

## INSTRUCTIONS TO CONTRIBUTORS, *Balneology*

*Balneology* is an international scientific journal dealing health resort medicine, balneology, crenobalneotherapy, spa therapy, thalassotherapy, hydrotherapy, aquatic therapy, water therapy, medical hydrology and climatology. Includes all medical activities originated and derived in health resorts based on scientific evidence aiming at health promotion, prevention, therapy and rehabilitation. Also the study of substances used for health resort medicine: waters (medical mineral water, natural mineral water, sea water, tap water), medical peloids, and natural gases.

*Balneology* is the official publication of the International Society of Medical Hydrology and Climatology (ISMH) and the Professional School of Medical Hydrology and Hydrotherapy, Faculty of Medicine, Complutense University of Madrid (UCM). Articles are published in English. Regular sections include original articles reporting clinical or basic research, review articles, editorials, and letters to the Editor.

The electronic edition of *Balneology* contains the complete version of the journal and can be found at the following address: <http://revistas.ucm.es/index.php/ANHM>.

All original manuscripts and review articles will be peer reviewed by specialists appointed by the editors. Submission of a manuscript to *Balneology* implies that it is the author's original work, and that it has not been published or has not been sent for peer review elsewhere.

Accepted papers become the property of the ISMH and permission must be granted if a published paper is to be reproduced partially or in full.

### Submit a Paper

*Balneology* has an online submission and peer review website <http://revistas.ucm.es/index.php/ANHM/about/submissions#onlineSubmissions> (BAL). Simply log onto BAL and follow instructions for submission. For any questions, contact [ahm@med.ucm.es](mailto:ahm@med.ucm.es).

### ETHICAL GUIDELINES

Authors who submit a manuscript accept full responsibility for its content as defined by the International Committee of Editors of Medical Journals (see [www.icmje.org](http://www.icmje.org)). The research reported in papers sent to *Balneology* should be carried out in accordance with internationally accepted recommendations for clinical investigation (Declaration of Helsinki, in the recently revised version of the World Medical Association; see [www.wma.net/e/policy](http://www.wma.net/e/policy)), or recommendations for laboratory research involving animals published by the American Physiological Society.

### Informed consent

If patient information, photographs or data are reproduced, the patient should not be identifiable. In all cases, the authors must have obtained written informed consent

from the patient (or parent, guardian, or next of kin where applicable) for publication at *Balneology* and dissemination in print and electronic form.

### **Conflicts of Interest**

The authors must indicate any financial relationship which might give rise to a conflict of interest in relation to the published article. Even if the authors consider there to be no such conflict, they must still indicate said relationships

### **Data protection**

The personal data we have requested from you will be handled by an automatic database which is the property of the ISMH in order to facilitate the publication of your article in *Balneology*. Unless otherwise stated, by submitting your article you expressly authorize that your name, surname, contact address, and email will be published in *Balneology*, in order to acknowledge authorship of the article and to assist readers in contacting you.

## **INSTRUCTIONS FOR AUTHORS**

All manuscripts must follow the style of *Balneology*. It is understood that the corresponding author takes responsibility for following the guidelines and that the other authors are aware of them, have participated in preparing the manuscript and fully agree on its content.

### **1. Original articles**

Document form:

- Double spaced, with margins of 2.5 cm and numbered pages.
- The manuscript should not exceed 5,000 words, counting the title page and all other pages except tables.
- It consists of two separate documents: first page and manuscript.
- The order of sections in the manuscript should be as follows: a) structured abstract and key words; b) list of abbreviations; c) body of the text; d) references; e) figure legends; f) tables (optional); and g) figures (optional).

First page

- Full title (fewer than 150 characters).
- Name(s) and surname(s) of the author(s) in the following order: first name, middle initial if any, first surname and second surname (optional).
- Research center(s) the author(s) is(are) affiliated with (department, institution, city and country) and source(s) of funding, if any.
- Full postal address, telephone and fax number and e-mail address of the corresponding author, to whom all communication and proofs will be sent.
- Word count (excluding tables) should be specified.

Structured abstract

- The abstract (maximum 250 words) should be structured in four sections: a) Introduction and objectives; b) Methods; c) Results, and d) Conclusions.

- The abstract is self-explanatory and should not contain references or abbreviations other than units of measure.
- From 3 to 10 key words are to be appended to the abstract. Key words should preferably be chosen from the Medical Subject Headings (MeSH) of the National Library of Medicine. Available at: [www.nlm.nih.gov/mesh/meshhome.html](http://www.nlm.nih.gov/mesh/meshhome.html)

#### Text

- The body of the article should consist of the following sections: a) Introduction; b) Methods; c) Results; d) Discussion; and e) Conclusions or Clinical Implications. Sections should be appropriately subdivided and subtitled.
- Abbreviations are used, which have been adequately explained. Also indicate the first time they appear in the text of the article.
- Acknowledgments should appear at the end of the text.

#### References

- References are to be listed numerically, in superscript format, in the order they first appear in the text.
- References include no mention of personal communications or unpublished data.
- Medical journals are referred to with the abbreviated titles that are used by Index Medicus: List of Journals Indexed, as they are published in the January issue of each year. Available at: [www.ncbi.nlm.nih.gov/entrez/citmatch\\_help.html#JournalLists](http://www.ncbi.nlm.nih.gov/entrez/citmatch_help.html#JournalLists).
- References should be sent as standard text.
- A maximum of 40 bibliographical references will be allowed.

#### Examples of Quotation

*Medical journal.* List authors without commas before their initials or periods after them. Initials should appear as capital letters. If more than six authors signed an article, only the first six should be listed, followed by the Latin abbreviation “et al”.

Example:

Kwiatkowski F, Mouret-Reynier MA, Duclos M, Leger-Enreille A, Bridon F, Hahn T, et al. Long term improved quality of life by a 2-week group physical and educational intervention shortly after breast cancer chemotherapy completion. Results of the 'Programme of Accompanying women after breast Cancer treatment completion in Thermal resorts' (PACThe) randomised clinical trial of 251 patients. *Eur J Cancer*. 2013;49:1530-38.

#### *Books and other monographs*

Personal author(s). Example:

Bruce BE, Cole AJ. *Comprehensive aquatic therapy*. 3<sup>rd</sup> ed. Washington: Washington State University Publishing; 2011. pp 558.

*Chapter of a book.* Example:

Hattori I. Pelotherapy. In: Licht S, (Ed.). *Medical Hydrology*. Baltimore: Waverly Press; 1963; p. 273–90.

*Electronic source.* Article from an electronic journal. Give the date of consultation (day/month/year). Example:

EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA); Scientific Opinion on Dietary reference values for water. *EFSA Journal* 2010; 8(3):1459. [48 pp.]. (accessed 12/04/2013). Available at: <http://www.efsa.europa.eu/en/efsajournal/doc/1459.pdf>

#### Figures

- Line drawings or graphs should preferably be sent in TIFF or JPEG format, with a resolution higher than 300 dpi. Figures are designated by Arabic numerals, ordered as they appear in the text.
- Figures, symbols, letters, etc. must be large enough to be read easily when the figure is reduced. Details must be pointed out with arrows. High contrast marking and letters should be used for all symbols or letters added to the figure.
- Figure legends are provided on a separate sheet. At the end of each legend, abbreviations are identified in alphabetical order.
- Figures include no information that would allow a patient or hospital to be identified. Patient photographs must be taken in a way that ensures anonymity, or the consent of that patient must also be sent.

#### Tables

- Arabic numerals are used to number the tables in the order of their appearance in the text.
- Each table is presented double spaced on a separate sheet.
- The title appears at the top and abbreviations appear in alphabetical order at the bottom.
- The content is self-explanatory and information is not repeated in the text or in figures.

## 2. Reviews

Revision, preferably systematic, on relevant and current topics for Health Resort Medicine.

- Double spaced, with margins of 2.5 cm.
- The title, the names of the authors, their affiliations and addresses.
- Length from 3000 to 9000 words (10–15 pages). It must be preceded by a non-structured abstract with a maximum of 150 words. In the introduction, excessive historical details shall be avoided, more emphasis being placed on recent issues. Sub-sections are recommended to make reading easier. When necessary, they may be accompanied by personal tables, figures, or schemes adapted to the general standards of the magazine. The bibliography shall follow the general standard of the publication.
- A maximum of 55 bibliographical references will be allowed.

## 3. Letters to the Editor

All correspondence related to articles published in *Balneology* or concerning editorial matters should be addressed to this section. No original data may be included. Letters

in response to articles published in *Balneology* should be submitted within 8 weeks after publication of the article.

- Double spaced, with margins of 2.5 cm.
- The title, the names of the authors (maximum 4), their affiliations, addresses and the word count are given as instructed for original articles.
- The manuscript should not exceed 800 words.
- The paper includes a table or figure.
- A maximum of 10 bibliographical references will be allowed.