Workshop
Kyiv, Ukraine

Prof. Livia Puljak, MD, PhD

Workshop program: How to plan new research and publish scientific articles?

- **WHY?**

- D. Sapunar: Why do we need to publish? Science, journals, critical thinking, the joy of discovery; Publishing war experiences, **Giving voice** project, social responsibility

- L. Puljak: Do you ever think „I do not have time for publishing scientific articles"? How and why do you motivate yourself to write a scientific article?

- **HOW TO START?**

- L. Puljak: Finding a mentor and co-authors; Finding ideas for a new study; Planning a new study properly; Financing your research

- **WRITING AN ARTICLE: USEFUL TOOLS**

- L. Puljak, D. Sapunar: Searching the literature; Using software for reference management; Using reporting checklists; Using AI for easier and better writing in English; Avoiding plagiarism.
New tools; AI, Data collection, data management, and open science; Do not be afraid of statistics!

- **Lunch break**

- **FINALIZING THE ARTICLE AND SUBMITTING TO A RESEARCH JOURNAL**

- L Puljak: Structure of a research article; Avoiding plagiarism, How to choose the right journal; Journal instructions for authors; Submitting an article to a journal; What happens to the manuscript after submission

- **Practical part** (90 min)**:**   Finding ideas for new research studies

„I do not have time for publishing scientific articles"

- I do not have time
- I do not know how

„I do not have time"

- We find the time for everything that is important to us

- If we prioritize research, we will find time for it

- How am I spending my time?

- Can I organize myself better?

„I do not know how to do it"

- You are not the first person in the world to write a scientific article

- There are so many journals

- So many examples of good articles published

- There is a lot of guidance on internet

How to motivate yourself?

- Set a deadline

- Include collaborators – they will be motivating with the deadlines

- Determine an award for yourself

- Start small, than move bigger
  - Publish a paper first in your own language
  - Publish a case report (easiest article to write)
  - Then move to English language and more ambitious journals

Never stop learning

- Research methodology is the foundation of science
- Not all methods are equal, not all methods are good, not all methods are applicable to every type of research
- It is important to keep up with the research methodology
  - To plan the research well
- It is important to use reporting guidelines

- Never stop learning something new

You came here – you are investing in yourself

- What makes people happy in the long-term?

- Not material things

- Hedonic adaptation

PAPER ACCEPTED!
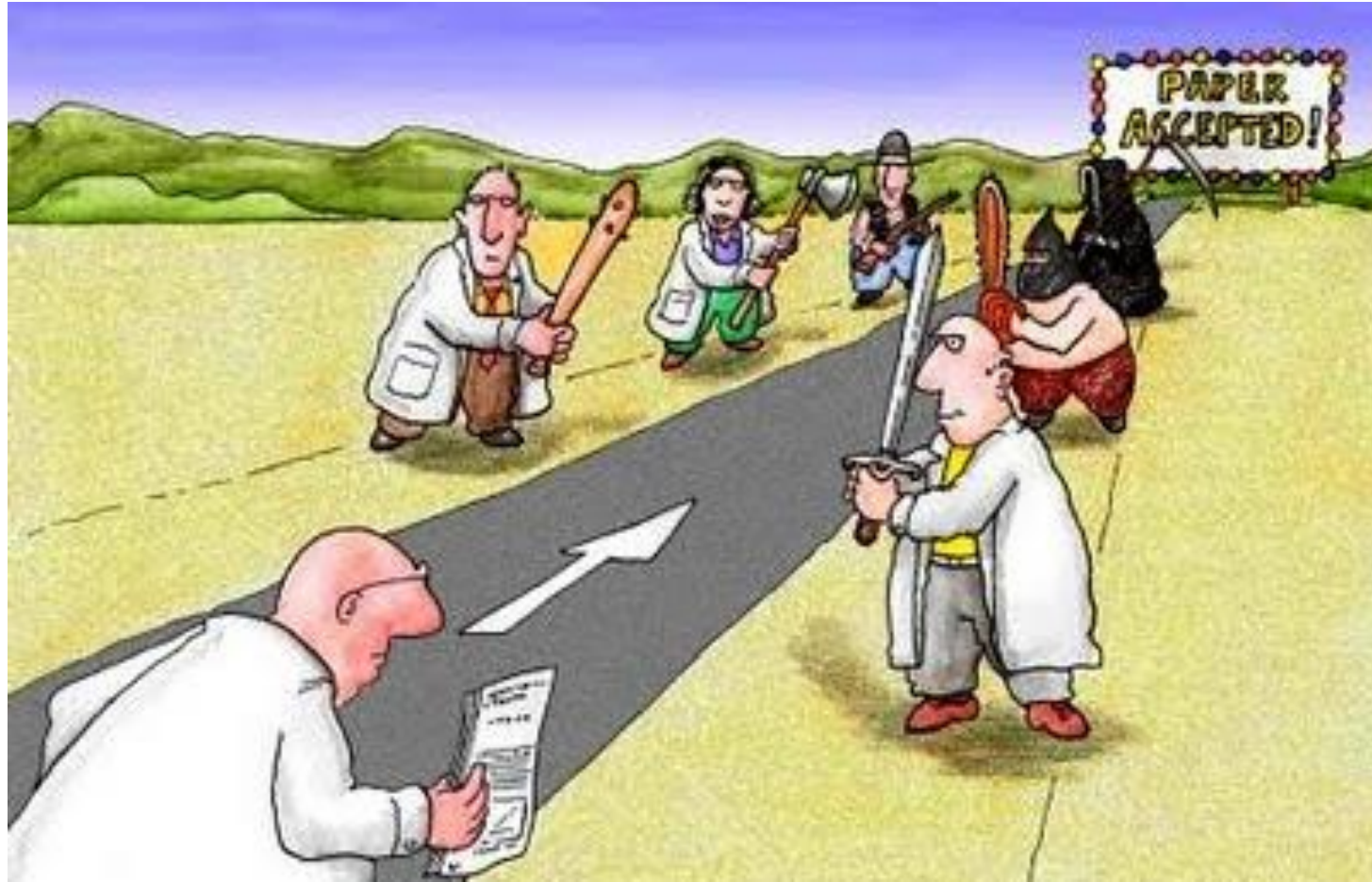
The most important message

- **Done is better than perfect**

- Do not be a perfectionist
- Do not try to write the best article ever written
- It's fine if it is not perfect
- Your mentor is supposed to help you
- And editors/reviewers can also give a good advice

DONE
IS
BETTER
THAN
PERFECT.

Finding a mentor

- You can have multiple mentors
- Mentor is a person who can teach you something
- They can also be people you have never meet
  - Email them; you have nothing to lose
- Seek successful, accomplished individuals
  - And those that are generous with their time
- Offer your most valuable asset – your time
  - Ask whether you can join their research studies
  - Suggest what you could do
  - Be willing to do boring jobs

Finding co-authors

- Your friends, colleagues, students
  - Even people you have never met
  - Contact them by email
- We are stronger and better together
- Offer them co-authorship
  - And then stick to that plan
- In scientific journals, usually there is no limit to the number of co-authors
- By including co-authors you will do the work faster and better

Finding ideas for a new study

- You have a research idea

- Then you need to search the literature

- Sometimes, if you do not find such or similar studies, the problem can be that the literature was not searched well

- Even if somebody has done it, perhaps you can do it again

- Replication study

- In a different setting

- You are simply following methodology that somebody else used

Planning a new study properly

- Knowledge of research methodology is crucial

- This is not something that can be covered in a short workshop

- There are different types of studies

- Each study has its own methodology

- Learning the research methodology is **<u>crucial</u>** for your research career
  - And planning new studies well

"IF YOU
FAIL
TO PLAN,
YOU PLAN
TO
FAIL"

Always start with writing a study protocol

- Study protocol: introduction, aim and methods
- You can give it to someone to review it
- You can also publish it
  - Advantages
    - Another article for your CV
    - Peer-review
    - Your idea is findable in the literature
  - Disadvantages
    - You should not be in a hurry (review process can be slow)
    - Can be expensive – most journals publishing protocols require payment

Defining the hidden burden of disease in rural communities in Bangladesh, Cambodia and Thailand: a cross-sectional household health survey protocol

Meiwen Zhang [1] [2], Nan Shwe Nwe Htun [3], Shayla Islam [4], Aninda Sen [4], Akramul Islam [4], Amit Kumer Neogi [4], Rupam Tripura [3], Lek Dysoley [5], Carlo Perrone [3], Rusheng Chew [3] [2] [6], Elizabeth M Batty [3] [2], Watcharintorn Thongpiam [3], Jantana Wongsantichon [3], Chonticha Menggred [3], Sazid Ibna Zaman [3] [2], Naomi Waithira [3] [2], Stuart Blacksell [3] [2], Marco Liverani [7] [8] [9], Sue Lee [3] [2] [10], Richard James Maude [3] [2] [11], Nicholas P J Day [3] [2], Yoel Lubell [3] [2], Thomas Julian Peto [3] [2]

Affiliations + expand

PMID: 38521526   DOI: 10.1136/bmjopen-2023-081079

Abstract

Introduction: In low-income and middle-income countries in Southeast Asia, the burden of diseases among rural population remains poorly understood, posing a challenge for effective healthcare prioritisation and resource allocation. Addressing this knowledge gap, the South and Southeast Asia Community-based Trials Network (SEACTN) will undertake a survey that aims to determine the prevalence of a wide range of non-communicable and communicable diseases, as one of the key initiatives of its first project-the Rural Febrile Illness project (RFI). This survey, alongside other RFI

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Methods and analysis: During 2022-2023, a cross-sectional household survey will be conducted across three SEACTN sites in Bangladesh, Cambodia and Thailand. Using a two-stage cluster-sampling approach, we will employ a probability-proportional-to-size sample method for village, and a simple random sample for household, selection, enrolling all members from the selected households. Approximately 1500 participants will be enrolled per country. Participants will undergo questionnaire interview, physical examination and haemoglobin point-of-care testing. Blood samples will be collected and sent to central laboratories to test for chronic and acute infections, and biomarkers associated with cardiovascular disease, and diabetes. Prevalences will be presented as an overall estimate by country, and stratified and compared across sites and participants' sociodemographic characteristics. Associations between disease status, risk factors and other characteristics will be explored.
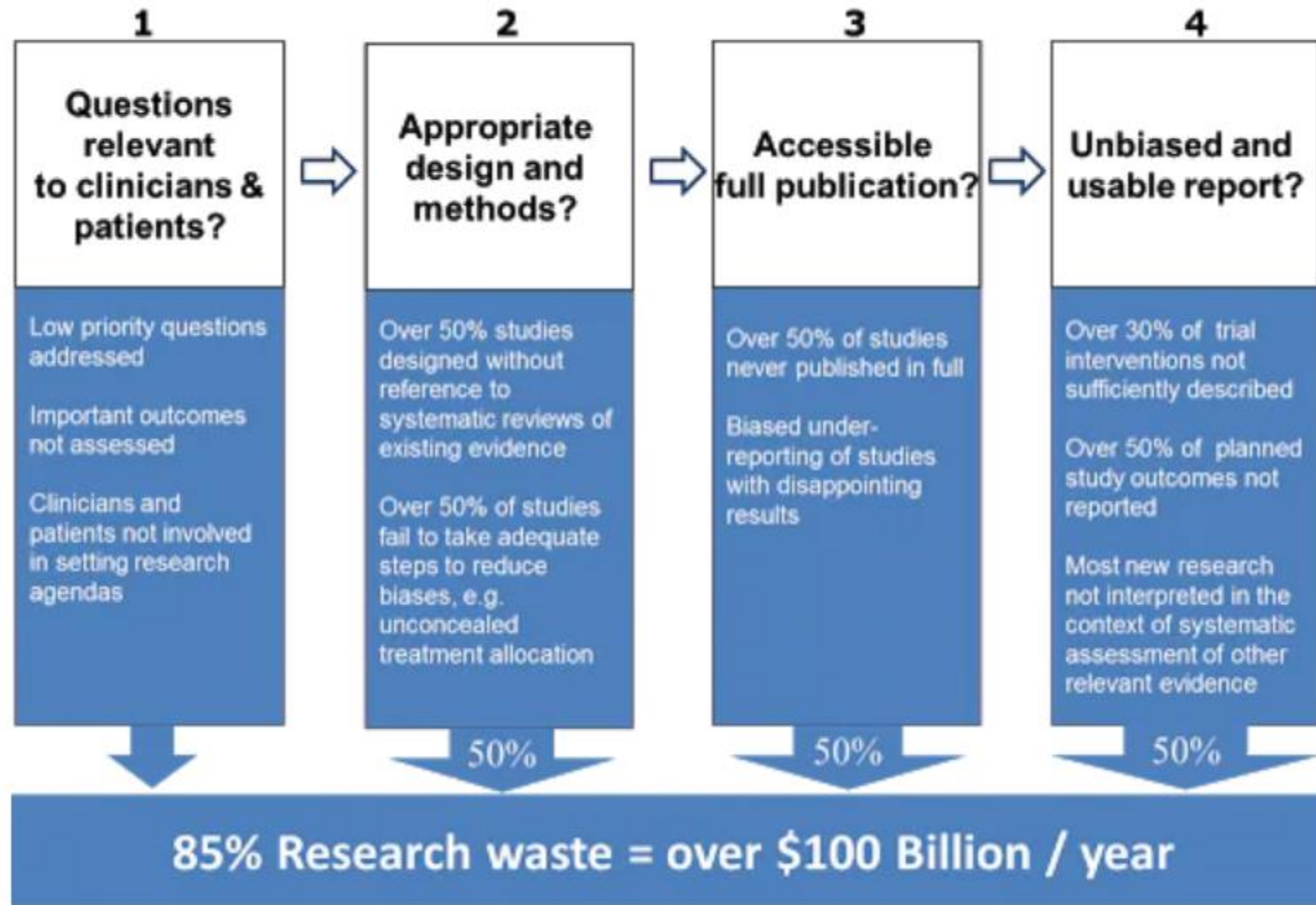
Ethics and dissemination: This study protocol has been approved by the Oxford Tropical Research Ethics Committee, National Research Ethics Committee of Bangladesh Medical Research Council, the Cambodian National Ethics Committee for Health Research, the Chiang Rai Provincial Public Health Research Ethical Committee. The results will be disseminated via the local health authorities and partners, peer-reviewed journals and conference presentations.

Avoid research waste

- In research methodology, research waste includes studies that are:
- Not needed
- Not adequately designed
- Poorly reported

Waste at four stages of research

1	2	3	4
Questions relevant to clinicians & patients?	**Appropriate design and methods?**	**Accessible full publication?**	**Unbiased and usable report?**
Low priority questions addressed Important outcomes not assessed Clinicians and patients not involved in setting research agendas	Over 50% studies designed without reference to systematic reviews of existing evidence Over 50% of studies fail to take adequate steps to reduce biases, e.g. unconcealed treatment allocation	Over 50% of studies never published in full Biased under-reporting of studies with disappointing results	Over 30% of trial interventions not sufficiently described Over 50% of planned study outcomes not reported Most new research not interpreted in the context of systematic assessment of other relevant evidence

50%   50%   50%

85% Research waste = over $100 Billion / year

Stages of waste in the production and reporting of research evidence relevant to clinicians and patients; from Chalmers & Glasziou, The Lancet 2009

Financing your research

- Foundations

- International associations that you are member of

- Collaborators with grants

- Many studies do not require any funds, except your time
  - Or very modest funds, such as printing surveys

Searching the literature

- There are many sources of scientific literature
- There are specific ways to search them
- To get better results
- It can differ, whether you want the search to be sensitive or specific
- **A sensitive search** attempts to retrieve all relevant documents by using a broad search
- A **specific search** attempts to retrieve only relevant documents in a small precise search

Sensitive search vs. precise search
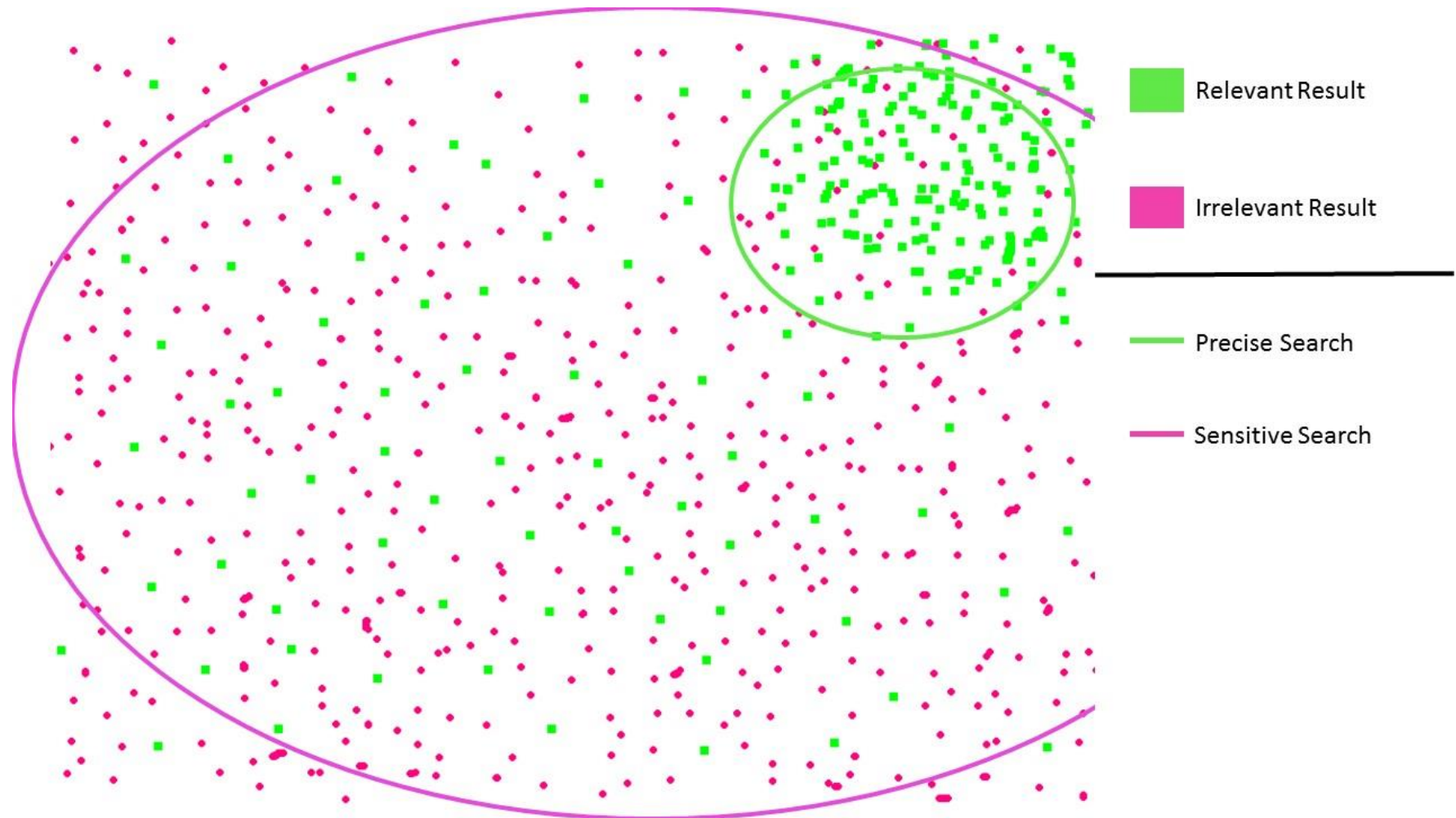
Searching the literature effectively (1)

- Searching the literature effectively is crucial for conducting thorough research and staying informed about the latest developments in your field. Here are some tips to help you search the literature more efficiently:

- **Define your research question**: Clearly define your research question or topic of interest before starting your literature search. This will help you narrow down your focus and identify relevant keywords and concepts to use in your search.

- **Choose the right databases**: Use discipline-specific databases relevant to your field of study. Examples include PubMed for medical and life sciences, IEEE Xplore for engineering, PsycINFO for psychology, and Scopus or Web of Science for multidisciplinary research. Each database may index different journals and publications, so it's important to choose the most appropriate ones for your topic.

- **Use Boolean operators**: Use Boolean operators (AND, OR, NOT) to combine search terms effectively. For example, "climate change AND mitigation" will retrieve results containing both terms, while "climate change OR global warming" will retrieve results containing either term.

Searching the literature effectively (2)

- **Use truncation and wildcards**: Truncation symbols (*) and wildcards (?) can help you search for variations of a keyword. For example, "child*" will retrieve results containing "child," "children," "childhood," etc.

- **Use controlled vocabulary**: Many databases use controlled vocabulary, such as MeSH terms in PubMed or subject headings in other databases. Using these terms can help you retrieve more relevant results. Explore the database's thesaurus or index to identify relevant terms to use in your search.

- **Filter and refine your search**: Use filters and advanced search options to refine your search results. You can often filter results by publication date, study type, language, and more to narrow down your results to the most relevant articles.

- **Review citation lists**: Once you've found relevant articles, review their reference lists for additional sources. This can lead you to other relevant studies that you may not have found through your initial search.

- **Set up alerts**: Many databases allow you to set up alerts for specific search queries or topics. This allows you to stay updated on new publications relevant to your research without having to manually search the literature regularly.

Searching the literature effectively (3)

- **Consult experts and colleagues**: Reach out to experts in your field or colleagues who may be familiar with relevant literature. They may be able to recommend key papers or point you towards resources you may have overlooked.

- **Keep track of your searches**: Keep a record of your search strategies, including the databases used, search terms, and results retrieved. This will help you replicate your search if needed and ensure transparency in your research process.

- By following these tips, you can conduct more effective literature searches and find relevant sources to support your research endeavors.

Using software for reference management offers several advantages (1)

- **Organization**: Reference management software helps you keep all your references, citations, and bibliographic data organized in one place. This makes it easier to manage large numbers of sources for research projects, papers, or academic articles.

- **Time-savin**g: These tools automate many manual tasks involved in citation and bibliography creation. With features like importing citations from databases or websites, formatting references according to various citation styles, and generating bibliographies automatically, you can save a significant amount of time compared to manually managing references.

…advantages (2)

- **Collaboration**: Many reference management software platforms offer collaboration features that allow multiple users to work on the same project simultaneously. This is especially useful for research teams or groups working on collaborative writing projects.

- Citation consistency: Reference management software helps ensure consistency in citation formatting throughout a document or project. By automatically formatting citations according to a chosen citation style (e.g., APA, MLA, Chicago), you can avoid errors and inconsistencies in referencing.

- Integration with word processors: Most reference management software integrates seamlessly with word processing software like Microsoft Word or Google Docs. This allows you to easily insert citations and generate bibliographies within your documents without having to switch between different programs.

…advantages (3)

- Search and discovery: Many reference management tools offer features for searching and discovering new sources relevant to your research. This can include database search integrations, recommendation algorithms, and tools for organizing and tagging sources for easy retrieval.

- Backup and synchronization: Reference management software often offers cloud-based storage and synchronization options, allowing you to access your references from multiple devices and ensuring that your library is securely backed up.

- Overall, using software for reference management can streamline the research process, improve productivity, and help maintain the integrity and accuracy of your work.

Reference management software

- Reference management software, citation management software, or bibliographic management software
- A software that stores a database of bibliographic records and produces bibliographic citations (references) for those records, needed in scholarly research
- Once a record has been stored, it can be used repeatedly to generate bibliographies, such as lists of references in scholarly books and articles
- Can be integrated with word processors so that a reference list in one of the many different bibliographic formats required by publishers and scholarly journals is produced automatically as an article is written, reducing the risk that a cited source is not included in the reference list

Reference management software available (1)

- There are several software options available for reference management, each with its own set of features and capabilities. Some popular reference management software includes:

- **Zotero**: Zotero is a ==free==, open-source reference management software that allows users to collect, organize, cite, and share research sources. It offers browser extensions to easily capture references from websites, as well as integration with word processors for citation insertion and bibliography generation.

- **Mendeley**: Mendeley is also a ==free== reference management tool, developed by Elsevier. It offers features for organizing and annotating PDFs, collaborating with other researchers, and discovering new research articles. Mendeley also provides social networking features for connecting with other researchers in your field.

- **EndNote**: EndNote is a reference management software developed by Clarivate Analytics. It offers comprehensive tools for organizing references, creating bibliographies, and managing PDFs. EndNote also provides integration with online databases and word processors for seamless citation management.

Reference management software available (2)

- **RefWorks**: RefWorks is a web-based reference management platform provided by ProQuest. It offers features for collecting, organizing, and sharing references, as well as integration with various databases and online resources. RefWorks also provides collaboration tools for working on research projects with colleagues.

- **Citavi**: Citavi is a reference management and knowledge organization software developed by Swiss Academic Software. It offers features for managing references, organizing knowledge, and generating citations and bibliographies. Citavi also includes tools for task management and project planning.

- These are just a few examples of reference management software available to researchers and academics
  - Each software has its own strengths and may be better suited to different workflows or preferences

Using software for reference management

- There are many videos online

- With instructions how to use it

- You do not need to buy proprietary software

- You could use free ones – **Zotero**, Mendeley

Using reporting checklists

- Reporting checklists in research are tools designed to ensure that research articles provide comprehensive and transparent reporting of key information about the study methods, results, and findings

- These checklists are particularly useful in improving the quality and reproducibility of research and help authors adhere to established reporting standards

- Reporting guidelines are specific to different study designs or types of research

Where do you find reporting checklists?
EQUATOR website

If you are not sure which one to use?

- There is a web site Good Reports
- https://www.goodreports.org/

Using AI for easier and better writing in English

- Using Artificial Intelligence (AI) to completely write your articles is not considered ethical

- However, there are AI tools that you can use to help you

- But you should always be skeptical about their output

- And review it very, very carefully

Translation software

- For example, Google Translate

- To translate from your language to English, or vice versa

- This is a good tool, but not perfect

- Many mistakes, not in line with the structure of the language

Checking the English language: digital writing assistant

- Once you have text in English, it should be checked
- For example, software Grammarly
- It has a basic version (free) and premium (costs)

- Grammarly is a digital writing assistant that helps users improve the quality and clarity of their written communication. It offers a range of features designed to assist with grammar, spelling, punctuation, style, and tone. Grammarly is available as a web-based application, browser extension, and desktop application, providing users with flexibility in how they access and use the tool.
- Key features of Grammarly include:
- **Grammar and Spelling Checking**: Grammarly automatically detects and corrects grammatical errors, spelling mistakes, and punctuation issues in text, helping users produce error-free writing.
- **Style and Clarity Suggestions**: Grammarly provides suggestions to improve writing style, clarity, and readability. It offers insights into sentence structure, word choice, and overall coherence, helping users convey their message more effectively.

More features of Grammarly

- **Vocabulary Enhancement**: Grammarly suggests synonyms and alternative word choices to diversify vocabulary and enhance the impact of writing. It helps users avoid repetition and find more precise or engaging language.

- **Tone Detection**: Grammarly analyzes the tone of writing and provides feedback on its appropriateness for the intended audience and context. It offers suggestions to adjust tone to achieve the desired effect, whether formal, casual, professional, or friendly.

- **Plagiarism Detection**: Grammarly includes a plagiarism detection feature that checks text against a vast database of web pages and academic publications to identify instances of plagiarism or unoriginal content. This helps users ensure the originality and integrity of their writing.

- **Integration with Writing Platforms**: Grammarly integrates with popular writing platforms and tools such as Microsoft Word, Google Docs, Outlook, and various web browsers. This allows users to access Grammarly's writing assistance seamlessly while composing emails, documents, or web content.

- **Personalized Writing Insights**: Grammarly provides personalized writing insights and performance statistics, allowing users to track their writing habits, improvement over time, and areas for further development.

The recommendation for you

- Is to use the basic version of Grammarly

- Or any other similar tool that offers you digital writing assistant for free

Paraphrasing tool (1)

- A software application or online tool designed to rewrite text in a way that preserves the original meaning while using different words and phrasing
- Paraphrasing tools are commonly used to help writers and researchers create original content by rephrasing existing text or by generating alternative versions of sentences or paragraphs
- Key features of paraphrasing tools may include:
- **Text Rewriting**: Paraphrasing tools automatically rewrite input text by replacing words and phrases with synonyms or alternative language structures.
- **Plagiarism Detection**: Some paraphrasing tools include plagiarism detection features to ensure that the rewritten text is sufficiently original and does not infringe upon copyright or intellectual property rights.
- **Grammar and Style Checking**: Paraphrasing tools may also provide grammar and style checking capabilities to improve the readability and coherence of the rewritten text.

Paraphrasing tool (2)
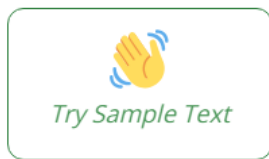
- **Customization Options**: Users may have the option to customize the level of rewriting, such as adjusting the degree of synonym replacement or specifying preferred writing styles or tones.

- **Integration with Writing Platforms**: Paraphrasing tools may integrate with popular writing platforms and tools, allowing users to access their functionality directly within text editors or word processing software.

- Paraphrasing tools are commonly used by students, academics, content creators, and professionals who need to produce original content based on existing sources or who want to avoid plagiarism while incorporating information from external texts

- However, it's important to note that paraphrasing tools may not always produce perfect results, and human oversight and editing are often necessary to ensure the accuracy and quality of the rewritten text

- Additionally, relying solely on paraphrasing tools without proper citation or attribution of sources may still constitute academic dishonesty or copyright infringement

QuillBot

Paraphraser

English (US) | French | Spanish | German | All ⌄

Modes: **Standard** Fluency Formal Academic Creative Custom Simple More ⌄ | **Synonyms:** ⟷

To rewrite text, enter or paste it here and press "Paraphrase."

👋
Try Sample Text

📋
Paste Text

Upload Doc

Paraphrase
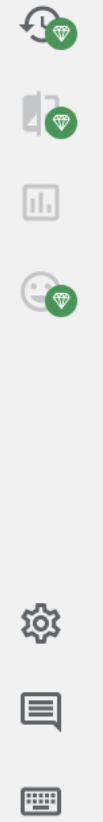
QuillBot

Upgrade to Premium

English (US)   French   Spanish   German   All ▾

Modes: Standard   Fluency   Formal   Academic   Creative   Custom   Simple   More ▾   **Synonyms:**

Paraphrasing tools are commonly used by students, academics, content creators, and professionals who need to produce original content based on existing sources or who want to avoid plagiarism while incorporating information from external texts

34 Words

Paraphrase

By clicking on the colored words, you can see synonyms for change

Avoiding plagiarism

- It is never OK to copy from another person
- Or from your previous works (self-plagiarism)

- You always need to acknowledge the prior knowledge by referencing the literature source
- But you also should not do copy-paste of the text and then put a reference – the text needs to be paraphrased
- Use software for detecting plagiarism

How to choose the right research journal? (1)

-
  Choosing the right research journal for publishing your work is crucial for ensuring that your findings reach the appropriate audience and have the desired impact within your field. Here are some steps to help you choose the right research journal:

- **Identify Your Target Audience**: Consider the audience you want to reach with your research. Which researchers, practitioners, or professionals are most likely to be interested in your findings? Look for journals that cater to this audience and publish similar types of research.

- **Assess Journal Scope and Focus**: Review the scope and focus of potential journals to ensure that they align with the subject matter and methodology of your research. Look for journals that regularly publish articles on topics related to your study area.

- **Consider Impact Factor and Reputation**: Evaluate the impact factor and reputation of potential journals within your field. Higher impact factor journals are generally more prestigious and may reach a broader audience. However, it's essential to balance this with the relevance and suitability of the journal for your specific research.

How to choose the right research journal? (2)

- **Check Journal Rankings**: Consult journal rankings and metrics, such as the Journal Citation Reports (JCR), Scopus, or Google Scholar Metrics, to assess the visibility and influence of potential journals within your discipline. Look for journals that are well-regarded and widely cited in your field.

- **Review Publication Frequency and Timelines**: Consider the publication frequency and turnaround times of potential journals. Determine whether the journal publishes issues monthly, quarterly, or less frequently and assess the average time from submission to publication. Choose a journal that aligns with your timeline and publication goals.

- **Examine Open Access Options**: Consider whether you prefer to publish your research in an open access journal, which provides free access to articles for readers. Open access journals may reach a broader audience and increase the visibility and impact of your research.

- **Assess Journal Policies and Requirements**: Review the submission guidelines, formatting requirements, and publication policies of potential journals. Ensure that you understand the journal's peer review process, copyright policies, and any fees associated with publication.

How to choose the right research journal? (3)

- **Look for Special Issue Opportunities**: Some journals publish special issues on specific themes or topics. Consider whether there are upcoming special issue opportunities that align with your research interests and could provide additional visibility for your work.

- **Seek Advice from Colleagues and Mentors**: Consult with colleagues, mentors, or supervisors who are familiar with your research area for advice on choosing the right journal. They may have insights into relevant journals or recommendations based on their own publishing experiences.

- **Consider Your Career Goals**: Think about your long-term career goals and how publishing in a particular journal may contribute to your academic or professional advancement. Consider whether the journal's audience, impact, and reputation align with your career aspirations.

- By following these steps and carefully evaluating your options, you can choose the right research journal that best suits your research goals, audience, and publication needs.

Extremely important: journals and money

- Some journals do not require any payment from the authors

- Some do – open access journals
  - Some charge for processing the article, but most for publication of the article

- Some are hybrid – you can choose to pay, or not

- Prices are very high – usually 2000-3000 Eur

Beware of predatory journals (1)

- A predatory journal is a type of academic or scholarly publication that operates on a deceptive or unethical basis, primarily aimed at making money rather than disseminating high-quality research. These journals often exploit the open-access publishing model and lack the rigorous peer review and editorial processes typically associated with reputable academic journals. Some common characteristics of predatory journals include:

- **Lack of Rigorous Peer Review**: Predatory journals often claim to conduct peer review but either do not perform it at all or conduct only superficial or inadequate peer review processes. As a result, low-quality or even nonsensical research may be published without proper evaluation.

Illustration by David Parkins

Predatory journals (2)
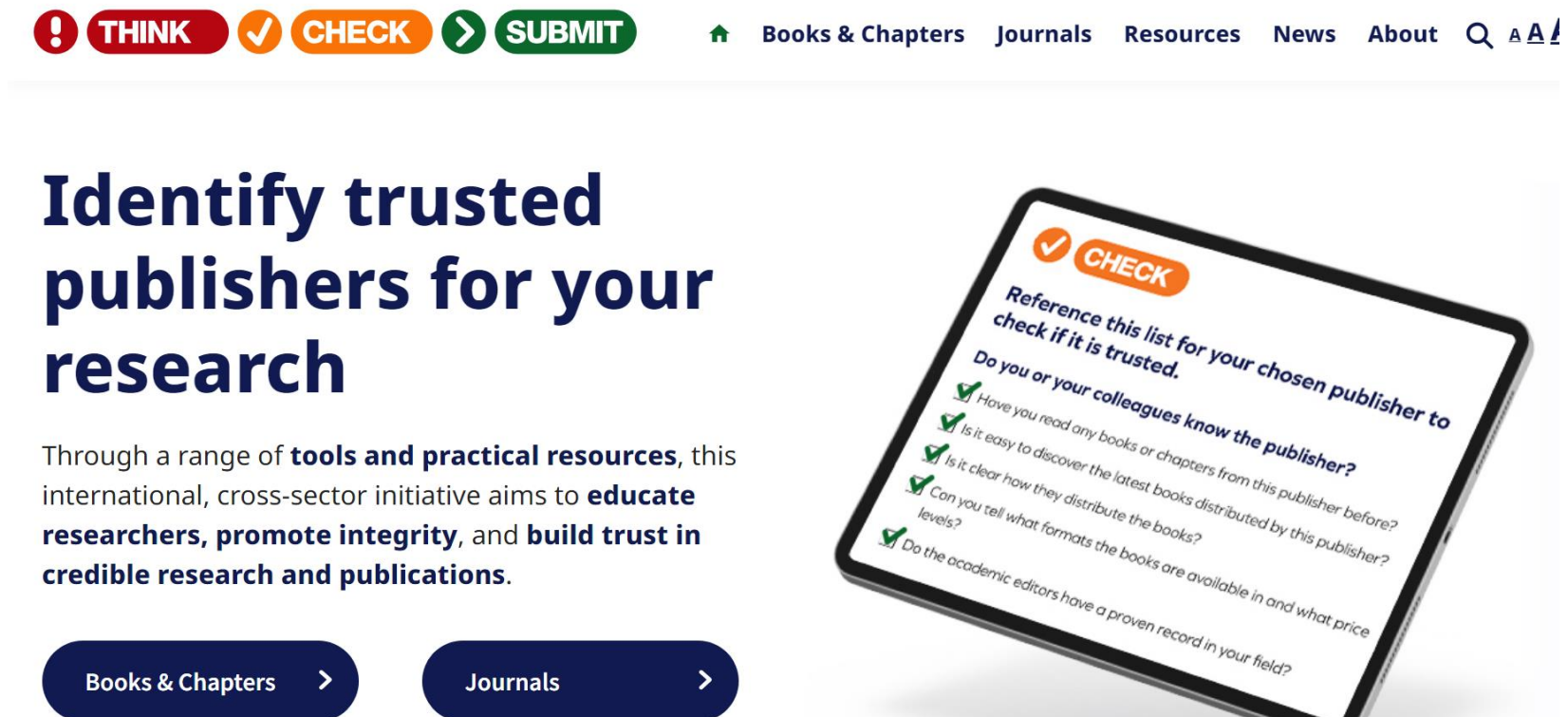
- **Aggressive Solicitation**: Predatory journals frequently use aggressive email solicitations to solicit manuscripts from researchers, often targeting early-career academics or researchers from developing countries. They may promise rapid publication or claim to offer prestigious-sounding editorial boards to attract submissions.

- **Low or Nonexistent Publication Standards**: Predatory journals typically have low or nonexistent publication standards, accepting papers regardless of their quality, originality, or relevance to the journal's scope. This can result in the publication of plagiarized, fraudulent, or poorly researched articles.

- **Lack of Transparency**: Predatory journals often lack transparency regarding their editorial processes, publication fees, and ownership. They may provide limited or misleading information on their website, making it difficult for authors to make informed decisions about submitting their work.

- **High Publication Fees**: Predatory journals may charge high publication fees without providing the services or editorial oversight expected of legitimate academic journals. Authors may be required to pay fees upfront or after acceptance, often with little or no justification for the charges.

Predatory journals (3)

- **Dubious Editorial Boards**: Predatory journals may list prominent researchers or academics on their editorial boards without their knowledge or consent. These individuals may have no affiliation with the journal or may not even exist, serving only to lend credibility to the publication.

- **Questionable Indexing and Impact Metrics**: Predatory journals often claim to be indexed in reputable databases or to have high impact factors, but these claims may be false or misleading. They may use predatory indexing services or self-citation practices to artificially inflate their metrics.

- **Poor Quality of Published Articles**: Articles published in predatory journals may be of poor quality, lacking proper methodology, analysis, or scientific rigor. They may contain errors, inaccuracies, or unsubstantiated claims, contributing to the proliferation of misinformation and pseudo-science.

- It's important for researchers to be vigilant and critically evaluate the legitimacy of journals before submitting their work for publication. Consulting resources such as the Directory of Open Access Journals (DOAJ), Cabell's Blacklist, or Beall's List of Predatory Journals and Publishers can help researchers identify potential predatory journals and avoid falling victim to unethical publishing practices.

Protect yourself: web site Think Check Submit

- https://thinkchecksubmit.org/

Are you submitting your research to a trusted journal?

Is it the right journal for your work?

- More research is being published worldwide.

- New publishers are launched each week.

- Many researchers have concerns about **predatory publishing**.

- It can be challenging to find up-to-date guidance when choosing where to publish.

CHECK

Reference this list for your chosen journal to check if it is trusted.

Do you or your colleagues know the journal?

☐ Have you read any articles in the journal before?

☐ Is it easy to discover the latest papers in the journal?

☐ Name of the journal: the name is unique; it is not the same or easily confused with another journal.

☐ Can you cross check with information about the journal in the **ISSN portal**?

SUBMIT

If you have been able to check most or all of the items on the list.

Complete the checklist and submit your manuscript only if you can answer 'yes' to most or all of the questions above.

Tecnical tips

Don't forget the ethic committee

- It does not matter if you or your mentor or colleagues think that this is not relevant
- That there is no ethical problem with your research

- This is now a publication standard
- If you have studies on humans or animals, journals will ask for information about the approval of the ethics committee
- This is a simple administrative task – do not skip it

Registering your study online

- Since 2005, clinical trials on humans need to be registered online
- In registers such as ClinicalTrials.gov

- Systematic reviews: it is recommended to register them, but not required – it is considered a good practice

- You can register any type of research protocol online
- For example, in Open Science Framework (OSF) registries

OSF registries

- Free and easy to use

Open data movement

- If you collect data, your raw data (not processed statistically) are very valuable
- There are more and more calls for publishing full raw data together with the manuscript
- Can be done in a supplementary file
- Or in the Open Science Framework
  - Free, quick and easy
  - Just need to register to the OSF
  - Don't forget to make your data „Public"

A technical tip for writing faster

- Learning how to write with all ten fingers
- Many web-pages can help you with this

- It took me 6 months of practicing 1 hr/day

Advice for dealing with the editors

- You can do a presubmission inquiry
  - Email the editor with your title+abstract, or entire manuscript
  - Ask them if they would be, in principle, interested in your study topic
  - If they say „no", you saved time on preparing you article for their journal

- You can negotiate with them
  - If they ask you to do something
  - And you do not want to do it
  - You can suggest something different, something more manageable, something smaller

Never give up

- Research is not for the weak
- Failures are frequent, rejections are frequent
- Successes may be rare
- But you have to be convinced that what you do matters
- And you need to try again

- If your manuscript is rejected, try in another journal, and then again, and again

"I have always believed that scientific research is another domain where a form of optimism is essential to success: I have yet to meet a successful scientist who lacks the ability to exaggerate the importance of what he or she is doing, and I believe that someone who lacks a delusional sense of significance will wilt in the face of repeated experiences of multiple small failures and rare successes, the fate of most researchers."

~DANIEL KAHNEMAN
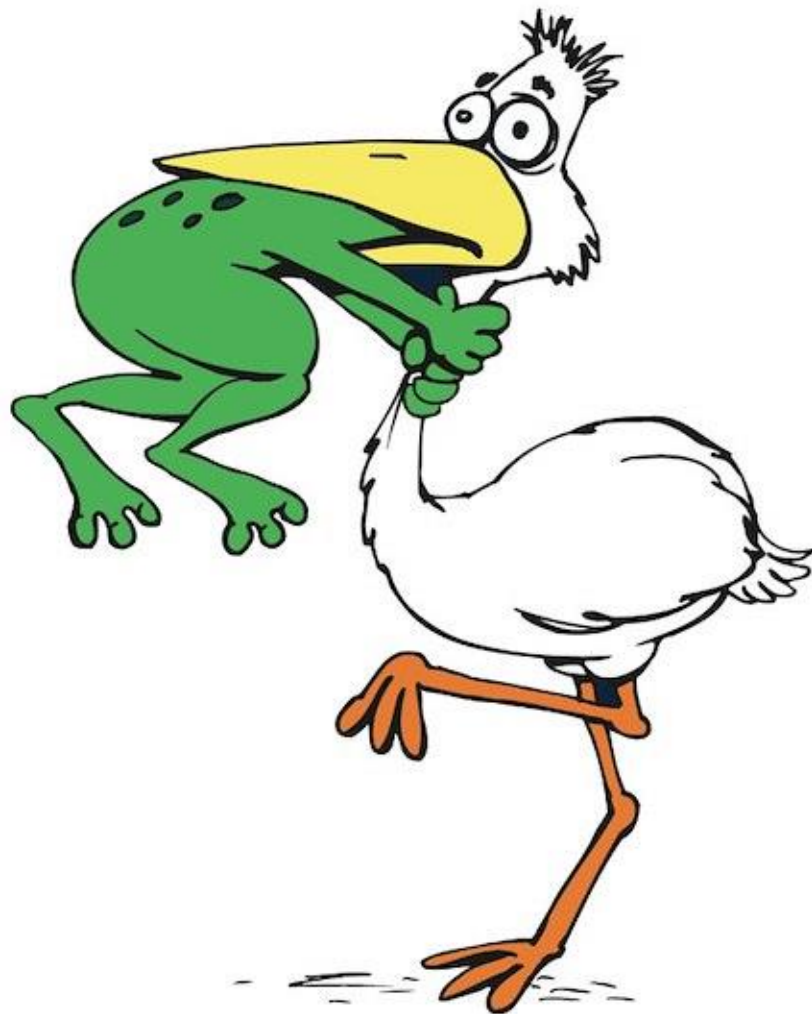
And don't forget to celebrate your success

Thank you for your attention

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Finding ideas for your research

- One option is to have a completely new idea

- Other options are to find a study that you could replicate

- Or an idea for the study in the literature
    - Discussions of the articles
    - Systematic reviews of the literature – should include recommendations for further research

For example

- I want to find a study about burnout among PhD students

Reading scientific articles and finding ideas

Voluntary exercise preserves visual function and reduces inflammatory response in an adult mouse model of autosomal dominant retinitis pigmentosa

Katie L Bales [1], Austin M Karesh [2], Kelleigh Hogan [1], Alicia S Chacko [2], GianMarco L Douglas [1], Andrew J Feola [1][2][3], John M Nickerson [3], Alyssa Pybus [2], Levi Wood [2][4], Jeffrey H Boatright [2][3], Machelle T Pardue [5][6][7][8]

Affiliations + expand

Abstract

Whole-body physical exercise has been shown to promote retinal structure and function preservation in animal models of retinal degeneration. It is currently unknown how exercise modulates retinal inflammatory responses. In this study, we investigated cytokine alterations associated with retinal neuroprotection induced by voluntary running wheel exercise in a retinal degeneration mouse model of class B1 autosomal dominant retinitis pigmentosa, I307N Rho. I307N Rho mice undergo rod photoreceptor degeneration when exposed to bright light (induced). Our data show, active induced mice exhibited significant preservation of retinal and visual function compared to inactive induced mice after 4 weeks of exercise. Retinal cytokine expression revealed significant reductions of proinflammatory chemokines, keratinocyte-derived chemokine (KC) and interferon gamma inducible protein-10 (IP-10) expression in active groups compared to inactive groups. Through immunofluorescence, we found KC and IP-10 labeling localized to retinal vasculature marker, collagen IV. These data show that whole-body exercise lowers specific retinal cytokine expression associated with retinal vasculature. Future studies should determine whether suppression of inflammatory responses is requisite for exercise-induced retinal protection.

Reading systematic reviews

Cochrane Library

Trusted evidence.
Informed decisions.
Better health.

Title Abstract Key

Cochrane Reviews ▼   Trials ▼   Clinical Answers ▼   About ▼   Help ▼

Cochrane Database of Systematic Reviews | Review - Intervention

New search   Conclusions changed

Compression for preventing recurrence of venous ulcers

✉ Melissa Andreia de Moraes Silva, Andrea Nelson, Sally EM Bell-Syer, Seleno G de Jesus-Silva, Fausto Miranda Jr

Authors' declarations of interest

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Authors' conclusions ▲

Implications for practice

Compression with European (EU) class 3 compression stockings may reduce the risk of reulceration compared with no compression. Use of EU class 1 compression stockings compared with EU class 2 compression stockings may result in little or no difference in reulceration and noncompliance over 12 months. UK class 3 compression hosiery compared with UK class 2 compression hosiery may reduce the risk of reulceration; however, people who use the class 2 hosiery may be more compliant with compression therapy. There may be little or no difference between two brands of UK class 2 compression stockings (Scholl and Medi) in terms of reulceration and noncompliance. The evidence for all outcomes was of low certainty. We found no data on adverse effects, duration of reulceration episodes, or ulceration on the contralateral leg.

Implications for research

More research is needed regarding acceptable modes of long-term compression therapy for people at risk of recurrent venous ulceration. Future trials should consider interventions to help people wear compression, since higher compression may reduce reulceration rates compared with lower compression, but people may be less inclined to adhere to high-compression therapy. In-depth qualitative research is needed to understand patients' perspectives and explain low compliance rates.

Future trials of maintenance compression therapy and interventions to promote concordance should:

- be large enough to detect clinically important differences in recurrence;

Implications for research

More research is needed regarding acceptable modes of long-term compression therapy for people at risk of recurrent venous ulceration. Future trials should consider interventions to help people wear compression, since higher compression may reduce reulceration rates compared with lower compression, but people may be less inclined to adhere to high-compression therapy. In-depth qualitative research is needed to understand patients' perspectives and explain low compliance rates.

Future trials of maintenance compression therapy and interventions to promote concordance should:

- be large enough to detect clinically important differences in recurrence;

- define ulcer recurrence clearly, as there may be small skin breaks due to varicose eczema that can be confused with a true ulcer recurrence;

- report co-interventions thoroughly, including surgery, exercise advice, and drug therapies;

- use blinded outcome assessment;

- include harms of the use of the intervention;

- employ survival analysis methods to assess time to recurrence;

- incorporate economic evaluations;

- record information on quality of life.

Contents

The task for you

- Find several new ideas

- That you could really do

- With the resources available to you

- If you do not have funds, for example, you need to find ideas that do not cost you anything, but your time

Let's search PubMed

Task #1 – let's use Boolean operators

- Please open PubMed

- Just a note: if you are using „ordinary" search box on the front page, this is not very precise (not very specific) search

- It searches the entire article, from the title to the end of the references

- Let's try to use Boolean operators

Boolean operators: AND, OR, NOT

- Boolean operators are words or symbols used to connect or exclude keywords in a search query to retrieve more relevant results from databases or search engines. The three basic Boolean operators are: AND, OR, and NOT. Here's what each one does:

- **AND**: Using the AND operator between keywords narrows down search results by retrieving only those records that contain all the specified terms. For example, searching for "climate change AND adaptation" will return results that contain both "climate change" and "adaptation."

- **OR**: Using the OR operator broadens search results by retrieving records that contain any of the specified terms. This is useful when you want to search for synonyms or related terms. For example, searching for "climate change OR global warming" will return results that contain either "climate change" or "global warming," or both.

- **NOT**: Using the NOT operator excludes certain terms from the search results. This is helpful when you want to narrow down results by excluding irrelevant terms. For example, searching for „physicians NOT nurses" will return results that contain „physicians" but exclude those that also mention „nurses"

Boolean operators (2)

- Boolean operators can be combined to create more complex search queries. Parentheses can also be used to group terms and control the order of operations in the search query. For example:

- "(climate change OR global warming) AND adaptation"

- "climate change AND (adaptation OR mitigation)„

- By understanding and using Boolean operators effectively, researchers can conduct more precise and targeted searches to find relevant information for their research topics.

Let's try using Boolean operators on PubMed

- Combine 2 words with AND

- Use two words with OR (one or another)

- Exclude something with NOT

Task 2: use truncation

- Truncation in PubMed, as in many other databases, allows you to search for variations of a word by using a wildcard character. In PubMed, the wildcard character is usually an asterisk (*). Here's how you can use truncation in PubMed:

- **Basic Truncation**: You can use truncation to search for variations of a word by typing the root of the word followed by an asterisk. For example:
  - Typing "clinic*" will retrieve results containing words such as clinic, clinics, clinical, clinician, etc.

- **Truncation in Phrases**: Truncation can also be used within phrases. For instance:
  - "Gene therap*" will retrieve results containing phrases like "gene therapy," "gene therapies," etc.

Truncation

- **Single Character Wildcard**: In PubMed, you can also use a question mark (?) as a single character wildcard. This can be helpful when searching for words with alternative spellings. For example:
  - "colo?r" will retrieve results containing either "color" or "colour."
- **Combining Truncation with Boolean Operators**: Truncation can be combined with other search techniques, such as Boolean operators (AND, OR, NOT), to create more complex search queries. For example:
  - "(heart OR cardiac) AND (diseas* OR disorder*)"
- Remember to use truncation carefully to avoid retrieving irrelevant results. If you truncate a word too aggressively, you might retrieve unrelated terms that happen to share the same root
- Additionally, always review your search results to ensure they are relevant to your research question or topic

When truncating, you have to have at least 4 characters

Task in PubMed

- Please try to search using a truncation – asterisk (*)

- Write a root of the word and then *

- For example: nurs*

Now, let's try the Advanced search

Search task

- Go to the Advanced search

- Drop-down menu:
  - Many items to be searched
  - Very useful: Title, Title/Abstract, Author, MeSH terms

  - Try to use the Advanced search