



## **ISAJE Workshop:** Publish safely and professionally: Publishing addiction science in practice

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Tuesday 24th October 2017



#### **Department of Addictology**

First Faculty of Medicine and General University Hospital in Prague Charles University in Prague

Workshop Publish safely and professionally: Publishing addiction science in practice

International Society of Addiction Journal Editors (ISAJE): Education and training activities

Michal Miovsky, Journal Adiktologie (CZ)

Richard Pates, Journal of Substance Use (UK)

Lisbon Addictions conference 2017, TWIST programme

Lisbon, Portugal, 2017 October 24<sup>th</sup>

# **Communication platforms**



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## **Communication platforms**

• ISAJE has core activity related (dominantly) to Annual meetings – last meeting was hold on from 13<sup>th</sup> - 15<sup>th</sup> July (Boston) 2017 (17<sup>th</sup> Annual ISAJE Meeting).

#### 4 working groups developed under umbrella of Association:

- Ethical Working Group (Thomas McGovern, Thomas Babor)
- Access and Dissemination of Information Group (Gerhard Bühringer)
- Terminology and Language working group (Michal Miovsky)
- Conflict of Interest Guidelines (Thomas Babor)
- Crucial information function have ISAJE websites: http://www.isaje.net

## Training and Education Activities 1

• 2 core target groups: (a) editors, (b) students and early-career researchers

#### 1. Editors

- Education and training activities for editors are concentrated on Annual meetings and are based on peer-to-peer strategies (workshops, panel discussions, presentations).
- Some issues are very sensitive and have significant impact on Journals strategies and policy: declaration of conflict of interests by authors and research institutions/bodies, predatory policy of some open access publishers/journals etc.

#### **Examples of workshops/panels/presentations:**

- Language of Addictions (terminology and stigmatizing)
- Open access and online publishing: different models
- Publishing studies sponsored by industry (tobacco, alcohol, gambling..)

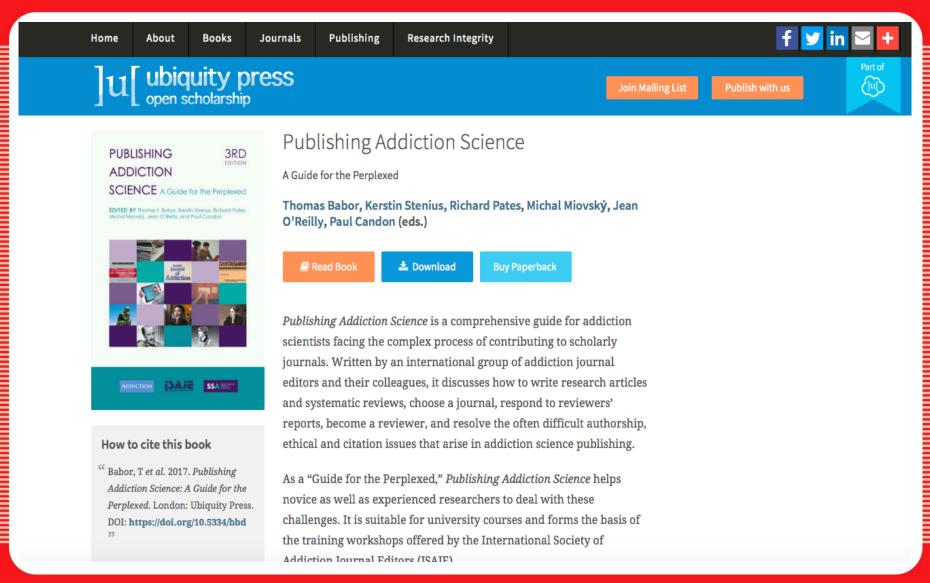
## Training and Education Activities 2

#### 2. Early-career researchers (5 focuses/areas):

- Publishing Addiction Science monograph (3<sup>rd</sup> edition in 2017).
- Education documents for editors and authors and working papers (ethical rules, questionnaires for authors, guidelines etc.)
- Interactive national and international trainings and workshops (partners: NIDA, ICARA, universities and research institutes).
- E-learning lecturing and products.
- On-line tutorial: an interactive program for students from low-income countries for supporting first scientific activities.

ISAJE is non-profit body: we provide our product for free (grants/sponsored programs) or for "travel costs" (accommodation, hotel...).

# A: Publishing Addiction Science



## **B:** Education documents



## C: Interactive Trainings and Workshops

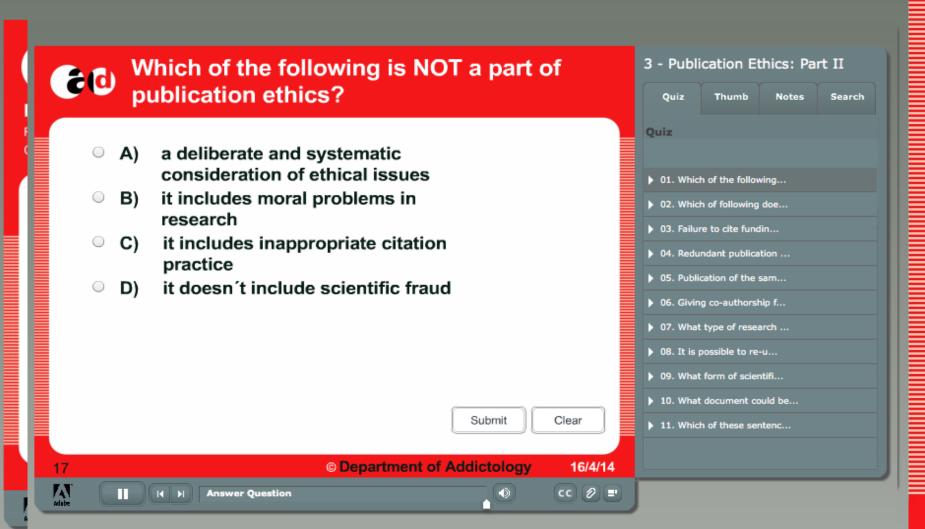


International Society of Addiction Journal Editors

#### lucts

Sept 2006 Helsinki, Finland

#### Publishing Addiction Science Workshop



# **E:** On-line tutorial

#### Getting Started: How to Use this Tutorial

Five of the modules were videotaped at a workshop conducted in September, 2006 by five addiction journal editors in Helsinki, Finland. The other five were videotaped at a workshop conducted in September, 2008 in Boston, Massachusetts. Once you click on a module link below you will be ready to begin a module If followed sequentially, these modules guide you through the main chapters of the book, Publishing Addiction Science. Alternatively, the ten modules can be taken individually.

Before of after you complete each module, we suggest that you read the relevant chapters in **Publishing Addiction Science**, which provide additional information. Some chapters have case studies and learning exercises that should be of interest, as

Below is a summary of each module, the module's viewing time, and the faculty member who teaches it. You can click on each link to go directly to the module or click here to go directly to the full listing.

Module 1. How to Choose a Journal. (Richard Pates, 22 minutes) This module describes seven steps to help you find the most appropriate publication outlet for a scientific article, using information included in Chapter 2 of Publishing Addiction Science.

Module 2. Publication Issues Related to Being a Graduate Student or Postdoctoral Fellow. (Dominique Morisano, 43 minutes) This module describes the challenges and rewards of publishing early in one's professional career. Discussion includes authorship issues, timetables, ethical dilemmas, and pressures to publish. This content is found in Chapter 4 of Publishing Addiction Science.

Module 3. How to Write a Research Paper. (Phil Lange, 44 minutes) This module describes the development of a typical data based research article from the planning stage to the completion of the final draft. Emphasis is given to scientific writing techniques, the structure of a scientific article and effective methods of scientific communication. It covers material in Chapter 5 of Publishing Addiction Science.

Module 4. How to Write Publishable Qualitative Research. (Kerstin Stenius, 36 minutes) This module discusses issues related to publishing qualitative data in peer reviewed journals. The content is found in Chapter 6 of Publishing Addiction Science

Module 5. The Use and Abuse of Citations, (Robert West, 27 minutes). This module describes how to write an effective literature review for the introduction to a scientific paper by citing the literature fairly, critically and ethically. It summarizes the content found in Chapter 7 of Publishing Addiction Science.

Module 6. Authorship Issues. (Kerstin Stenius, 25 minutes) This module describes one of the most contentious issues in scientific publishing, how to assign authorship credits. It also discusses practical methods to avoid authorship problems. It covers the material found in Chapter 8 of Publishing Addiction Science.

Module 7. Preparing Manuscripts and Responding to Referees' Reports. (Ian Stolerman, 35 minutes) This module describes what journal editors are looking for in a journal article (e.g., originality, sound methodology, good writing) and what to do when the editor asks for a revision. It includes part of an open forum discussion with a live audience. It covers Chapter 9 of Publishing Addiction Science

Module 8. How to Serve as a Referee and Write Reviews for Peer Reviewed Journals. (Bob Balster, 49 minutes) In the context of the Peer Review process, this module explains what journal editors expect from reviewers, and how to prepare a critical but constructive manuscript evaluation. It covers material in Chapter 10 of Publishing Addiction Science.

Module 9. Publication Ethics. (Thomas Babor, 45 minutes) This module describes the "seven deadly sins" of scientific publishing (e.g., plagiarism, authorship disputes, duplicate publication, scientific fraud, etc.) and how to avoid them. It covers the material found in Chapters 11 and 12 of Publishing Addiction Science.

Module 10. Science & Industry: Ethics of Academic Relationships with the Alcohol Beverage Industry, Pharmaceutical Companies and Other Funding Agencies. (Peter Miller, 45 minutes) This module describes recent trends in industry sponsorship of scientific research and the ethical risks involved in accepting funding from industry sources. The risks include conflict of interest, biasing the research agenda, biasing the corpus of research findings, and confusing public perceptions of research. It covers material found in Chapter 13 of Publishing Addiction Science.



#### **Survey on Universites with Addiction programes**

- For ISAJE training activities is very important to follow our target groups and their needs. We developed very close **collaboration between some professional societies** (e.g. ICARA) and that's reason why we presented our activities also on NIDA conference, ESBRA congress (12.9.2015), ICUDDR conference 2017 etc.
- Our primary target group for education and training activities is on Universities. We have established an systematic activity for supporting collaboration with universities and try to map situation there and find and formulate the best strategies how to disseminate our trainings.
- Professionals have usually idea that we are speaking only about students and graduates from traditional study programs like medicine, psychology, social work etc. but during last years is more and more clear that we are speaking also about specific addiction university study programs.
- ISAJE has prepared in collaboration with Charles University in Prague a Google-survey of specific university study programs (2015-2016).







#### **Department of Addictology**

First Faculty of Medicine and General University Hospital in Prague Charles University in Prague



# Thank you for your attention



# HOW TO WRITE A SCIENTIFIC PAPER FOR A PEER-REVIEWED JOURNAL

Richard Pates
Journal of Substance Use, UK
Past president of ISAJE



"All of the chapters in this book speak to our aspirations to contribute to addiction science and to have a role in the scientific life of this field. In large part, this role comes through being published in peer-reviewed journals.

Susan Savva (2007)

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## Target Audience

- Students with several years of graduate studies who have a paper in the addictions sciences that they would like to offer to a peer-reviewed journal.
- Students who are already fully competent in the basics of science and in writing all areas of a scientific paper. (We will discuss fine-tuning competencies, but not to teach the basics of writing science.)
- Authors already well-published in other fields and who are considering submitting a paper to an addiction science journal.



### Aims

• To help students and others assess if a paper that is praised by colleagues is ready for submission to a journal.

 To offer a step-by-step guide to prepare a paper for presentation to a peer-reviewed journal for (hopefully, eventual) publication



#### Initial decisions

- To work alone --- or with colleagues?
  - Seek colleagues who are critical, supportive, and reliable.
- Choosing a journal to make your submission?
  - (a) See Publishing Addiction Science, Chapter 2 or PAS Tutorial Module X
  - (b) Then discuss with experienced colleagues



## A frequently missed step: Comply with the journal's style guide

- It is NOT good enough to comply only with a journal's citation style and to then send your manuscript off, hoping for the best.
- Each journal's format style is composed of dozens of (often) minute points. Neglecting these suggests a sloppy approach to writing.
- For a quick route to being sensitized to important stylistic areas, read the 73 pages on style in: American Psychological Association. (2002). *Publication manual of the APA*. Author: Washington, DC. (pp. 3-76).
- From a current copy check implicit style elements: size/length of papers, language use, formats for tables/figures, appendices



# Comply with the journal's style guide (continued)

- Ask yourself: "Have I complied 100% with every style and format area?"
- If your silent answer to yourself is "Well, yes, at least 90% or 95%..." then that is not good enough. You need to go back and make it 100% compliant.

Read and follow the journal's instructions.



## Qualitative research: A caution

If your chosen journal publishes little qualitative research (QR) then special care is needed to prevent a rough ride from reviewers (and even editors).

- Be sure that the very latest work on rigor in QR is in your paper and solidly linked to your methods and analyses.
- As well, read Chapter 6 on QR for excellent insights on how to write about QR in addiction science.



## WRITING STEP # 1: Contacting your chosen journal

- Send a brief letter or email to your journal of choice with the paper's title and the abstract and ask if it is of interest.
- Also ask any awkward questions (flexibility on paper length, typical times for the peer review process) that may influence your decision on where to submit your paper.
- If the response is favourable, you can begin writing.
- If unfavourable, look for another journal. Ask colleagues (again) for their advice, and always consult Chapter 2 of Publishing Addiction Science, which lists descriptive information for more than 80 addiction journals.



# WRITING STEP #2: A step-by-step guide

#### The importance of originality

- Too many beginning researchers fail to make clear what is the original contribution of a paper. Science journals exist primarily to publish original knowledge.
- Describe what is original about your analyses in your initial letter to the editor. It should be evident in the Title (if possible), and the Abstract. It should also be described in the Introduction and in the Discussion (and/or Conclusion).



#### WRITING STEP #2a: Title

Write a title in the same style as other titles for your chosen journal. If unsure, read the Table of Contents for several issues to see what is current practice and style.

Mistakes to avoid: trendy and cutesy titles are soon dated and will be embarrassing to have in your CV.



### WRITING STEP #2b: Abstract

#### **Abstract:**

This summarizes how you carried out your research and what you learned. Consider structured abstracts (i.e., *BMJ*) or use them as a model to outline your plain text abstract.

Mistakes to avoid: Don't go beyond what you establish in your paper, no non-significant results, no speculation, no telegraphic style, stay within the word count limit.



## WRITING STEP #2c: Introduction statement

Tell the reader why the paper is important and original (i.e., the research question, context in the field, and especially in addictions research in general, if possible).

#### Mistakes to avoid:

- Don't just describe the substance or problem under study.
- Do not include your fascinating work that is tangential or barely related to the central topic.
- Avoid formulaic first lines ("Addiction to "x" is a significant health problem --- or "Access to legalized gambling has increased in the last two decades").



# WRITING STEP #2d: Literature review

The conflicting goals of comprehensiveness and brevity make literature reviews difficult. Online help (Wikipedia, plus *Publishing Addiction Science* for 3 URLs) is available and recommended. Include all relevant citations for each measure, Methods, Procedures, and Results. Ask yourself "If I were challenged to support why I chose this [measure, method, statistic] what citations will support my choice?"

Mistakes to avoid: Sadly, collegial aid with a literature review can get out of hand as each person insists on personal favourites as being "essential."



### WRITING STEP #2e: Method

After reading this section, another researcher should be able to duplicate your research with another sample. Ask a colleague whether she could do this. With randomized control trials, editors may refer you to the Consort Statement for high standards and uniform methods.

Mistakes to avoid: Any suboptimal aspect of your methods should be followed by "see the Limitations section" and deal with it there. Do not try to hide or disguise poor methods; experienced reviewers will pounce!



### WRITING STEP #2f: Results

Here you describe the outcome(s) from your research. Verify that original findings to be discussed later are included.

Mistakes to avoid: This section lends itself to overwriting, to underwriting, and to giving undo weight to non-significant results.



## WRITING STEP #2g: Discussion and or Conclusion(s)

Describe the place your results hold within addiction science (Per the lit review? Policy issues? New issues poorly addressed by others?)

Mistakes to avoid: Limit speculation, outline future research in 1 or 2 lines. It has long been trite to say "...more research is needed": of course, it's always needed.



### WRITING STEP #2h: Limitations

Describe briefly the suboptimal aspects of your research. (But verify whether your chosen journal prefers descriptions of limitations to be placed in the text at relevant points.)

Mistakes to avoid: Don't be ingratiating, don't apologize, don't promise to never make these mistakes again; to do so creates an impression of servility.



#### WRITING STEP #2i: References

Always keep in mind that the role of a reference list is to allow any reader to retrace <u>all</u> of the evidence that you cite.

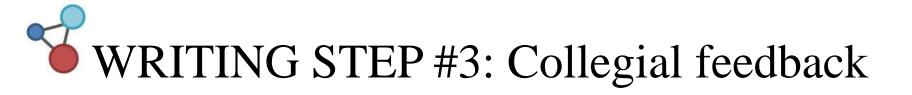
Mistakes to avoid: Don't have just a good working knowledge of the chosen reference style guide. Know it in and out — or — hire a copyeditor who knows it. Verify if foreign language titles require translation. If they do, translate them in the first copy sent to the editor.



## WRITING STEP #2j: Appendices

Check with the editor about appendices (number, length) for decisions here can influence your text.

Mistakes to avoid: It's easy to include too many pages as appendices. Omit those that colleagues feel are not required.



You are ahead of schedule and so you can circulate your paper to colleagues for their views.

With their feedback in hand, decide if their criticisms suggest the need for rewriting.



# WRITING STEP #4 – Paper submission

Your paper is ready to submit to the editor.

This is already a huge step!

Congratulations!



## WRITING STEP #5 – The peer review process

- Your paper was accepted for peer review, you have the reviewers' and editor's critiques in hand.
- 1) IF their critiques are so severe that you feel you cannot respond to them (by either rewriting your paper, or by refuting their criticisms) then tell the editor in detail why you have so decided. Especially highlight criticisms that you feel are unfair or unanswerable.
- 2a) IF you decide to answer their critiques you may (a) rewrite your paper to answer their criticisms, and/or (b) debate and refute their criticisms.
- 2b) Respond by writing how you rewrote (or) debate under each specific criticism in a contrasting colour. An example:
- \*Reviewer's item 5) The authors recommended by the reviewer take the debate into new fields tangential to this project.



#### WRITING STEP #5

- The peer review process (cont'd)
- 3) IF your paper was rejected, then carefully consider all of the critiques and consider if you can rewrite and resubmit, making all changes that you feel will strengthen it.

If you decide to resubmit, then reformat the entire paper for the new journal.



### WRITING STEP #6 – Reading proofs

Once accepted, you may have little to do with your paper until the editor sends you the proofs.

- It can be a real jolt to see your careful prose rewritten and this shock can translate into feeling sad and unappreciated, perhaps angry.
- Ask yourself "Has my meaning been respected or has it been changed?"

  If the meaning is unchanged, trust the editor's judgment and let it be. (In a year you will likely see the wisdom of the editorial changes.)

#### CONCLUSION

Congratulations on having contributed to addiction science!



## TWO BOOKS ON BASIC PROBLEMS IN WRITING AND MOTIVATION

- Strunk, W., & White, E.B. (2000). *The elements of style*. (4th ed.) London: Allyn and Bacon. Still one of the best and shortest writing guides, easily read and absorbed. Those learning English find its clarity and brevity helpful.
- Rogers, S.M. (2007). *Mastering scientific and medical writing: A self-help guide*. N.Y.: Springer. A compact guide with exercises as solved problems; good for overcoming specific writing handicaps.



## TWO BOOKS ON SCIENTIFIC WRITING

- Gustavii, B. (2003). *How to write and illustrate a scientific paper*. Cambridge, UK: The Cambridge Press. Oriented to the biological and medical sciences, it's the clearest and most succinct work that I found among all such works at our local university. A marvel of clarity and utility. Full of relevant URLs for up-to-date information.
- Huth, E.J. (1990). *How to write and publish papers in the medical sciences*. (2nd ed.) London: Williams and Wilkins. This compact work offers practical advice on how to make decisions about what to write and what to leave out; both novice and experienced researchers can benefit. A highly readable source.

[End of presentation.]



#### **How to Choose a Journal**

Richard Pates
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Past president of ISAJE



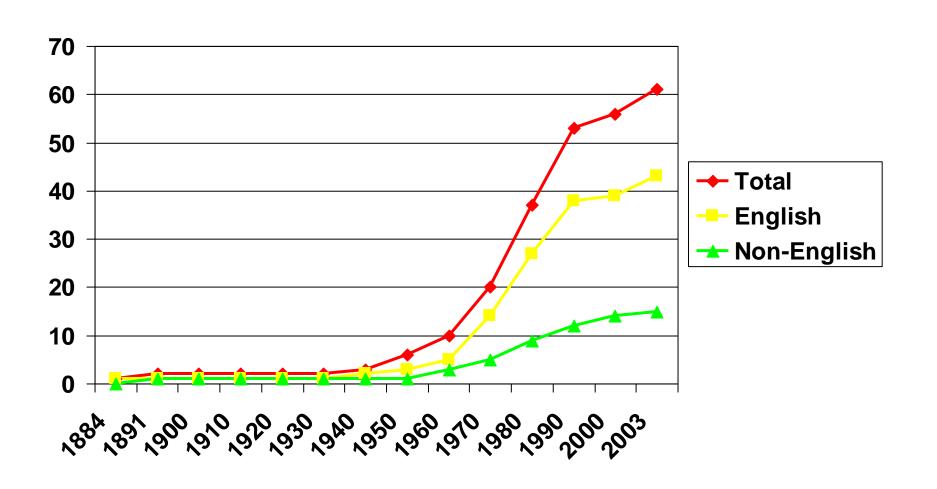
# What is the Role of a Scientific Journal?

- provides a forum for communication among scientists
- sets intellectual standards in a field
- sets the agenda for what to study
- provides an institutional memory of a field
- brings information to the public
- certifies the author's work is authentic
- can advance the author's career (Lafollette, 1992)

# The plethora of journals to choose from

- Over 75 peer-reviewed addiction journals
- Many more disciplinary journals publish addiction articles
- How does one make an informed choice?

## **Cumulative Number of Addiction Journals Published Since 1884**





### Questions to answer in choosing a journal

- 1. National or international audience?
- 2. Language?
- 3. Disciplinary or addiction specialty journals?
- 4. The journal's content area/culture?
- 5. Exposure opportunities?
- 6. Chances of acceptance?
- 7. What about the impact factor?
- 8. Practical matters (time to publication, etc.)



#### 1. National or international audience?

Is the topic relevant to a particular national audience, such as clinicians, basic scientists or policymakers? Does it present data that is primarily of local or national interest? If so, consider a journal whose audience or language is national in scope

OR

Does the article deal with universal biological, psychological or sociological themes that are relevant to scientists or practitioners all over the world? If so, consider an international journal or a well-indexed English language journal.

To find out about the journal's focus: READ its mission statement, look at content and evaluate its editorial board



### 2. Which language?

- For international audience: English is probably the language of choice
- Option: Publish in several languages (with editors' permission)
- For national audiences: publish in the language of the country



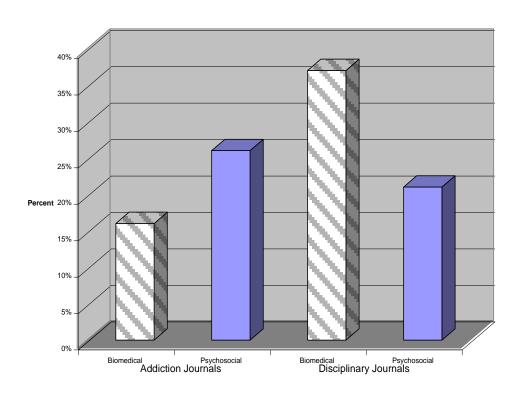
# 3. Disciplinary or addiction specialty journal?

- Sometimes it is easier to get an addiction article published in an addiction journal
- In some countries with no specialty journal, other channels have to be considered, such as the national disciplinary journals
- Addiction scientists benefit from contact with other ("mother") sciences, so disciplinary journals are important
- Some disciplinary journals have more prestige than specialty journals

If you are not sure about where to submit: contact the editor



## Percentage of 2001 journal articles on alcohol published in addiction journals and disciplinary journals, classified as either biomedical or psychosocial subject matter





# 4. Consider the journal's content area and culture

- Consult mission statement for topics, goals, policy, audience
- Get acquainted with the journal's "format" for articles, subject matter, methodological rigor, etc
- See who is on the editorial board



# Substances covered in addiction journals

- English language (N=48):
- Alcohol: 93 %
- Drugs: 83 %
- Tobacco: 62 %
- Other: 35 %

- Other languages (N=17)
- Alcohol: 94 %
- Drugs: 94 %
- Tobacco: 82 %
- Other: 64 %



### Topic areas in addiction journals

## English language: (n=48)

- Treatment: 87 %
- Prev. & policy: 91 %
- Epidemiology: 70 %
- Biology: 45 %
- History: 62 %
- Religion, spirituality:29 %
- Other: 37 %

#### Other languages: (n=17)

- Treatment: 100 %
- Prev. & policy: 100 %
- Epidemiology: 82 %
- Biology: 76 %
- History: 58 %
- Religion, spirituality:23 %
- Other: 58 %



### 5. What is the journal's exposure?

- Does it reach your specific audience: researchers, clinicians, basic scientists, policymakers?
- Perhaps members of a certain professional society?
- How available is the journal in the important libraries?
- Consider print circulation: among English language journals, circulation varies: 250 - 25 000; among non-English journals: 400 - 3 200
- Abstracting and indexing services recording the journal: great variation, but generally larger among English language journals
- Impact factor: Only available for English language journals



# 6. Consider your chances of being accepted?

- Acceptance rates: English language: 15 95%, non-English: 25 - 100%
- Note: many journals do not know their acceptance rates or do not want to state them
- Acceptance depends on quality and style of the article and administrative resources of the journal (some journals may help with text and language editing)



# 7. Consider, but do not be fooled by, the Journal Impact Factor (JIF)

- JIF is determined by the frequency at which articles in that journal were cited
- high impact journals have more prestige, but JIF depends on other things, like number of co-authors and indexing
- non-English journals are at a disadvantage
- number of databases indexing the journal will determine who sees abstract of article



### The Journal Impact Factor

 The average citation frequency for articles published in a journal, or how many times, on average, during the study year the articles that appeared the 2 preceding years of that journal received citations in other (ISI) indexed journals



### 8. Consider these practical aspects:

- How long to get the article peer reviewed?
- How long between acceptance and publication?
- Geographical distribution (i.e. penetration outside US and Europe)
- Special audiences
- How much editorial support does it give?

#### The Matthew effect

Take advantage of the choices available to publish your work!

"For unto everyone that hath shall be given and he shall have abundance, but from him that hath not shall be taken away that which he hath"



### The Matthew Effect for Journals

- Prominent journals receive more credit than they deserve, less prominent ones receive less than they deserve
- Abuse of the journal impact factor (JIF) and the dominance of some journals threatens the smaller and non-English language journals



### The Importance of Diversity

- "Addiction is a field in which it is difficult to conduct research with the level of control one would wish, because of practical and ethical constraints" (West & McIlwaine, 2002)
- This leads to genuine disagreement about measures and research designs
- Addiction research is multi-disciplinary which will foster disagreements about the importance of particular findings



#### Conclusions

- There are many opportunities
- Choose your publication channel wisely
- Improve the quality of publishing by making all journals compete for your best articles



### Thank you!



www.twist-train.eu



The TWIST project is co-funded by grant Nº 759685 under the European Union's Justice Programme – Drugs Initiatives. The content of this presentation represents the views of the author only and is his/her sole responsibility. The European Commission does not accept any responsibility for use that may be made of the information it contains.