

# Spanish Journal of Psychiatry and Mental Health

## Guide for authors

- [Introduction](#)
  - [Introduction](#)
  - [Types of article](#)
  - [Contact details for submission](#)
  - [Page charges](#)
  - [Language](#)
  - [Submission checklist](#)
- [Before you begin](#)
  - [Ethics in publishing](#)
  - [Studies in humans and animals](#)
  - [Informed consent and patient details](#)
  - [Declaration of interest](#)
  - [Preprints](#)
  - [Use of inclusive language](#)
  - [Authorship](#)
  - [Changes to authorship](#)
  - [Clinical trial results](#)
  - [Reporting clinical trials](#)
  - [Registration of clinical trials](#)
  - [Copyright](#)
  - [Responsible sharing](#)
  - [Funding source](#)
  - [Open access](#)
  - [Elsevier Researcher Academy](#)
  - [Language](#)
  - [Submission](#)
  - [Submit your article](#)
- [Preparation](#)
  - [Peer review](#)
  - [Use of word processing software](#)
  - [Article structure](#)
  - [Sections](#)
  - [Introduction](#)
  - [Material and methods](#)
  - [Results](#)
  - [Discussion](#)
  - [Conclusions](#)
  - [Appendices](#)
  - [Essential title page information](#)
  - [Highlights](#)
  - [Structured abstract](#)
  - [Graphical abstract](#)
  - [Keywords](#)

- Abbreviations
- Acknowledgements
- Formatting of funding sources
- Units
- Artwork
- Image manipulation
- Electronic artwork
- Color artwork
- Figure captions
- Tables
- References
- Citation in text
- Reference links
- Web references
- Data references
- Preprint references
- References in a special issue
- Reference management software
- Reference style
- Journal abbreviations
- Video
- Supplementary material
- Research data
- After acceptance
  - Proofs
  - Offprints
- Author inquiries
  - Author Inquiries

# Introduction

## Introduction

The Spanish Journal of Psychiatry and Mental Health (SJPMH) is the official publication of the Spanish Society of Psychiatry and Mental Health (Sociedad Española de Psiquiatria y Salud Mental, SEPSM) . It is a journal oriented towards the study of mental illnesses, their pathological processes, and their psychosocial consequences, and has as its main aim to disseminate the scientific advances in all areas associated with mental illness and health. It accepts previously unpublished works on psychiatry and mental health and its medical and social repercussions. For this reason, the journal also includes works from biological, clinical, and psychosocial areas.

## Types of article

**Original Articles** are research papers that contribute new results concerning the Journals areas of interest. Manuscripts should be divided into the following sections: Introduction, Materials and Methods, Results, Discussion and References. The recommended length of the text is 3,000 to 3,500 words (excluding the abstract, tables, figures and references). The text should include a maximum of 6 tables and/or figures (charts, graphs or illustrations). Authors are also advised to limit the number of references, if possible, to a maximum of 40 references. Original articles must be accompanied by an abstract of maximum 250 words that includes the following sections: Introduction, Material and Methods, Results and Conclusions.

**Short Original Articles** are research papers that because of their special features (articles with a small number of cases, descriptive epidemiological studies and papers with very specific objectives and results) can be published in abbreviated form. The text is limited to 1,500 words, a maximum of 2 figures and/or tables and up to 15 references. Each article should be structured like an original article, and should begin with a structured abstract of no more than 250 words.

**Reviews.** We require authors to follow the recommendations from PRISMA and register the protocol for systematic reviews before data extraction on an accessible, searchable site such as [PROSPERO](#). Please include the registration number in the abstract. If the review has not been registered, we are unable to consider your submission. Systematic reviews are preferred, narrative reviews will be published only under exceptional circumstances.

Review articles are usually solicited by the Editors, but we will consider unsolicited material. We rarely proceed with Review papers for which the first author is a student and has not contributed to substantive work in the field on his or her own accord.

Please contact the editorial office before writing a review article for the *Journal*.

The unstructured summary of the manuscripts in this section should be as concise as possible (about 150 words), with a maximum of 5 figures / tables (in total). Maximum length: up to 4000 words of text, up to 75 references and no more than 5 tables and/or figures. A PRISMA-style flow diagram and a table with ratings of the quality of the studies/evidence should be included as an online supplement. Reviews that do not comply these requirements will be not considered for publication and returned unreviewed.

**Clinical & Translational Perspectives in Psychiatry.** This section features invited contributions from recognised experts in psychiatry and mental health, aiming to provide authoritative perspectives on clinically relevant topics that bridge scientific advances with real-world psychiatric practice. Acceptable submissions include clinical commentaries, insights on neuroscience implementation, updates on treatment models, reflections on health policy, and evidence-based expert opinions. Manuscripts typically range from 1500 to 2500 words, written in a clear and accessible style with a reflective yet authoritative tone. Figures and tables are

optional but encouraged, and up to 30 recent references are allowed. An abstract is not required but a brief summary is recommended. Authors are preferably clinicians, clinician-researchers, or translational scientists with recognised expertise in the subject. All submissions will be peer-reviewed, with particular attention to clarity of argument, relevance to current clinical practice, and potential to influence thinking or decision-making in psychiatry.

**From Cajal's desk.** The format of this new section is the essay, which will be peer-reviewed. The theme is open but should focus on historical or artistic events or well-known cases related to or in connection with Spanish psychiatry and neuroscience. There should be one or two authors and limited to 1,500 words with five key references and one or two illustrations that should play a central role in the essay. There should not be an abstract, and is indispensable a pre-submission enquiry to [ef280@cam.ac.uk](mailto:ef280@cam.ac.uk) with the editors in charge, Dr Emilio Fernandez-Egea and Dr Miguel Ruiz-Veguilla.

**Letters** constitute **Scientific Letters**, which include new studies that can be demonstrated briefly, and **Letters to the Editor**, where readers can express their conforming or non-conforming reasoned opinion on a recent publication and on an issue they consider extremely relevant. Letters are intended to encourage and foster dialogue and discussion among the Journal professional readers. Contributions should be accurate and properly argued, preferably with a maximum of 10 references. The text should be limited to 750 words, and preference will be given to the most concise, brief and comprehensive letters. The Journal reserves the right to shorten the letters text, whether for exceeding the established length or for repetitions affecting its fluent reading.

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**Viewpoints.** These papers may address virtually any timely and important topic in psychiatry, clinical psychology or mental health in general. Viewpoints should be well focused, scholarly, and clearly presented but should not include the findings of new research or data that have not been previously published. Viewpoints are commissioned by the Editor concerning well-known subjects in psychiatry that are going through a period of controversy or re-evaluation - intended to give a long-term, balanced perspective on the subject, based on the latest evidence.

Viewpoints must have no more than 3 authors. Maximum length: up to 1200 words of text, or 1000 words of text with 1 small table or figure-and no more than 10 references. Viewpoints that do not meet these requirements will be not considered for publication and returned unreviewed.

## Contact details for submission

You can submit your manuscript at <https://www.editorialmanager.com/rpsm>.

## Page charges

This journal has no page charges.

## Language

Manuscripts must be submitted in English language.

## Submission checklist

You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

**Ensure that the following items are present:**

One author has been designated as the corresponding author with contact details:

E-mail address

Full postal address

All necessary files have been uploaded:

*Manuscript:*

Include keywords

All figures (include relevant captions)

All tables (including titles, description, footnotes)

Ensure all figure and table citations in the text match the files provided

Indicate clearly if color should be used for any figures in print

*Graphical Abstracts / Highlights files* (where applicable) *Supplemental files* (where applicable)

Further considerations

Manuscript has been 'spell checked' and 'grammar checked'

All references mentioned in the Reference List are cited in the text, and vice versa

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A competing interests statement is provided, even if the authors haveA no competing interests to declare Journal policies detailed in this guide have been reviewed

Referee suggestions and contact details provided, based on journal requirements

For further information, visit our [Support Center](#).

# Before you begin

## Ethics in publishing

Please see our information on [Ethics in publishing](#).

## Studies in humans and animals

If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with [The Code of Ethics of the World Medical Association](#) (Declaration of Helsinki) for experiments involving humans. The manuscript should be in line with the [Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals](#) and aim for the inclusion of representative human populations (sex, age and ethnicity) as per those recommendations. The terms [sex and gender](#) should be used correctly.

The author should ensure that the manuscript contains a statement that all procedures were performed in compliance with relevant laws and institutional guidelines and have been approved by the appropriate institutional committee(s). This statement should contain the date and reference number of the ethical approval(s) obtained. Authors should also include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.

The journal will not accept manuscripts that contain data derived from unethically sourced organs or tissue, including from executed prisoners or prisoners of conscience, consistent with recommendations by [Global Rights Compliance on Mitigating Human Rights Risks in Transplantation Medicine](#). For all studies that use human organs or tissues authors must provide sufficient evidence that they were procured in line with [WHO Guiding Principles on Human Cell, Tissue and Organ Transplantation](#). The source of the organs or tissues used in clinical research must be transparent and traceable. Authors of manuscripts describing organ transplantation must additionally declare within the manuscript:

1. that autonomous consent free from coercion was obtained from the donor(s) or their next of kin; and
2. that organs/tissues were not sourced from executed prisoners or prisoners of conscience.

All animal experiments should comply with the [ARRIVE guidelines](#) and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, [EU Directive 2010/63/EU for animal experiments](#), or the National Research Council's [Guide for the Care and Use of Laboratory Animals](#) and the authors should clearly indicate in the manuscript that such guidelines have been followed. The sex of animals must be indicated, and where appropriate, the influence (or association) of sex on the results of the study.

## Informed consent and patient details

Studies on patients or volunteers (including organ/tissue donors) require informed consent, which should be documented in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals in an Elsevier publication. Written consents must be retained by the author, but copies should not be provided to the journal.

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Unless the author has written permission from the patient (or, where applicable, the next of kin), the personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.

## Declaration of interest

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double anonymized) or the manuscript file (if single anonymized). If there are no interests to declare then please state this: 'Declarations of interest: none'. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. [More information](#).

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## Use of inclusive language

Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Content should make no assumptions about the beliefs or commitments of any reader; contain nothing which might imply that one individual is superior to another on the grounds of age, gender, race, ethnicity, culture, sexual orientation, disability or health condition; and use inclusive language throughout. Authors should ensure that writing is free from bias, stereotypes, slang, reference to dominant culture and/or cultural assumptions. We advise to seek gender neutrality by using plural nouns ("clinicians, patients/clients") as default/wherever possible to avoid using "he, she," or "he/she." We recommend avoiding the use of descriptors that refer to personal attributes such as age, gender, race, ethnicity, culture, sexual orientation, disability or health condition unless they are relevant and valid. When coding terminology is used, we recommend to avoid offensive or exclusionary terms such as "master", "slave", "blacklist" and "whitelist". We suggest using alternatives that are more appropriate and (self-) explanatory such as "primary", "secondary", "blocklist" and "allowlist". These guidelines are meant as a point of reference to help identify appropriate language but are by no means exhaustive or definitive.

## Authorship

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.

## Changes to authorship

Authors are expected to consider carefully the list and order of authors **before** submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only **before** the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the **corresponding author**: (a) the

reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors **after** the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

## Clinical trial results

In line with the position of the International Committee of Medical Journal Editors, the journal will not consider results posted in the same clinical trials registry in which primary registration resides to be prior publication if the results posted are presented in the form of a brief structured (less than 500 words) abstract or table. However, divulging results in other circumstances (e.g., investors' meetings) is discouraged and may jeopardise consideration of the manuscript. Authors should fully disclose all posting in registries of results of the same or closely related work.

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Randomized controlled trials should be presented according to the CONSORT guidelines. At manuscript submission, authors must provide the CONSORT checklist accompanied by a flow diagram that illustrates the progress of patients through the trial, including recruitment, enrolment, randomization, withdrawal and completion, and a detailed description of the randomization procedure. The [CONSORT checklist and template flow diagram](#) are available online.

## Registration of clinical trials

Registration in a public trials registry is a condition for publication of clinical trials in this journal in accordance with [International Committee of Medical Journal Editors](#) recommendations. Trials must register at or before the onset of patient enrolment. The clinical trial registration number should be included at the end of the abstract of the article. A clinical trial is defined as any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects of health outcomes. Health-related interventions include any intervention used to modify a biomedical or health-related outcome (for example drugs, surgical procedures, devices, behavioural treatments, dietary interventions, and process-of-care changes). Health outcomes include any biomedical or health-related measures obtained in patients or participants, including pharmacokinetic measures and adverse events. Purely observational studies (those in which the assignment of the medical intervention is not at the discretion of the investigator) will not require registration.

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# Preparation

## Peer review

This journal operates a single anonymized review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. Editors are not involved in decisions about papers which they have written themselves or have been written by family members or colleagues or which relate to products or services in which the editor has an interest. Any such submission is subject to all of the journal's usual procedures, with peer review handled independently of the relevant editor and their research groups. [More information on types of peer review](#).

## Use of word processing software

It is important that the file be saved in the native format of the word processor used. The text should be in single-column format. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the word processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts, superscripts etc. When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the [Guide to Publishing with Elsevier](#)). Note that source files of figures, tables and text graphics will be required whether or not you embed your figures in the text. See also the section on Electronic artwork.

To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

## Article structure

This section describes the article structure for this journal.

## Sections

Divide your article into clearly defined sections. Each subsection is given a brief heading. Each heading should appear on its own separate line. Subsections should be used as much as possible when cross-referencing text: refer to the subsection by heading as opposed to simply 'the text'.

## Introduction

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

## Material and methods

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.

## Discussion

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.

## Appendices

If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1) and so on. Similarly for tables and figures: Table A.1; Fig. A.1, etc.

## Essential title page information

- **Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
- **Author names and affiliations.** Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. You can add your name between parentheses in your own script behind the English transliteration. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.
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## Highlights

Highlights are optional yet highly encouraged for this journal, as they increase the discoverability of your article via search engines. They consist of a short collection of bullet points that capture the novel results of your research as well as new methods that were used during the study (if any). Please have a look at the [example Highlights](#).

Highlights should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point).

## Structured abstract

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.

The headings will consist of: «Introduction», «Materials and Methods», «Results» and «Conclusions».

## Graphical abstract

Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a separate file in the online submission system. Image size: Please provide an image with a minimum of 531 x 1328 pixels (h x w) or proportionally more. The image should be readable at a size of 5 x 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. You can view [Example Graphical Abstracts](#) on our information site.

## Keywords

Immediately after the abstract, provide a maximum of 6 keywords, using British spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. To maximise discoverability, use terms and words that are not already in the manuscript's title and abstract as keywords. Consider the terms that potential readers may use to search for work on this topic that do not already appear in the title and abstract. Include synonyms and related terms to cover different variations of how readers might search for your topic. Specific keywords target niche audiences, while broad keywords increase the chances of your article reaching a wider audience. These keywords will be used for indexing purposes.

## Abbreviations

Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.

## Acknowledgements

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.).

## Formatting of funding sources

List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, it is recommended to include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

## Units

Follow internationally accepted rules and conventions: use the international system of units (SI). If other units are mentioned, please give their equivalent in SI.

## Artwork

This section describes the artwork for this journal.

## Image manipulation

Whilst it is accepted that authors sometimes need to manipulate images for clarity, manipulation for purposes of deception or fraud will be seen as scientific ethical abuse and will be dealt with accordingly. For graphical images, this journal is applying the following policy: no specific feature within an image may be enhanced, obscured, moved, removed, or introduced. Adjustments of brightness, contrast, or color balance are acceptable if and as long as they do not obscure or eliminate any information present in the original. Nonlinear adjustments (e.g. changes to gamma settings) must be disclosed in the figure legend.

## Electronic artwork

### *General points*

- Make sure you use uniform lettering and sizing of your original artwork.
- Embed the used fonts if the application provides that option.
- Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Provide captions to illustrations separately.
- Size the illustrations close to the desired dimensions of the published version.
- Submit each illustration as a separate file.
- Ensure that color images are accessible to all, including those with impaired color vision.

A detailed [guide on electronic artwork](#) is available.

**You are urged to visit this site; some excerpts from the detailed information are given here.**

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EPS (or PDF): Vector drawings, embed all used fonts.

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TIFF (or JPEG): Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of 500 dpi.

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- Supply files that are too low in resolution;
- Submit graphics that are disproportionately large for the content.

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## Figure captions

Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. A caption should comprise a brief title (**not** on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

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Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

## References

This section describes the references for this journal.

## Citation in text

Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not recommended in the reference list, but may be mentioned in the text. If these references are included in the reference list they should follow the standard reference style of the journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication.

## Reference links

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