

1 **How to write the JARS paper**

2

3 Manuscript type (Original article, Case study, Review article, Others)

4

5 **Title:**

6

7 Author name (full name with academic degree(s) such as RPT, PhD, etc.)

8 Affiliation with full mailing address (including postal code, phone/fax numbers)

9 E-mail address of the corresponding author

10

11 Divide abstract as follows, and begin each section with new lines.

12 **Abstract.**

13 [Purpose]

14 [Subjects and Methods]

15 [Results]

16 [Conclusion]

17 **Key words: (up to 3):**

18

19 Use the passive voice.

20 Do not use We, Authors, or Our in the Abstract.

21 Do not report p-values, or describe the statistical methods.

22 Do not write “men” or “women;” instead, write “males” or “females.”

23

24

25 IMPORTANT When citing other paper

26 1. References must always be given.

27 2. Even when a reference is given, large blocks of text from the original paper should not
28 be copied.

29 3. “Methods” should not be copied: only the essential details should be given.

30 4. All of the above rules apply when citing your own papers.

31

32 INTRODUCTION

33 Describe the background and purpose of the research.

34 Write simply and describe the purpose accurately.

35 Do not insert spaces at the beginning of new paragraphs.

36 Do not insert lines between paragraphs.

37

38 SUBJECTS AND METHODS

39 Do not use subheadings.

40 Do not write “sex;” write “gender.”

41 Write the subjects average age (years), weight (kg, not Kg), height (cm). Report SD to the first
42 decimal place.

43 Regarding ethic: if approved by an ethics committee, write the name of the ethics committee and
44 the given approval number. If not approved by an ethics committee, describe the ethical
45 considerations.

46 Specify whether or not written informed consent was obtained from each subject.

47 Describe the experimental plan and outcome measures.

48 Give the product name and manufacturer of measuring devices. Describe the measurement procedures.

49 Describe statistical methods and software used. $p < 0.05$ must be written in lower case.

50

51 RESULTS

52 Do not use subheadings.

53 Report results with leading zeroes and decimal points: e.g 0.05, not .05; and 2.34, not 2,34

54 Report results using the past tense, and specify the units of measure.

55 Report numbers with no more than 3 significant figures, and use no more decimal places than
56 necessary.

57

58 DISCUSSION

59 Write a summary of the conclusion.

60

61 Discuss the interpretation, correctness of the measurements, limitations of the study, proof of
62 hypothesis, future prospects, suggestions and challenges. Avoid dramatic interpretation.

63 Finish with the conclusion.

64

65 If a part of your research was presented in a conference, write the name of the conference, volume
66 and issue number of the abstract or the URL of the abstract page after Discussion.

67

68 Funding and Conflict of interest

69 Please write any sources of funding.

70 Please write any financial and personal relationships with other people or organizations that could
71 inappropriately influence or bias your work. If there are no conflicts of interest, please write that

72 there are none.

73

74 REFERENCES

75 Refer to the Instruction to Authors for details. Follow the example in the Instruction to Authors.

76 Check periods, colons in detail. Make sure to add a period after the ending page.

77 In order to avoid unnecessary self-citations, authors must check and see if any of more suitable
78 published articles from other journals are available for references, instead of citing JPTS.

79 References must be numbered as 1), 2), 3),....

80 Check the authors' names (Wollacott MH,)

81 List author names up to three: if there are three or more authors, write the names of the first three,
82 followed by et al.

83 Do not shorten the last page number (e.g. write as 234-244, not 234-44).

84 Follow Index Medicus for journal abbreviations, but do not abbreviate Japanese journal names.

85

86

87 Legends to Figures

88

89 Figures

90 Do not include figures unless it is absolutely necessary (do not include bar graphs, pie charts, line
91 charts, correlation charts, etc.)

92 When including pictures of patients, make sure to blindfold their eyes. If permission has been
93 obtained, note it in the Acknowledgement.

94 Write as Fig. 1, Fig. 2 except at the beginning of the sentence.

95

96 Tables

- 97 Write the title above the table.
- 98 Specify all units.
- 99 Measurement results should be reported as the mean and standard deviation (SD), written as mean \pm
- 100 SD.
- 101 Use no more decimal places than necessary.
- 102 Lines in Tables must be kept to a minimum.
- 103 Use lines only at the top and bottom of the Table.
- 104 Do not include t values, F values, or ANOVA etc of statistical results in Tables.
- 105 Use asterisks to denote significant results only; do not write 'ns' for not significant.
- 106