

## Author Guidelines

### 1. Scope of the Journal

The Sri Lanka Journal of Menopause (SLJM) publishes high-quality scholarly work related to menopause and midlife women's health, including:

- Epidemiology and public health
- Reproductive ageing and menopause physiology
- Clinical management of menopausal symptoms
- Hormone therapy and alternatives
- Psychosocial and behavioural health
- Chronic disease risks in midlife women
- Quality of life and healthy ageing
- Original research, reviews, audits, case reports, guidelines, commentaries, and letters

Manuscripts must be original, scientifically sound, ethically conducted, and relevant to menopause or midlife women's health.

### 2. Manuscript Types Accepted

#### 2.1 Original Research Articles

- 2,500–4,000 words
- Structured abstract (250 words)
- Sections: Introduction, Methods, Results, Discussion, Conclusions
- Maximum 6 tables/figures combined

#### 2.2 Review Articles (Narrative or Systematic)

- 3,000–5,000 words
- Structured or unstructured abstract
- Systematic reviews must follow PRISMA guidelines

#### 2.3 Case Reports

- 1,000–1,500 words
- Structured abstract
- Sections: Introduction, Case Presentation, Discussion, Conclusion
- Patient consent mandatory

#### 2.4 Clinical Practice Updates / Guidelines

- 2,000–3,000 words
- Evidence-based summaries or recommendations

#### 2.5 Letters to the Editor

- Up to 800 words

- Up to 5 references

## 2.6 Short Communications / Brief Reports

- 1,000–1,500 words

## 3. Submission Process

- Manuscripts must be submitted via the official journal email: [Insert journal email]
- A cover letter must include:
  - Manuscript title
  - Article type
  - Confirmation that the work is original
  - Conflict of interest statement
  - Ethical approval details (if applicable)
- All files should be submitted as Microsoft Word (.doc/.docx)

## 4. Manuscript Formatting Requirements

### 4.1 General Formatting

- Font: Times New Roman
- Size: 12 pt
- Line spacing: 1.5
- Margins: 1 inch (2.54 cm)
- Pages numbered consecutively

### 4.2 Title Page: Include the following:

1. Title of the manuscript
2. Full names, affiliations, and ORCID IDs of all authors
3. Corresponding author details (email, phone, address)
4. Funding and conflict of interest declarations
5. Word count and number of tables/figures

### 4.3 Abstract and Keywords

- Abstract word limit: 250 words
- Structured for research articles (Background, Methods, Results, Conclusion)
- 3–6 keywords using MeSH terms where possible

### 4.4 Body of Manuscript

Follow standard scientific structure appropriate to the article type. Write clearly, concisely, and in accordance with international academic English conventions.

## 5. Tables, Figures, and Images

- Number consecutively (Table 1, Figure 1, etc.)
- Place each table/figure on a separate page at the end

- Provide clear titles and legends
- Use high-resolution images (minimum 300 dpi)
- Patient identity must be removed or anonymized

## **6. References**

- Follow Vancouver (ICMJE) style
- Use superscript numbers in the text
- Ensure accuracy of authors, titles, journal names, year, volume, and page numbers
- Maximum reference count:
  - Original articles: 40
  - Reviews: 80
  - Case reports: 15

Example:

1. Cummings SR, Eckert S, Krueger KA, et al. The effect of raloxifene on risk of breast cancer. N Engl J Med. 1999;340:962–71.

## **7. Ethical Considerations**

### **7.1 Human and Animal Research**

- Ethical clearance from an approved Ethics Review Committee is mandatory
- Include ERC approval number in Methods section

### **7.2 Informed Consent**

- Required for case reports and identifiable material
- Must follow the Declaration of Helsinki

### **7.3 Plagiarism**

- Plagiarism, duplicate publication, or fabricated data will result in automatic rejection
- The journal uses plagiarism-checking software

## **8. Authorship Criteria**

Authors must meet ICMJE authorship criteria:

1. Significant contribution to design, data, or analysis
2. Drafting or revising manuscript
3. Final approval of version to be published
4. Accountability for all aspects of the work

## **9. Conflict of Interest and Funding**

- Authors must disclose all financial or personal relationships
- Funding sources must be stated clearly

## **10. Peer Review Process**

- Double-blind peer review
- Two independent reviewers
- Editorial team may request revisions
- Final decision: Accept / Accept with revisions / Reject

## **11. Copyright and Open Access**

- The journal follows open-access principles
- Authors retain copyright
- Articles are published under a Creative Commons Attribution (CC BY) license unless otherwise stated

## **12. Publication Charges**

- Currently no publication or processing fees (subject to change; authors will be notified)

## **13. Post-Acceptance**

- Proofs will be sent to authors
- Only minor corrections are allowed at proof stage
- Articles will be published online first, then in print

## **14. Contact**

Editorial Office

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