



**RFMH**

Revista de la Facultad  
de Medicina Humana

# Instructions FOR THE *AUTHORS*

JOURNAL OF HUMAN MEDICINE - RICARDO PALMA UNIVERSITY

# Instructions for the authors

Updated on March 23 rd , 2022.

These norms go into effect on the 3 rd number of volume 22 in the year 2022.

## GENERAL NORMS

Ricardo Palma University, Journal of Human Medicine (<http://revistas.urp.edu.pe/index.php/RFMH>) is a quarterly scientific journal that publishes original articles in Spanish and English and will consider articles that are related to public health, surgery, clinical sciences and basic sciences, for publication. Said works must be unedited and unpublished in the past. They should also not be sent simultaneously to other scientific journals.

Ricardo Palma University Journal of Human Medicine adheres to the recommendations offered by the International Committee of Medical Journal (ICMJE) (<http://www.icmje.org>).

Once the final draft has been accepted. The editorial committee reserves the right to edit the manuscript with the purpose of optimizing the quality of writing, style, and format of the article.

## RESOURCES

Your manuscript must be sent along with the documents indicated below. You can download the formats from the following sites:

- Affidavit Form
- ICMJE's Conflict of Interest Declaration Form (1 per author)
- Cover Letter

Authors are recommended to use the following guidelines to improve the presentation of their manuscripts:

- Research on humans: WMA Declaration of Helsinki revised in 2013
- Observational studies: [STROBE](#)
- Observational studies: [STROBE \(combined\)](#)
- Observational (Cohort) studies: [STROBE \(Cohort\)](#)
- Observational (Case-control) studies: [STROBE \(Case-control\)](#)
- Observational (analytical cross-sectional) studies: [STROBE \(analytical cross-sectional\)](#)
- Systematic reviews and meta-analyses: [PRISMA guidelines](#)
- Case reports: [CARE guidelines](#)
- Clinical trials: [CONSORT](#)
- Research on animals: [ARRIVE](#)
- Diagnostic studies: [STARD](#)

You can review additional guidelines according to the type of manuscript to be submitted, at <https://www.equator-network.org/reporting-guidelines/>.

## Sex and gender

Ricardo Palma University Journal of Human Medicine has adopted the recommended guidelines developed by the European Association of Science Editors (EASE) used to maintain Sex and Gender Equity in Research (SAGER Guidelines). The guidelines apply to both original research articles as well as articles that are up for review.

The SAGER guidelines aim to improve sex and gender equity in research, thus contributing to the integrity of a research article, and increasing its performance. The recommendation is to report information on sex and gender in the study design, data analysis, results and throughout the interpretation of the findings.

The recommendations and guidelines can be found on the Equator's website: <http://www.equator-network.org/reporting-guidelines/sager-guidelines/>

Please consult the recommendation guidelines before submitting your manuscript as they will be considered when reviewing your publication. This can be found at: (<https://researchintegrityjournal.biomedcentral.com/articles/10.1186/s41073-016-0007-6>).

## Open Access

The Journal of Human Medicine from Ricardo Palma University is open access: all articles can be accessed immediately and will remain permanently accessible to facilitate its reading and downloading. Permitted reproduction is defined under the following Creative Commons Use License: Creative Commons Attribution 4.0 International (CC BY 4.0). This means that copying, editing, transforming, and building on top of current work is allowed for any purpose.

This is an open access journal under the CC BY 4.0 license: <https://creativecommons.org/licenses/by/4.0/>.

## Types of Studies

Articles published in the Journal of Human Medicine may refer to any of the following thematic areas: 1) PUBLIC HEALTH; 2) CLINICAL SCIENCES; 3) SURGICAL SCIENCES; 4) BASIC SCIENCES; 5) MEDICAL EDUCATION; 6) RESEARCH / INNOVATION IN MEDICINE, 7) HEALTH ECONOMICS.

Articles can belong to one of the following categories: Editorial; Original Articles; Short Reports; Review Articles; Special Section; Symposium; Historical tribute article; Case Report; Photo Gallery and Letters to the Editor. Research studies may be presented at the author's initiative, by petition or at the request of the Editorial Committee of the magazine. Systematic reviews with or without meta-analysis will be considered in the Original Articles section.

## **Sending or Submitting Articles**

Manuscripts, in Spanish or English, must be submitted electronically through the editorial management system, which can be found at the following website: [http://revistas.urp.edu.pe/index.php/RFMH/about/submissions, donde el autor encontrará toda la información necesaria para realizar el envío \(ver video tutorial: https://youtu.be/2DBnO69J3LQ\)](http://revistas.urp.edu.pe/index.php/RFMH/about/submissions, donde el autor encontrará toda la información necesaria para realizar el envío (ver video tutorial: https://youtu.be/2DBnO69J3LQ)). The use of this resource will allow you to track the status of the manuscript. In case you were to have difficulty submitting articles through this platform, you can contact the journal's support via email. You may find this information in the "Contact" section. If you have any questions or queries, you may also write to [revista.medicina@urp.edu.pe](mailto:revista.medicina@urp.edu.pe). The files that must be uploaded as part of the submission of your manuscripts to our journal are:

- Anonymous peer review: Files in .docx format that contain the title of the manuscript, summary, abstract, keywords, body of the manuscript, references, charts, and figures (figures must be uploaded independently). This document does not share the names of the reviewers, nor their institutional affiliation, nor the information of the corresponding author.
- First informative page: File in .docx format that contains the names of the authors in the order in which they will appear in case the article is published, institutional affiliation for each one, academic degree (optional), financing, contributions of authorship, declaration of conflict of interests, ORCID for each author and information of each corresponding author (including name, email, telephone number and postal address-which can be private or institutional)
- Affidavit of authorship: Duly filled out and signed by the corresponding author, it must indicate that the author knows and accepts the instructions given, that the manuscript is an original work and has not been previously published, that all authors meet the authorship criteria suggested, according to the CRediT taxonomy, that they possess permission from the institution where it was carried out, that it complies with the ethical considerations for research and that the publication's rights are transferred to the Ricardo Palma University Journal of Human Medicine. All the authors' rights are reserved. You can download the format from the Resource section (located above).

- ICMJE conflict of interest declaration form (1 per author): Duly completed by each author. You can download the form from the Resource section (located above).
- Cover Letter: Addressed to the editor-in-chief of the journal article, you must indicate: 1) the section of the journal in which you wish to publish; 2) the explanation, in 2 paragraphs maximum, of what the original contribution is and the relevance of the article to the journal; 3) in case of preliminary results that have been previously published, these must be declared and the new contributions must be justified (to avoid redundant publications); 4) whether the manuscript has been previously published as a pre-print or part of a thesis. If the latter, indicate if it is available online and provide its URL address. You can download the format from the Resource section (located above).
- Other files: If there are images or photographs, they must be uploaded as independent files in the highest possible quality format (preferably .tiff or .png formats). In the case where diagrams are made, for example, in MS Word or PS Powerpoint, they must be attached independently in a format that allows editing and possible improvement of its quality. If you have any questions regarding this, you can contact the magazine's support via email found in the "Contact" section.

## **Review Process**

Original articles, and short reports, review articles, case reports and special articles will be evaluated by two or more external reviewers. Letters to the editor, in addition to the editorial team, may be evaluated by at least one external reviewer. Only those articles with favorable evaluations and that have resolved the observations mentioned, will be published. Also, in most cases, the journal has the support of expert peers in biostatistics and epidemiology who will focus on the methodological aspects of the studies. More details of the review process can be found in the Review Process section.

The average response time between receipt of the article and the decision of the editorial committee varies between one to four months, depending on the swiftness of our reviewers, the response of the authors, and the number of articles received and their review process.



The corresponding author of the article has the right to consult us at any time about the status of the review of their article. The review processing time must be taken into consideration. This information will be shared with the author upon receipt of their article. The authors must have a response to the observations given by the reviewer and editors as soon as possible. If they require more time, they must communicate it beforehand. If there is no response within five weeks of sending the communication with the observations, the article will be rejected. If you have any questions, you can contact us by email at: [revista.medicina@urp.edu.pe](mailto:revista.medicina@urp.edu.pe)

### Specific norms for each section

The maximum number of words (without counting abstracts, references, tables, and charts), for each chart, bibliographic reference and/or charts can be seen below:

**Table 1. Maximum length of words, tables and charts and number of references according to each section.**

Section	Maximum words in the Abstract	Maximum words in the Content	Maximum number of tables and charts	References
Editorial <sup>a</sup>	--	1500	2	3-15
Original Articles	250	3500	6	20-40 <sup>b</sup>
Short Reports	150	2500	4	10-20
Review Article	250	4000	10	30-70
Special Section	150	3000	8	20-50
Symposium	250	4000	4	20-30
Historical tribute article	--	1800	--	--
Case Report	150	2000	5	10-15
Photo Gallery	100	800	4	5-10
Letters to the editor	--	1000 <sup>c</sup>	2	5-10

<sup>a</sup> Section requested by the editor of the magazine.

<sup>b</sup> In the case of systematic reviews, a greater number of bibliographical references may be accepted.

<sup>c</sup> 2000 words will be permitted in scientific letters (in other words, those documents that contain personal and original facts).

### Editorial

With few exceptions, the editorials' themes will be chosen by the Editorial Committee on a current topic or issue that refers to an article that may or may not be published in the same journal. It should have a maximum of 1500 words, a minimum of 3 references and a maximum of 15 references. It is preferred that only one or two authors be included.

### Original Article

Only a byproduct of research and must be written with a maximum of 3,500 words (not considering the abstract, references, tables, and charts). As a unit, the total number of words, including the summary, references, tables, and charts, must not exceed 5,000 words. It should be structured according to the following scheme:

**Abstract:** In Spanish and English, with a maximum of 250 words in each language. It must be structured and concise, and it must include the following sections: introduction, objectives, methods, results, and conclusion.

**Keywords:** Between three and five. The "descriptors in health sciences" (DeCS) of BIREME (<http://decs.bvs.br/E/homepagee.htm>) should be used for keywords in Spanish and Medical Subject Headings (MeSH) of NLM (<http://nlm.nih.gov/mesh/>) for English keywords. The abstract must be a correct English translation of the summary in Spanish.

**Introduction:** Brief statement (less than 25% of the length of the article) of the current state of the problem, background, and justification. It must end with the objective of the study.

**Methods:** Describe the methodology used in such a way that it allows the reproduction of the study and subsequent evaluation of the quality of the information by readers and reviewers. It is necessary to describe the type and design of the study, the characteristics of the population and the form of selection of the sample when necessary. In the methods section, it is recommended to include the subtitles: Design and Studied Area, Population and Sample, Variables and Instruments, Procedures, Statistical Analysis and Ethical Aspects. Other subtitles may be included if the article requires it.

Sometimes it is convenient to describe the field of study. If medicinal plants are used, the collection and identification procedures should be described and the measurements

and definitions of the variables of interest must be indicated. Describe the procedures performed in detail. If these have been described previously, make the corresponding reference. The statistical procedures used must be mentioned. The ethical aspects involved in its performance must be submitted. These may include an Institutional Ethics Committee approval form, the use of informed consent, among others.

**Results:** The presentation of the findings must be clear and objective, without opinions or interpretations, except in those of statistical scope. They can be supplemented with up to eight tables or charts. The information in the tables and charts should not repeat the information presented in the text.

**Discussion:** In this section, the results are interpreted, highlighting the most important findings of the investigation, comparing them with the findings of other authors, sharing the suggestions, hypotheses or conclusions reached by the author. The limitations and biases of the study should be included in the final part.

**Conclusion:** The conclusion must be presented in an orderly manner, in accordance with the objective of the study.

**Acknowledgements:** When applicable, research support should be acknowledged in detail, indicating the type of support that was given and who gave it.

**Conflicts of interest:** Any conflict of interest should be mentioned here.

**References:** It is suggested to use a minimum of 20 references. A maximum of 40 references will be accepted. References should have been previously cited in text.

### Short Reports

These articles are the result of research. These can also include outbreak reports or preliminary research advances that, due to their importance, require rapid publication. These have a maximum cap of 2,500 words (not counting abstract, references, tables, and charts). The abstract in Spanish and English may or may not be structured and has a limit of 150 words with three to five keywords. It should contain an "Introduction" section, a section called "Methods" - referring to materials and methods-, then "Results" - focused on the results and, finally, the "Discussion", which includes the discussion and a final paragraph of conclusion. It may include up to four tables

and/or charts in its entirety and between 10 to 20 references.

### Review Articles

May be done at the request of the Editorial Committee or through the author's initiative, who must be experts in their area. It must include complete exploration, objectivity, and systematization of current information on a topic of interest within the scope of the journal. The structure of the article is at the discretion of the author, but it must be written in less than 4,000 words (without counting abstract, references, tables, and charts). The tables and/or charts should not exceed ten altogether. It must include an abstract in Spanish and English, unstructured, with a limit of 250 words, and three to five keywords. There may be between 30 and 70 references.

### Special Section

Articles that do not fit into other sections of the magazine will be included here. These may include essays, opinions, systematizations, points of view and experiences that are of interest to the health of our country. The structure of the article is at the discretion of the author, but it must not exceed 3,000 words (without counting the abstract, references, tables, and charts). The tables and/or charts should not exceed eight altogether. It must include an abstract in Spanish and English, unstructured, with a limit of 150 words, with three to five keywords. 20 to 50 references may be used.

### Symposium

They are written at the request of the Editorial Committee for a particular topic that will be developed in a specific issue of the journal. These may include opinions or essays on a chosen topic. The structure of the article is at the discretion of the author. The symposium must be written in less than 4,000 words (without counting abstract, references, tables, and charts). It must contain an abstract in Spanish and English, unstructured, with a limit of 150 words, with three to five keywords. It may contain between 20 and 30 references and a maximum of four tables and/or charts together.

### Historical Tribute Article

In this section, tributes to people who have contributed to the theme of health in Peru, or the world are published. This includes biographical notes highlighting the main actions in the realm of academics, professional and scientific life of the person in mention. It should also

contain their contribution in this area, as well as a photograph. It does not require an abstract and may or may not have references. Its length can be up to 1,800 words.

### Case Report

The cases presented must be of diseases or situations of interest in health. These must be written in up to 2,000 words (not counting abstracts, references, tables, and charts). The abstract in Spanish and English may be unstructured and should have a limit of 150 words with three to five keywords. It contains an introduction, a section called "Case Report" and a discussion that highlights the contribution or teaching of the article. Up to four tables and/or charts can be included altogether and between 10 to 15 references.

### Photo Gallery

Photos of interest on a particular health topic can be sent, accompanied by a brief comment on topic and an explanation of the origin of the presented image (no more than 800 words). In addition, the photos must be accompanied by an explanatory caption. The Editorial Committee reserves the right to limit the number of illustrations. If a photograph of an individual or patient is included, measures must be taken to prevent the person from being identified. Only photographs in which a person is recognized will be accepted if the signed permission of the person is included (they must have informed consent and/or assent). Up to four tables and/or charts may be included altogether and between 5 to 10 references.

### Letters to the editor

This section is open to all readers of Ricardo Palma University Journal of Human Medicine, to whom questions, comments and contributions to the articles that have been published in the latest issues may be sent. It should be considered that there is a possibility that the authors may respond. Communication on preliminary investigations or interventions in research articles that have not been published or submitted for publication in another journal may be accepted; as well as some comments on problems of public health, ethics, medical education, or others that are within the scope of the journal. The maximum acceptable length is 1,000 words (not counting references, tables or charts) or 2,000 if it is a letter to the editor that presents unpublished results (scientific letter), with 5 to 10 references (including the reference of the article that motivated this letter) and two tables and/or charts.

### Article Preparation

#### Informational First Page

- The first page of the text should include:
- Title of the work in Spanish and English.

**Authors:** First and last names of all authors should be provided. The authors' names should go in the order in which they wish to appear in the article. It must be considered that the format that the authors choose for their signature will be, in case of publication of the article, the same one that will be indexed in the different bibliographic databases in which the journal is included. The maximum number of authors will depend on the section of the magazine. The names of the authors must each have one or two institutional affiliations (with numbers in superscript) and, separately, their profession and academic degree (with letters in superscript), not including job description. First names should be provided first and then last names.

**Institutional affiliation of each author.** Each author should include a maximum of two affiliations relevant to the proposed article. The city and country must also be included. They should be placed in superscript fashion after the name of the respective author. In case there is more than one author with the same institutional affiliation, it must be indicated with the same number in superscript (see model).

**Profession and academic degree:** Each author should indicate their profession and the highest academic degree completed. Do not include work occupations.

**Corresponding authors:** The postal address (either private or institutional), telephone and email of the corresponding author must be indicated.

**Keywords in Spanish and English** (minimum and maximum as indicated in the specific regulations section).

**Financing:** When applicable, it should be indicated in the same fashion as the affidavit.

**Authorship contributions:** It should be indicated in the same fashion as in the affidavit of authorship according to the CRediT taxonomy.

**Declaration of conflict of interest:** It should be indicated in the same way as in the affidavit and in accordance with the specific formats sent.

Other relevant information regarding the submitted work. When applicable, for example, include if the article has been previously presented at a conference, congress or if it has received an award. In case the study has been presented as an abstract to a congress or is part of a thesis, it must be specified with the corresponding citation. The journal accepts articles that have been published as preprints without peer review (MedRxiv, Scielo Preprints, or others); however, this must be explicitly shared by the authors at the time of the manuscript submission. In case of publishing, this information may be included as a note at the end of the manuscript.

- **Body of the manuscript (anonymous manuscript)**

Written as double-spaced in Arial 12 font, in A4 format with 3 cm margins. It must include the title of the article, but it must not contain data on the authors. Each section should begin on a new page, numbered consecutively; the text should preferably be written in MSWord program.

- Use acronyms appropriately, which implies:  
The first time an acronym is referenced, it must be defined, for example:  
*According to the World Health Organization (WHO)...*  
From the second time onwards, only the acronym should be written  
*As recommended by the WHO...*
- Review the writing, it must have clarity, conciseness, coherence, cohesion, and appropriate use of punctuation marks.
- Use commas to separate decimals when writing in Spanish. If written in English, use periods.
- **Measurement units:** The measurements of the magnitudes used must be those of the International System of Units (SI); for example: g/dL, mg/L, mg/Kg, etc. Blood pressure, by exception, will be expressed in millimeters of mercury (mmHg).
- To express numbers of ten or less, it is suggested to use letters (one, five, nine). If they are 11 or greater, it is suggested to use digits (34 or 534 or 100,000)
- Use spaces to separate numbers with more than three digits. For example, the number thousand should be represented as 1 000 and not as 1,000 or 1'000. The same goes if they have more digits, for example: 1 345 899

- The p-values should be named as "p-value" and should include three decimal places. Do not represent p values as "0.000", in case the p value is very small, it should be represented as "<0.001"
- The values of OR, PR, RR, HR or other measures of association must have two decimal places (ex: OR: 2.45; 95% CI: 1.15-2.98).
- Percentages and means must have a decimal and there must not be a space separating the number from the percentage sign (ex: 51.2%; 21.1 years).

- **Tables and Charts**

The tables should only have horizontal lines to separate the header from the body of the table. Vertical lines should not be included under any circumstance. Tables should appear at the end of the text, after the bibliography, and should be as simple as possible and not duplicate information presented in the text. They should be self-explanatory, with a brief title that describes their content. Its structure should be as simple as possible and present information in a logical sequence, which usually means ordering it from left to right and top to bottom. The rows and columns must be preceded by a short or abbreviated heading, which identifies exactly the material it contains. Consistency must be maintained in the punctuation or abbreviations of the words, or in the units of measurement or decimals of the numerical data. It is advised to present only the significant digits and to do so only with a decimal.

- If abbreviations or symbols are used and they are not self-explanatory, they must be made understandable using footnotes. If there is data included that does not come from the study, it should be clearly indicated with a footnote identifying the source. Tables should not be in image format, but as editable tables.

When more than one table is presented, it is advised to use a similar format to make it easier for the reader to understand. It should be confirmed that all the tables are referenced to in the text, and that the data presented agrees with that which it is cited for. The way to mention a table within the text of the manuscript can be done at the end of its description by naming the table in parentheses, for example, "(Table 1)". It may also be mentioned at the beginning of the paragraph or sentence, for example, "In Table 1 we can observe...".



The figures will be presented separately from the text in the article, each one in a separate file. The numbering of tables and figures must be done separately and in Arabic numerals. Photographs, data graphs and diagrams will be considered charts.

The photographs will be carefully selected, omitting those that do not contribute to a better understanding of the text. It is important that the copy sent has the best possible quality (at least 300 dpi), to ensure the standard of the reproduction. If photographs or patient data are reproduced, these should not be identifying to the patient. In all cases, the authors must have obtained the patient's written informed consent and/or assent authorizing its publication, reproduction, and dissemination on paper and on the Internet in Ricardo Palma University Journal of Human Medicine Likewise.

The authors are responsible for obtaining the appropriate permissions to reproduce the material (text, tables, or charts) previously published in Ricardo Palma University Journal of Human Medicine. These permissions must be requested from both the author and the editorial agency that has published said material. Each one will go in a separate file, preferably in .tiff or .png formats; or whatever allows the highest possible quality.

Data graphics should only be used when the information cannot be clearly presented in any other way. Data already presented in tables or text should not be repeated in graphs. In the elaboration of the graphs, special care must be taken not to distort what is intended to be shown, since the visual presentation can lead the reader to an erroneous interpretation. Measurement scales must be clear and consistent. They should preferably be attached in a format that allows others to edit as much as possible, such as the file in the same statistical program that generated it (.xlsx for Excel or .gph for Stata, for example).

Likewise, the organizational charts should be presented, preferably, in the program in which they were prepared; for example, MS Word or MS PowerPoint. They must be attached independently in a format that allows editing and ability to improve its quality.

The title of the figure must be indicated at the bottom of the figure (Vancouver style). It must be brief and describe its content. It should be verified that all the figures are mentioned in the text, and that the data presented agrees with that which is cited.

The way to mention a chart within the text of the manuscript can be done at the end of its description by naming the chart in parentheses, for example, "(Chart 1)". It may also be mentioned at the beginning of the paragraph or sentence, for example, "In Chart 1 you can see...". If abbreviations or symbols are used and they are not self-explanatory, they must be explicitly clarified through footnotes on the figure. If there is data being shared that does not originate from the study, the source of the figure should be clearly indicated with a footnote.

#### • **Acknowledgment**

Only the persons or entities that have contributed to making the work possible will be mentioned here. A) the contributions that should be acknowledged, but do not justify inclusion as an author, and B) acknowledgment for technical support. B should be recognized in a different paragraph. All the people specifically mentioned in "Acknowledgments" must know and approve their inclusion in said section.

#### • **References**

The reference style to be used is based on the second edition of "Citing Medicine. The NLM Guide for Authors, Editors and Publishers", available at: <https://www.ncbi.nlm.nih.gov/books/NBK7256/> . Elaborated by the International Committee of Medical Journal Editors ( ICMJE ) and with the bibliographic reference format prepared by the United States National Library of Medicine (NLM).

The authors are responsible for the references to be detailed according to the texts consulted and developed in their research, only references to the authors cited in the presented article should be recorded.

References must be recent (it is recommended that at least 70% of references correspond to the last five years, which will be evaluated by the editorial committee depending on the topic) and relevant and carefully written according to Vancouver style citation. They are numbered the same as in the text using Arabic numerals and maintaining the sequence used. They must be numbered as they appear consecutively in the text and added to the "References" list at the end of the document. These directions should follow the Vancouver style.



- Journal titles must be written according to the official abbreviated form; you can consult the NLM catalog if the journal is: <https://www.ncbi.nlm.nih.gov/nlmcatalog/journals/>.
- In each reference, the authors must first include their last name (or last names), separated by a space and it should be followed by the initials of their first names, without putting periods. An author will be separated from another using a comma, only at the end of the last author should a period be placed. If there are more than 6 authors, only the first six should be registered, ending with et al. The order of authors must be kept as recorded in the document used. For example:

Husain-Syed F, McCullough PA, Birk HW, Renker M, Brocca A, Seeger W, et al. Cardio-Pulmonary-Renal Interactions: A Multidisciplinary Approach. *J Am Coll Cardiol*. 2015;65(22):2433–48. doi:10.1016/j.jacc.2015.04.024

Cobiellas Carballo LI, Bonet Chacón L, Plasencia Urizarri TM, Almaguer Mederos LE. Chronic kidney disease and prognosis of patients with COVID-19. *Cuban Journal of Biomedical Research [Internet]*. 2021 [cited 2022 Mar 30];40(3). Available at: <http://www.revibiomedica.sld.cu/index.php/ibi/article/view/962>

Romero-Sánchez JM, Paramio-Cuevas JC, Paloma-Castro O, Pastor Montero SM, O'Ferrall-González C, Gabaldón-Bravo EM, et al. The Spanish version of the Position on Nursing Diagnosis scale: Cross-cultural adaptation and psychometric assessment. *J Adv Nurs*. 2013;69(12):2759–71.

If there is only an approximate publication date, "c" (circa) should be placed before the year. For example, "c2020" instead of 2020.

Be careful not to use the abbreviations "Vol" or "N°".

The pages must be placed as they appear in the source consulted, for example, in Roman numerals or if it is an online magazine article.

- **References according to document type**

Magazine Article:

Author/s. Title of the Article. International abbreviation of the magazine. Year of publication; volume (number): initial-final page of the article. doi:xxx.xxx.xxx

Example:

Husain-Syed F, McCullough PA, Birk HW, Renker M, Brocca A, Seeger W, et al. Cardio-Pulmonary-Renal Interactions: A Multidisciplinary Approach. *J Am Coll Cardiol*. 2015;65(22):2433–48 doi: <http://10.1016/j.jacc.2015.04.024>

If the article does not have a DOI, indicate instead the article's link (URL) preceded by the words "Available at:". If this is the case, use the online journal article format shown below: If it has a supplement, it must be specified in an abbreviated manner in the place where the journal number should be located. For example: 77(Suppl 1):7-14.

- **Online magazine article:**

Author/s. Title of the Article. International abbreviation for [Online] magazine. Year of publication [cited on ...]; volume (number): initial-final page of the article. doi:xxx.xxx.xxx

The date that must be indicated in the [quoted on ...] section should be the date on which the document was consulted

Example:

Husain-Syed F, McCullough PA, Birk HW, Renker M, Brocca A, Seeger W, et al. Cardio-Pulmonary-Renal Interactions: A Multidisciplinary Approach. *J Am Coll Cardiol [Internet]*. 2015 [cited 2021 Jan 10];65(22):2433–48. doi: <http://10.1016/j.jacc.2015.04.024>

If the article does not have a DOI, indicate instead the article's link (URL) preceded by the words "Available at:".

Example:

Husain-Syed F, McCullough PA, Birk HW, Renker M, Brocca A, Seeger W, et al. Cardio-Pulmonary-Renal Interactions: A Multidisciplinary Approach. *J Am Coll Cardiol [Internet]*. 2015 [cited 2021 Jan 10];65(22):2433–48. Available at: <https://www.jacc.org/doi/abs/10.1016/j.jacc.2015.04.024>

**Book**

Author/s. Title. Edition. Co-author. Place of Publication: Publisher; Year of publication. Amount of pages indicated in numbers followed by "p".

Example:

Nelson. *Essential Pediatrics*. Eighth edition. Buchanan A. Barcelona: Elsevier Spain; 2019. 91 p.

### Book, monograph, or another online document

Author/s. Title: subtitle, [Internet]. Place of Publication: Publisher; Year of Publication [cited on ...]. Number of pages indicated in numbers followed by p

Example:

Reidhaar-Olson JF, Rondinone CM, eds. Therapeutic Applications of RNAi: Methods and Protocols [Internet]. New York: Human Press; 2009 [cited 2021 Jan 10]. 144 pages doi: <http://dx.doi.org/10.1007/978-1-60327-295-7>.

If the book, monograph or other online document does not have a DOI, then indicate instead the article's link (URL) preceded by the words "Available at:"

• Thesis

Author/s. Title of the thesis [Type of thesis]. City, Country: University; year [cited on ...]. Available at: <http://xxx.xxx.xxx>

Example:

Otero Zapata JM. Factors associated with low academic performance in human medicine students at Ricardo Palma University during the period August-December 2020 [Graduate thesis]. Lima, Peru: Ricardo Palma University; 2021 [cited 2021 Oct 5]. Available at: <http://repositorio.urp.edu.pe/handle/URP/4173>

Villaplana Sacristán L. Bone expansion in dental implant treatment [Doctoral thesis]. Seville, Spain: University of Seville; 2018 [cited 2021 Oct 5]. Available at: <http://www.doctorado.us.es/tesis-doctoral/repositorio-tesis/details/2/7082>

### • Website

It will be taken into consider if the website comes from an official and recognized institution or organizations web page.

Author/s. Title [Internet]. Name of the website [accessed on ...]. Available at: electronic address.

Example:

Lobo-Guerrero C. Are there more variants of Sars-Cov-2? everything you need to know about the new mutations of the virus [Internet]. Health with a magnifying glass [cited 2021 Jan 10]. Available at: <https://saludconlupa.com/comprueba/existen-mas-variantes-del-sars-cov-2-todo-lo-que-debes-saber-sobre-las-nuevas-mutaciones-del-virus/>

World Health Organization. adolescent pregnancy [Internet]. WHO Factsheet [cited 2021 Jan 10]. Available at: <https://www.who.int/news-room/factsheets/detail/adolescent-pregnancy>

### Preprints

Author/s. Pre-print title. Portal [Preprint] . year [cited on ...] .doi:xxx.xxx.xxx

Example:

Dawes J, Pérez Abreu MR, Rowley J. Mental health considerations in the COVID-19 pandemic . BioRxiv [ Preprint ] . 2020 [cited 2021 Jan 10]. DOI: <https://doi.org/10.1016/j.rce.2020.03.001>

### References Management Programs

We recommended authors to use programs or software for managing citations in the documents that are sent to our journal. These can be Zotero, EndNote, Mendeley or other depending on the author's preference.

Ensure that the citations in the article have all the metadata correctly entered in the reference manager, so that they can generate the references correctly.

### Quoting Texts

When referencing quotes, you must respect the order of appearance (sequential) in the text, figures or tables; using Arabic numerals and in superscript between parentheses and before the punctuation mark. For example:

...according to a previous study (1)

...according to the bibliography consulted (2) , the function of...

If there are more than one reference citations, the numbers must be separated by a comma: "(1,2) " or " (3,4,7) ". In the event that the citations are sequential, the number of the initial and final reference will be separated by a hyphen: Instead of " (1,2,3,4) " you must place " (1-4) "; instead of " (1,2,3,8) " you must place " (1-3,8) ".

In the case of mentioning the author in the text, the citation will go immediately after the mention. For example: Kapur NK<sup>(3)</sup> , Quiñones -Laveriano DM<sup>(5)</sup> . If there are two or more authors, et al. after the first author, the citation will be placed after a period. For example: applying the criteria established by Jenni JN et al.<sup>(10,24)</sup>



