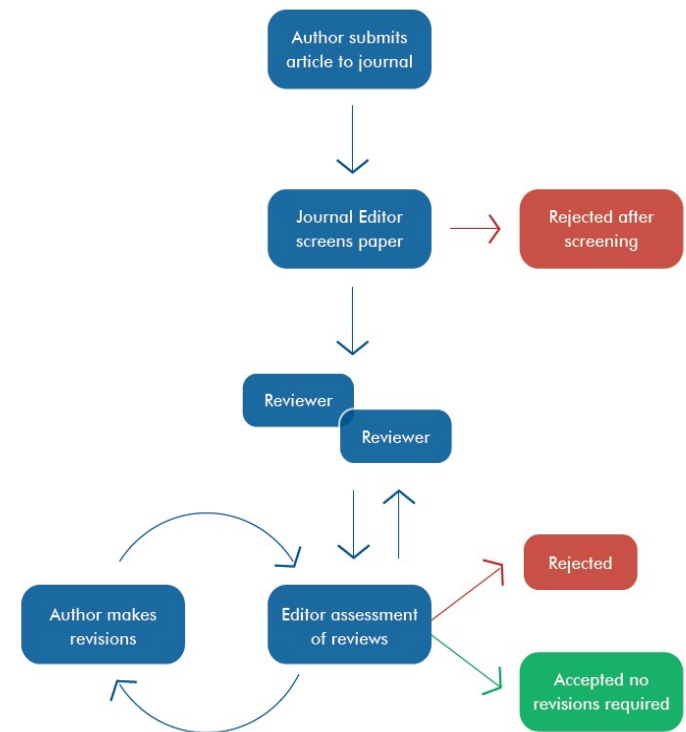
*"My rule of thumb is that if there are more than 6 grammatical errors in the abstract, then I don't waste my time carefully reading the rest."*

- **Many journals have language editing services. Use them if needed!**

# Peer review process (1)


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- Initial quality check by editorial assistance
- Editor in Chief assigns appropriate topical/associate editor
- Topical/associate editor handles manuscript
  - Contacts possible referees
  - Waits for reports
  - Makes decisions
- Manuscript sometimes sent for re-review



## Peer review process (2)

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- Referees are not your enemy—consider them an ally who can help improve your manuscript
  - Treat them seriously
  - Deal with each and every point (You don't need to agree with all of them!)
  - Can make additional changes
  - Be courteous to referees & editors
- 

# What if my paper is rejected?

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- Try to understand why the paper was rejected.
- Note that you have received the benefit of the editors and reviewers' time; take their advice serious!
- Re-evaluate your work and decide whether it is appropriate to submit the paper elsewhere.
- **You can appeal the decision, but often it is likely to be turned down by the editor.**



## If you are a junior researcher, find a co-author before you start...

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Publishing is a difficult and stressful process, you will need someone to guide you through the process. This person should be:

- Interested in your research
- Has experience/published in the field before
- Willing to commit time to revise the paper
- He/she is likely to ask to be added as a co-author

# Defining authorship

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- Authors make substantive contributions:
  - Obtaining funding
  - Data collection
  - Basic physical ideas or discussion
  - Detailed analysis
  - Write-up
  - All authors share responsibility and accountability for publication content
- You should **discuss the authorship with your collaborator at start of research** and identify expected contributions, roles, and tasks of each potential author
- **If you have made significant contribution of the paper, such as data analysis, drafting the paper, etc. Do not be shy to ask for an authorship.**

# How long does it take?

<b>Submission to final acceptance</b>	<b># of months</b>
Submission to first round of review	2-4 months
Submission to final acceptance	12 - 24 months





# Your paper is published. It is time to promote it!

- Publishing your paper as an open access paper.
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05 December 2022

### Researchers reveal hidden long-term care cost of raising UK pension age

Raising the UK's State Pension Age (SPA) from 66 to 68 comes with hidden costs that will negatively impact the long-term care supply for the same rapidly aging population, new research has revealed.



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Ludovico Carrino  Vahé Nafilyan, Mauricio Avendano 

First published: 05 December 2022 | <https://doi.org/10.1002/pam.22457>

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# An example of how your research impacts policy



Questions?

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