INFORMATION FOR AUTHORS

The journal *Endocrinología y Nutrición*, the publication of the Spanish Society of Endocrinology and Nutrition, adheres to the Uniform Requirements for Manuscripts Submitted to Biomedical Journals: Writing and Editing for Biomedical Publications. Available at: [http://www.elsevier.es](http://www.elsevier.es) and [http://www.icmje.org](http://www.icmje.org)

*Endocrinología y Nutrición* will consider papers for publication that are related to this speciality. The journal is indexed in Index Medicus/MEDLINE, Scopus and EMBASE/Excerpta Medica. It is directed at clinical specialists, laboratory technicians, trainee doctors, investigators and nurses interested in endocrinology and nutrition. The journal consists of the main sections below:

**Original articles**

Research in etiology, pathophysiology, pathology, epidemiology, clinical signs and symptoms, diagnosis, prognosis, and treatment. Analytical designs are recommended, such as cross-sectional surveys, case and control studies, cohort studies, and controlled trials. The length of the text should not exceed 4,000 words (including tables and legends for figures, and excluding references) and up to 6 figures and/or tables will be allowed. A maximum of 30 references may be included. CONSORT recommendations (JAMA. 1996; 276:637-9) should be followed when reporting controlled clinical trials. Available at: [http://www.consort-statement.org](http://www.consort-statement.org). *Endocrinología y Nutrición* will consider the publication of original articles in either Spanish or English.

**Scientific Letters**

A description may be included of one or more clinical cases of exceptional observation that make an important contribution to understanding the pathophysiology or other aspects of the condition. The text may not exceed 1,000 words and it should not be structured in sections. It should not be accompanied by an abstract either. The bibliography must not exceed 10 references, and 1 figure or 1 table will be accepted. There should be no more than 5 authors.

The manuscripts accepted for publication in this section shall preferably be published in the online edition of the journal only. The editorial board shall select one of the Scientific Letters for publication in the hard copy edition of the journal, with a maximum of one letter per journal.

Scientific letters are published in the hard copy or online format (e-only) according to the criteria of the journal’s editorial board.

**Letters to the Editor**

Letters to the Editor may refer to studies published in the journal and those which express opinions on a current issue. Letters may not exceed 1,000 words and 10 references. Figures or tables will not be accepted.

**Other sections**

The journal includes other sections (editorials, reviews, short reviews and special articles, including clinical guidelines and consensus documents) with articles commissioned by the editorial board. Authors who wish to contribute to one of these sections should contact the journal’s subeditors beforehand. *Endocrinología y Nutrición* also publishes consensus conferences on diagnosis or treatment of diseases provided they are sponsored by official health agencies or national or international scientific societies.

**SUBMISSION AND STRUCTURE OF PAPERS**

All accepted original articles shall be the permanent property of *Endocrinología y Nutrición*. They cannot be partly or wholly reproduced without its consent. In the event their paper is published, the author exclusively transfers to the Spanish Society of Endocrinology and Nutrition its rights on reproduction, distribution, translation, and public communication (by any audio, audiovisual or electronic means or support) of his or her paper.

Papers that have been published in another journal shall not be accepted. This also applies to papers that are submitted at the same time to another journal. Papers must be submitted in electronic format with double-spacing (30 lines). The pages
should be numbered consecutively. Each part of the manuscript is to start a page in the following order:

1. The first page of the article is to include the following information in the order mentioned here: article title (in Spanish and English), short title, full name, and one or both of the authors’ surnames, full name and address of workplace, postal address, email address, and any other specifications (if necessary), author for correspondence, number of tables and figures, word count (excluding abstract and references) and at least 3 key words.

2. Text. The text should be written in an impersonal style. Papers should be divided clearly in sections and the general structure should preferably as follows:

2.1. Original articles. Abstract, in Spanish and English, Introduction, Material and methods, Results and Discussion. Subheadings are only accepted under Material and methods, and Results. It should not exceed 4,000 words (this wordcount excludes the abstract and references, but includes tables and legends for figures).

2.2. Reviews. These are to include an abstract in Spanish and English and an Introduction. They may not exceed 5,000 words. A maximum of 70 references may be included.

2.3. Short Reviews. These are to include an abstract in Spanish and English and an Introduction. They may not exceed 3,500 words. A maximum of 30 references may be included.

a) Abstract. The abstract should be attached in Spanish and English under these sections. The abstract of Reviews and Short Reviews should be 150 words, without being structured. The abstract for original articles must not exceed 250 words. Its content should be structured and divided into 4 sections: Background and objective, Patients or Material and methods, Results, and Conclusions. The problem behind the reason for the research, how it was performed, the most significant results and the conclusions derived from the results should be described in each section, respectively.

The key words in accordance with those included in the Medical Subject Headings (MeSH) of Index Medicus/Medline should be included at the end of the abstract. These are available in English at: http://www.nlm.nih.gov/ mesh/meshhome.html. They should be translated into Spanish.

b) Introduction. The introduction should be brief and only give the explanation necessary for the reader to understand the text that follows. It should not contain tables or figures. It should include a final paragraph that clearly states the aim(s) of the research.

c) Material and methods. This section should name the hospital where the experiment or research has been performed, its duration, the characteristics of the patients or subjects studied, the screening criteria used and techniques employed, and give sufficient detail for a particular experience to be repeated using this information. The statistical methods must be described in detail. Whenever a very uncommon observation is to be published, the literature search method, keywords used, years covered, and date of update must be specified in the text.

d) Results. The results report the observations made with the method used, they do not interpret them. The data will be expressed in the text with the addition of tables and figures.

e) Discussion. The authors have to express their own opinions on the subject. Namely: 1) the significance and practical application of the results; 2) the considerations on any inconsistency in methods and the reasons why the results may be valid; 3) the relationship with similar publications and comparison between areas of agreement and disagreement; and 4) indications and guidelines for future research. An attempt should be made to prevent the discussion from becoming a review of the subject and repeating the concepts that appear in the introduction. The results of the research should not be repeated either. The study conclusions should be given in a paragraph at the end of the discussion.

f) Acknowledgements. The people, hospitals or entities that have collaborated or supported the performance of the study shall be mentioned where necessary. All of the authors’ conflicts of interest regarding the contents of the manuscript must be included in this section.

3. References. These will be given according to their order of appearance in the text with the
corresponding correlative numbering. In the article the quote number will always be stated in superscript, following the Uniform Requirements for Manuscripts Submitted to Biomedical Journals produced by the International Committee of Medical Journal Editors (http://www.icmje.org).

Names of journals should be abbreviated according to the style used in Index Medicus/ Medline: List of Journals Indexed that is included every year in the January issue of the Index Medicus, which is also available at: http://www.ncbi.nlm.nih.gov/

References must be checked by comparison with the source documents, always specifying the first and last pages of the quote. There are some examples below of the most commonly used reference formats used:

Journals

Ordinary article

List all authors if 6 or fewer; if 7 or more, list the first 6 and add the expression «et al» after a comma.


Corporate author


Name of the author not indicated


Supplement of a volume


Books and other monographs

Individual authors


Book chapter


Unpublished material


Material in electronic format

Journal article on Internet

Abood S. Quality improvement initiative in nursing homes: the ANA acts in an advisory role. Am J Nurs [serie on Internet]. 2002 Jun [referenced 12 Aug 2002];102: [approx. 3 pp.]. Available at:


Page of a website


http://www.ama-assn.org/ama/pub/category/1736.html

4. Abbreviations. Abbreviations should be explained the first time they are mentioned. Their use should be limited as far as possible.

The following abbreviations can be used without a definition:

ACTH corticotropin; ADH antidiuretic hormone, vasopressin; cAMP AMP 3', 5'-cyclic; AVP arginine vasopressin; CRH corticotrophin releasing hormone; DHA dehydroepiandrosterone; DHAS
dehydroepiandrosterone sulphate; DNA deoxyribonucleic acid; FSH follicle-stimulating hormone; GH growth hormone, somatotropin; GHRH growth hormone releasing hormone; GnRH gonadotropin releasing hormone; HbA1c glycosylated hemoglobin; HCG human chorionic gonadotrophin; HDL high-density lipoprotein; hMG human menopausal gonadotrophin; hPL human placental lactogenic; IGF insulin growth factor analogue; IGFBP analogue insulin growth factor binding protein; LDL low-density lipoprotein; LH luteinizing hormone; OT oxytocin; PRL prolactin; PTH parathyroid hormone; RNA ribonucleic acid; mRNA messenger ribonucleic acid; SHBG sex hormone binding globulin; T4 thyroxine; T3 triiodothyronine; rT3 reverse T3; TRH releasing thyrotrophin hormone; TSH thyrotropin; VIP vasoactive intestinal peptide; VLDL very low density lipoprotein.

5. Images: Images are to be carefully chosen, making sure that they are good quality and omitting those that do not contribute to a better understanding of the text. The resolution of the images should be at least 300 points/inch. It is very important for the images to be of high quality in order to be able to obtain good copies; they need to be presented in such a way that opaque bodies (bones, contrast substances, etc.) are white. Colour illustrations are allowed subject to financial agreement. Graphic tools (arrows, asterisks) should be used whenever necessary to highlight the essential part of the image. An attempt should be made to avoid identifying patients and, in any case, their written consent should have been obtained.

6. Figures. Figures are to be produced in electronic format and, as with images, be of high quality to allow any subsequent reproduction. The same rules for section 4 apply. Images and figures are to be numbered consecutively and jointly; they will be called figures. These should appear on separate pages and include: a) number of the figure in Arabic numerals; b) the corresponding footnote, and c) one figure per page. Figures should be as clear as possible and they should be understood without having to refer to the text; any acronyms and abbreviations must always be accompanied by an explanatory note underneath. If a figure takes up more than one page, the sections should be repeated on the following page. The journal accepts figures that take up a maximum of one printed page.

7. Tables. These should appear on separate pages and include: a) number of the table in Arabic numerals; b) the corresponding title, and c) one table per page. Tables should be as clear as possible and they should be understood without having to refer to the text; any acronyms and abbreviations must always be accompanied by an explanatory note underneath. If a table takes up more than one page, the sections should be repeated on the following page. The journal accepts tables that take up a maximum of one printed page. The degree of statistical significance is to be included under the table, if it is not shown in the text of the table.

EDITORIAL POLICY

1. Authorship

The authors of an article must meet the authorship requirements: a) study design/data analysis; b) participation in article write up, and c) approval of final version. This is to be expressed in the Authorship of Manuscript and Assignment of Rights to be submitted with the manuscript.

2. Conflicts of interest

The authors must report any financial or personal relationships they have that could lead to a conflict of interests regarding the published article.

3. Research subjects

Research with human subjects must indicate that it has met the ethical standards of the corresponding research committee or clinical trial committee (of the hospital or regional) and the latest revision of the Declaration of Helsinki of 1975, which is available at: [http://www.wma.net/s/policy/b3.htm](http://www.wma.net/s/policy/b3.htm). If photographs or information on patients (including names, initials, or patients’ hospital numbers) are reproduced in the article, they should not identify the subject. In any case, the authors should have obtained the patient’s written informed consent (or that of the parents or guardians if the patient is a minor) authorising their publication, reproduction and disclosure in hard copy or electronic format. Animal experiments submitted should specify whether the hospital’s regulations have been followed, or any applicable national or EU legislation, regarding the treatment and use of laboratory animals.
METHOD OF SUBMISSION AND EDITORIAL PROCESS

1. Method of submission

Endocrinología y Nutrición has a website for the submission and review of manuscripts (called EES)—http://ees.elsevier.com/endonu. Simply go to this page and follow the instructions on the screen for submitting your manuscript.

2. Copyright

When sending their manuscript, the authors should complete the authorship form, the assignment of rights form, the authorisation slips for reproducing published material and the sources of funding and conflicts of interest forms, all entered into the computer system for manuscript submission (EES). These documents are essential for processing the article.

3. Editorial process

The editorial board will acknowledge the papers sent to the journal and notify you of their acceptance. All manuscripts will be anonymously peer-reviewed. Letters to the Editor may be accepted directly by the editorial board in exceptional cases. Whenever the editorial board suggests changes to the articles, the authors should re-submit the new version of the article with the changes highlighted and a letter explaining the changes made.