GUIDE FOR AUTHORS

INTRODUCTION

The journal Hipertensión y Riesgo Vascular, bibliographically referenced as Hipertens riesgo vasc., is the official Journal of the Spanish Society of Hypertension and Spanish League for the Fight against Arterial Hypertension (Sociedad Española de Hipertensión y Liga Española para la Lucha contra la Hipertensión Arterial) (SEH-LELHA). It considers those works related with hypertension and vascular risk for publication. Manuscripts written in Spanish or in English will be accepted.

The manuscripts should be written following the recommendations of the International Committee of Medical Journal Editors (original version available at: www.icmje.org), and adapted to the following instructions. In the cover letter, the author should include an explanation about the relevance of the paper to the field of hypertension research (maximum 1 paragraph).

Originals

These should preferentially be prospective works, research works and other original contributions on etiology, pathophysiology, clinical aspects, epidemiology, diagnosis and treatment. Maximum length is equivalent to 12 DIN-A4 pages, double spaced and up to 12 figures and/or tables will be accepted. Include a structured “resumen” and abstract of 240 words and structured “palabras clave” and keywords. Limit references to 30. Include no more than 6 signatories.

These should adhere to the following scheme.

Introduction. Keep it as short as possible, only providing the explanation needed to understand the text below.

Material (or patients) and methods. Indicate the duration of the work, the characteristics of the series studied, the variables of interest (primary and secondary), screening criteria followed and techniques used. Provide sufficient details to be able to reproduce an experience or certain work on the basis of this information. When referring to drugs or chemical products, indicate the generic name, dosage and administration route. In regards to apparatuses, avoid using the names of the supplier delegations, describing their properties and conditions under which they have been used. When referring to widely used and well-known methods or procedures, give the corresponding bibliographic citation and avoid providing a detailed description. In the case of clinical trials with random distribution, detail the method used for randomization and if the random allotment was occult. Describe the statistical methods used. Use the International System of Units to express the measurement units. When it concerns experiments with humans,
indicate if the procedures followed were approved by the Ethics Committee of the corresponding institution and if they followed the principles of the Declaration of Helsinki. Furthermore, it should be stated that authorization was obtained from the individuals. When performing research in animals, indicate if the guidelines of the European Community on animal research were followed.

**Results.** The findings should be quantified and presented using the appropriate indicators of measurements of error or uncertainty (as the confidence intervals). In this section, state but do not interpret the data obtained with the material and methods used, using figures and tables, if necessary. The results should be concise and clear. Manuscripts that present results of a clinical trial of parallel groups with random distribution should include the CONSORT flow chart (http://www.consortstatement.org) in which the distribution and progress of the patients during the study are illustrated. Manuscripts that present results of a meta-analysis should include the QUOROM flow chart (http://consort-statement.org/QUORUM.pdf). Manuscripts that present results of a study on validity of diagnostic tests should include the STARD flow chart (http://www.consort-statement.org/stardstatement.htm).

**Conclusion.** One’s own views on the subject should be given without repeating data provided in the Introduction or in the Results. In this section, the following aspects should be developed: a) the most relevant findings; b) the practical application of the results; c) agreement or disagreement with the previous observations; d) the methodological problems that may exist; and e) guidelines for future research, explaining new hypothesis when this is justified and clearly labeling them as such. It is not necessary to include conclusions. In any event, these should be derived exclusively from the study.

**Types of article**

Hipertensión y riesgo vascular publishes the following types of article:

**Original papers** (see above)

**Reviews**

Under request from the Editorial Board. In this section, bibliographic reviews on an updated subject that makes it possible to envision consensual positions in Medicine. They should have a maximum length of about 12-15 DIN-A4, double spaced, and could include up to 6 figures or tables. They should include a “resumen” and abstract of 150 words and “palabras clave” and keywords. Limit the number of signatories to 3. These should adhere to the following scheme.

Objective. The principal objective of the review should be established. Include information on the population studied, interventions, exposures, scales or results that are going to be reviewed.

Search strategy. Summarize the information sources used, mentioning the restrictions. Indicate if there were experts, data bases or publications, years included in the search, etc.

Selection of studies. Describe the methodology used for data extraction from each relevant article.

Synthesis of results. Mention the principal results of the review.

Conclusions. Indicate the relevant conclusions, avoiding generalizations in the review subject. Recommend the direction of future studies.
Editorials
These may be of scientific or opinion content.

Scientific editorials. They imply a rigorous up-date or interesting observation on a certain subject.
Opinion editorials. These identify points of view or socioscientific positionings of the SEH-LELHA.

The editorials will be commissioned by the Editorial Board of the Journal. They should have a maximum length of 6 pages and can include up to 4 figures or tables.

Case reports
Summary statement of one or more uncommon case reports or those of interest that suppose an important contribution. Maximum length of the text should be 4 DIN-A4, double spaced, and up to 3 figures or tables will be accepted. Include a “resumen” and abstract of 150 words and “palabras clave” and keywords. References should not exceed 10 and number of authors should be limited to 3.

Letters to the editor
Objections, comments, observations or experiences regarding articles recently published in Hipertensión y Riesgo Vascular or other subjects of related interest will be published in this section. Maximum length will be two pages and 2 figures and/or tables will be accepted. There should be no more than 4 authors.

Consensus Documents or Clinical Practice Guidelines of Scientific Societies, created with the participation of different working groups of the Scientific Societies for which we are the official publication.

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All authors should have made substantial contributions to all of the following: (1) the conception and design of the study, or acquisition of data, or analysis and interpretation of data, (2) drafting the article or revising it critically for important intellectual content, (3) final approval of the version to be submitted.

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State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

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Provide sufficient details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized, and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also be described.

**Results**

Results should be clear and concise.

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This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.
Conclusions
The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.

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A structured abstract, by means of appropriate headings, should provide the context or background for the research and should state its purpose, basic procedures (selection of study subjects or laboratory animals, observational and analytical methods), main findings (giving specific effect sizes and their statistical significance, if possible), and principal conclusions. It should emphasize new and important aspects of the study or observations.

In articles include: Abstract in Spanish and in English of approximately 250 words in articles for the Original section, structured with the following sections: Introduction, Material and methods, Results and Conclusion.

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Collate acknowledgements in a separate section at the end of the article before the references and do not, therefore, include them on the title page, as a footnote to the title or otherwise. List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

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