

International Journal of Therapy and Rehabilitation

Introduction

The International Journal of Therapy and Rehabilitation (IJTR) is a peer-reviewed journal which aims to promote interdisciplinary practice through the dissemination of high-quality original research and scholarly articles from all disciplines involved in therapy and rehabilitation. With its strong interdisciplinary and international focus, IJTR raises awareness of national and international research and issues affecting therapists. IJTR aims to provide an accessible forum for discussion and encourage collaboration and sharing of new ideas between professionals worldwide. Joint and group authorship of submissions is very welcome. The following categories of articles are invited.

Categories of submission

Maximum word count and reference limits are provided for each category of submission. Any necessity to extend beyond the limits should be discussed with the Editor.

1. Editorials

These are short articles that aim to discuss or report on current issues in therapy and rehabilitation. You may use it as a platform to present findings from a recent study/report, or to highlight change, debate or controversial issues, to which you feel the readership should be alerted. Editorials are welcomed from all health-care professionals. Abstracts and key points are not required.

Maximum word count: 800 words. Reference limit: 20

2. Research

IJTR welcomes quantitative, qualitative and mixed methodology primary research that addresses any aspect of rehabilitation and therapy practice, education and management. Abstracts and key points are required as per technical guidelines. We suggest that you follow the following general structure and adapt it according to your specific focus and methodology:

- **Introduction** as per technical guidelines; providing the context for the study.
- **Brief literature review:** appraising the relevant literature and identifying gaps in the literature. This review should also serve to justify the study, clearly stating aims / objectives and hypotheses as appropriate.
- **Methods:** These should encompass the following aspects with headings and content specific to the methodological framework of the research:
 - i) methodology - Including factors such as conceptual framework, design, randomization, blinding, placebo control, case control, methods, measurement tools as appropriate.
 - ii) setting and timescales —Including general location and provide month and year study was commenced/completed.
 - iii) participants – Explaining the nature of the sample and how participants were selected, including inclusion/ exclusion criteria. Numbers entering and completing the study should be stated, along with key subject details as appropriate.
 - iv) ethical approval for the study
 - v) interventions – Details of any intervention protocol, duration, who was involved and in what setting should be provided as appropriate.
 - vi) outcome measures used should be described and justified as appropriate.
- **Findings:** The findings need to be presented in an accessible way; using appropriate data analysis, tables/figures/diagrams, and anonymized direct quotations as appropriate (see technical guidelines).

■ **Discussion:** The main findings should be stated, and the discussion should evaluate the strengths and limitations of the study. The methodology and findings of the study should be compared and contrasted to published research in the area. The findings should be interpreted and possible reasons for the findings should be explored. The implications for the therapy and rehabilitation professions should be explored.

■ **Conclusions:** as per technical guidelines and to include implications for practice.

Maximum word count: 5000 words; Reference limit: 50

3. Case reports

These articles are invited from authors who have an interesting case or therapy approach, the details of which would have important implications for the IJTR readership. Cases that demonstrate novel approaches to interdisciplinary working are particularly welcomed. Case reports must begin with a case history, and then detail the therapy pathway; highlighting clinical reasoning and reflection processes, from assessment to outcome. Evidence-based practice is required. Signed consent for publication from participants is required (see ethics statement in Editorial Policy). An abstract and key points, as per technical guidelines, are required and the inclusion of tables and figures is strongly encouraged.

Maximum word count: 2000 words. Reference limit: 25

4. Critical reviews

Critical reviews provide a clear and up-to-date account of a topic that is relevant to health professionals working in therapy and rehabilitation. The aim is to provide an update of recent developments and encourage interest and further discussion/work on the subject. Abstracts and key points are required and the inclusion of tables and figures, as per technical guidelines, is strongly encouraged. The following is a useful general structure that can be adapted to suit the individual case; and different methodological approaches to a review are welcomed:

- **Introduction:** as per technical guidelines.
- **Methods:** This should provide detail of the methodology used for the review, including for example: search strategies, inclusion/exclusion criteria for research articles, evaluation of the quality of evidence gathered, details of analysis, as appropriate.
- **Review evidence:** This should address the review topic methodically; with sub-headings to signpost each section. All statements should be supported by evidence, and the quality and relevant details of this evidence should be provided. Where the quality of the research limits the ability to draw strong inferences it should be clearly stated.
- **Conclusions:** as per technical guidelines, and should summarize the review evidence, and highlight areas for further research/work. Limitations of the review should be stated. Sources of further information and details of research currently under way are useful.

Maximum word count: 3000 words; Reference limit: 100

5. Analysis

These are evidence-based essays, which allow the author to discuss and raise awareness of important developments and issues relating to an identified area of therapy and rehabilitation. Submissions are particularly welcome for areas that may benefit from input from a variety of professions, or from the perspective of different countries. When discussion is centred on a controversial area, it may be appropriate to

approach the article as a debate and recruit a further author to present a different side of the argument. Alternatively, we can commission a second author for this purpose through use of a commentary. Analysis articles should follow the general guidelines regarding abstract, key points, introduction and conclusions. The main body of the article should include use of sub-headings and make use of figures and tables as appropriate. Key statements and information must be supported by research, and research detail provided to support proposed arguments. The analysis may afford the opportunity to express opinion and propose arguments, and these should be stated as such. For this purpose, the background of the author should be declared.

Maximum word count: 3000 words; Reference limit: 40

6. Letters to the editor:

These can provide comment on previous articles in the journal or on any relevant topic to therapy and rehabilitation. The editor reserves the right to shorten letters.

Maximum word count: 500 words; reference limit: 5

Technical guidelines

Submission

Articles for IJTR should be submitted on-line at <http://www.epress.ac.uk/ijtr/webforms/author.php>. If there are any difficulties keeping to the specifications of the article category, please discuss the matter with the Editor, Joanna Bakewell, on 020 7501 6747 or email: ijtr@markallengroup.com. Please ensure that all pages are numbered. When the article is submitted you will receive an email confirming that your article has arrived and is being reviewed. IJTR uses a double-blind peer review process; with at least two independent opinions sought on all manuscripts and referees serving only in their areas of expertise. Referees who feel inadequately qualified or who cannot give an unbiased opinion are asked to declare this lack of expertise or conflict of interest and return the manuscript. The review process will take four to six weeks. Details for the submission of amended or revised articles will be sent to you by email.

Title page

The title page should carry:

- Title of the article and category of article being submitted.
- The names of the authors (with initials or first names, whichever is preferred).
- Institutional affiliation of each author.
- Full details of each author's current appointment.
- Name, address, email address and contact telephone number of the author responsible for correspondence.

Authorship

All authors should have made substantive intellectual contribution to the study in the following areas: 1) conception and design, or acquisition of data, or analysis and interpretation of data; 2) drafting the article or revising it critically for important intellectual content; and 3) final approval of the version to be published.

Acknowledgements

All contributors who do not meet the criteria for authorship as defined above should be listed in an acknowledgments section. The authors should disclose the identity of the people and the entity who provided assistance with study design, data collection, data analysis, or manuscript preparation. Financial and material support should also be acknowledged.

Abstract

This should be between 100 and 200 words in length. It is designed to develop the reader's interest in the article, covering where appropriate, the aims, methodology, results and conclusion of the article, under these sub-headings.

Main introduction

The introduction should state the main purpose or question that the article aims to answer or address, and frame the question in the appropriate context. The introduction should explain the importance of addressing the topic and indicate what approach will be used in doing so.

Headings

Please use plenty of headings and indicate clearly the 'importance' you attach to each one.

Main body

Given the wide scope of the Journal, the articles should be aimed at an interdisciplinary and international audience. Therefore knowledge of specific organizations, practices and policies must not be assumed. Please see article category instructions for specific guidance on content.

Conclusions

The conclusions should be succinct and logically ordered summaries of data you have presented. Identify gaps in present knowledge and suggest future initiatives.

Key phrases

Please supply five to eight key phrases that summarise the major themes of your article. These will appear at the end of the article.

Abbreviations and units

Abbreviations should be defined at their first mention. SI units should always be used.

Tables and figures

Tables and figures are a useful resource to readers. It is the author's responsibility to ensure that permission is received from the copyright holder for the reproduction of figures and tables before submission. Tables and figures should not be embedded in the text, but should be included on a separate page at the end of the document. Authors should indicate in the text approximately where tables and figures should be inserted.

Tables

1. Place references and explanatory matter in footnotes, not headings.
2. Explain in footnotes all abbreviations that are used in each table.
3. If you use data from another published or unpublished source, obtain permission and acknowledge fully.
4. Number tables consecutively in order of their first citation. Ensure that each table is cited in the text.

Figures (illustrations, graphs, bar charts and photographs)

1. Colour is encouraged.
2. If a figure has been published previously, acknowledge the original source and submit written permission from the copyright holder to reproduce the material.
3. Figures should be numbered consecutively in order of their first citation in the text.
4. When submitting an article low resolution GIF or JPG images should be used, ideally placed at or very near the position that they will run in the article. Figures should be scaled so that they are between about

300 and 600 pixels in height and width.

5. If the article is accepted for publication, electronic copies of images will be requested. These should be high resolution (at least 300 dpi) with an image width of 10cm, saved as jpegs or tiffs.

Conflict of interest

All authors should provide a conflict of interest statement at the end of the text. Please see Editorial Policies for details.

References

Authors are responsible for verifying the accuracy and completeness of references.

In the text

1. Use the name and year (Harvard) system for references in the text:
As Black and White (1987) have shown...
As already reported (Black and White, 1987)...
2. For three or more authors print the first author's name followed by et al:
e.g. As Black et al (1987) have shown...
3. When several references are cited simultaneously, the order should be chronological.

In the reference list

1. Arrange references alphabetically by first author's name.
2. Print the names and initials of all authors for references with six or less authors:
Black B, Green G (1965)...
Black B, White W (1963)...
Black B, White W, Green G, Brown B, Tan T (1973)...
Black B, Green G, Tan T (1974)...
Black B, Abel C, Tan T (1975)...

The last three references in the above list are in chronological order as they are cited in the text as 'Black et al'.

For seven or more authors print the first three and add 'et al'—these references are arranged chronological order.

3. The sequence for a journal article is: author(s) (year) Title. *Journal (abbreviated as in PubMed)* **volume** (issue): first–last page numbers. For example:
Smith B, Abel CH (1987) Sexual hypersensitivity. *Br J Hosp Med* **33**(1): 40–6

4. The sequence, layout and punctuation for books are:

Personal author:

Laidler P (1994) *Stroke Rehabilitation: Structure and Strategy*. Chapman & Hall, London

Editor:

Cusack L, Singh S (1994) *HIV and AIDS Care: Practical Approaches*. Chapman & Hall, London: 125–6

Chapter in Book:

Samuels B (1979) Pulmonary complications of AIDS. In: Rand A, Long B, eds. *Management of AIDS*. Butterworths, London: 387–95

5. Articles that have been submitted for publication but not yet accepted are not acceptable as references. They should be cited in the text as 'unpublished observations' (XY Smith, unpublished observations, with or without a date). Similarly, 'personal communication' should be inserted in the text in parentheses.
6. Articles that have been accepted for publication but not yet published may be included in the reference list:
Abel HL (1988) Endometriosis. *Br J Hosp Med* (in press)
7. World wide web: Ensure address is not a homepage but leads directly to the relevant document. Accessed date is the date the subeditor checks the reference.
Author (1999) Title. www.etc.com/index.html (accessed 5 September 2007)

IJTR editorial policy

General statement

IJTR aims to publish articles that meet acceptable ethical and research governance standards.

Ethical approval

Authors should indicate whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional and national) and the Helsinki Declaration of 1975, as revised in 2000. Research articles must clearly state how ethical and/or research governance approval was satisfied. Authors must state that anonymity and confidentiality were assured, and must ensure that any procedures were performed in compliance with relevant laws and institutional guidelines. Informed consent from participants should be detailed. The details of the ethical committee granting approval must be included.

Identifying details should be omitted if they are not essential. Information or illustrations that may identify a patient/volunteer must state that consent has been obtained giving permission for the material to be published. A consent form must be signed and dated by the authors, the patient(s) and a witness, with their names printed underneath prior to publication.

Conflict of interest

A conflict of interest statement must be provided, that declares any details, such as author payment or equipment provision by a third party or other competing financial interests, which may have influenced the professional judgement of the authors. Any financial and material support received must be detailed in the acknowledgements section.

Copyright

IJTR will only consider submissions if the content has not been published, or submitted simultaneously for publication elsewhere. Articles must not substantially duplicate material already published. Implicit in the act of submission of a manuscript is author compliance with this policy. When submitting a manuscript the author must provide a full statement about all submissions and previous reports that might be regarded as duplicate publication of the same or very similar work.

An author must not plagiarize the work of others or self-plagiarize the author's previous work. Exact wording of another author's work must be enclosed in quotation marks, and supported by a reference including the page number. Authors may paraphrase another author's work but must credit the original source in the text. Implicit in the act of submission of a manuscript is affirmation by the author(s) that the submission is their original work.

IJTR retains the copyright of all material it publishes. Permission for authors to reproduce extracts from their own articles can be requested with due acknowledgment to IJTR. The Publication Form must be signed by all authors upon acceptance of an article for publication.

Advertising

It is the Journal's editorial policy not to accept advertising that would conflict with its interdisciplinary and international aims, nor with its commitments to evidence-based and ethical clinical practice.