

Manuscript Formatting Guidelines

Authors are required to prepare manuscripts in accordance with the **Pakistan Journal of Advances in Medicine and Medical Research (PJAMMR)** Instructions for Authors. Manuscripts that do not comply with these guidelines may be returned to the corresponding author for technical revision before editorial evaluation or peer review.

General Formatting Requirements

- **File Format:** Microsoft Word (.doc or .docx)
- **Font:** Times New Roman, 12-point
- **Line Spacing:** Double-spaced
- **Margins:** 1 inch (2.54 cm) on all sides
- **Text Alignment:** Justified
- **Page Numbering:** Bottom-right corner
- **Language:** Clear, concise, and professional English (British or American English may be used, but consistency must be maintained throughout the manuscript).

Manuscript Structure

Original research manuscripts should generally be arranged in the following order:

- Title
- Structured Abstract
- Keywords (3–6 MeSH Terms)
- Introduction
- Materials and Methods
- Results
- Discussion
- Conclusion
- Acknowledgements (optional)
- Conflict of Interest
- Funding Statement
- Data Availability Statement
- CRediT Author Contributions
- References
- Tables
- Figure Legends

Word Limits by Article Type

Article Type	Abstract	Main Text	References	Tables/Figures
Original Article	250–300 words (Structured)	Up to 3,000 words	20–40	Up to 6
Review Article	250–300 words (Unstructured)	4,000–5,000 words	Up to 100	Up to 8
Systematic Review & Meta-analysis	250–300 words (Structured)	4,500–6,000 words	Up to 100	Up to 8
Case Report	150–200 words (Unstructured)	Up to 1,500 words	Up to 20	Up to 4
Short Communication	150–200 words	Up to 1,500 words	Up to 20	Up to 3
Editorial	No Abstract	1,000–1,500 words	Up to 15	Up to 2
Letter to the Editor	No Abstract	500–800 words	Up to 10	Up to 1
Commentary/Perspective	No Abstract	1,500–2,000 words	Up to 20	Up to 2

Main text excludes the abstract, references, tables, and figure legends.

Structured Abstract (Original Articles)

The abstract should contain **250–300 words** and be organized under the following headings:

Background

Briefly describe the scientific or clinical background and the rationale for conducting the study (30–50 words).

Objective

State the primary aim or research question of the study (20–30 words).

Methodology

Describe the study design, setting, study duration, participants, sample size, sampling technique, interventions (if applicable), outcome measures, and statistical analysis (80–100 words).

Results

Present the principal findings, including important numerical results and statistical significance where appropriate (100–120 words).

Conclusion

Summarize the main findings and their clinical or scientific implications (30–50 words).

Keywords: Provide 3–6 MeSH (Medical Subject Headings) immediately after the abstract.

The abstract should not contain references, tables, figures, citations, or unexplained abbreviations.

Article-Specific Abstract Requirements

Article Type	Abstract Format
Original Article	Structured (Background, Objective, Methods, Results, Conclusion)
Systematic Review & Meta-analysis	Structured
Review Article	Unstructured (250–300 words)
Case Report	Unstructured (150–200 words)
Short Communication	Unstructured (150–200 words)
Editorial	Not Required
Letter to the Editor	Not Required
Commentary/Perspective	Not Required

Recommended Structure for Original Articles

Section	Recommended Length
Title	Maximum 20 words
Structured Abstract	250–300 words
Keywords	3–6 MeSH Terms
Introduction	Approximately 550 words
Materials and Methods	600–800 words
Results	500–700 words
Discussion	700–900 words
Conclusion	50–100 words

Title Page

The Title Page must be submitted as a **separate file** and should include:

- Full manuscript title
- Running title (maximum 50 characters)
- Full names of all authors
- Institutional affiliations
- ORCID iDs (where available)
- Corresponding author's name, postal address, email, and telephone number
- Total word count
- Number of tables and figures

Blinded Manuscript

The main manuscript file **must not contain**:

- Author names
- Institutional affiliations
- ORCID iDs
- Acknowledgements identifying the authors
- Funding details identifying institutions
- Any information that could reveal the identity of the authors

This policy ensures a **double-blind peer-review process**.

Tables and Figures

- Tables should be submitted in editable Microsoft Word format.
- Number tables consecutively using Arabic numerals.
- Figures should be uploaded separately in **JPEG, PNG, or TIFF** format.
- Minimum image resolution: **300 dpi**.
- Every table and figure must include a concise title and legend.
- All tables and figures must be cited sequentially within the manuscript.

References

- References must follow the **Vancouver citation style**.
- Include **DOIs** for all references where available.
- Authors are encouraged to cite relevant literature published within the **last five years**.
- References must be numbered consecutively in the order of citation.

Reporting Guidelines

Authors should follow the appropriate international reporting guideline according to the study design.

- **CONSORT** – Randomized Controlled Trials
- **STROBE** – Observational Studies
- **PRISMA 2020** – Systematic Reviews and Meta-analyses
- **CARE** – Case Reports
- **STARD** – Diagnostic Accuracy Studies
- **ARRIVE** – Animal Research
- **SRQR/COREQ** – Qualitative Research

Completed reporting checklists should be submitted with the manuscript where applicable.

Required Submission Files

Authors should upload the following documents during submission:

- Cover Letter
- Blinded Manuscript
- Title Page
- Author Certification & Submission Form
- Copyright Transfer Agreement
- Ethical Approval Certificate (where applicable)
- Informed Consent Form (where applicable)
- Funding Statement (if applicable)
- Conflict of Interest Declaration
- Data Availability Statement
- CRediT Author Contribution Statement
- Artificial Intelligence (AI) Usage Declaration
- Reporting Guideline Checklist
- Turnitin Similarity Report
- Editable Tables
- High-resolution Figures
- Supplementary Material (if applicable)

Important Note

Manuscripts submitted to the **Pakistan Journal of Advances in Medicine and Medical Research (PJAMMR)** must comply with these formatting requirements, ethical standards, and publication policies. Submissions that are incomplete, improperly formatted, or fail to meet the journal's technical requirements may be returned to the corresponding author for correction before editorial assessment or peer review. Authors are strongly encouraged to review these guidelines carefully to facilitate efficient processing of their manuscripts.