Scope of the Journal & Instructions to the Authors

Indian Journal of Mental Health (Journal) is the official publication of the Desousa Foundation that considers for publication manuscripts that must be prepared in accordance with 'Uniform requirements for Manuscripts submitted to Biomedical Journal' developed by Journal Editors (2006). The uniform and specific requirements of the Indian Journal of Mental Health are summarized below. The journal will be published twice a year with one or two supplement issues every year. It is also the official journal of the Global Society for Digital Psychology and has a dedicated section on Digital Psychology which shall publish articles in keeping with the aims and objectives of the society. This is in addition to articles on psychology, mental health, psychiatry, psychopharmacology and psychiatric social work as well as occupational therapy that are also published in the journal.

THE EDITORIAL PROCESS

The manuscripts received shall be peer reviewed for possible publication with the understanding that they are being submitted to only this journal and not simultaneously submitted or accepted for publication elsewhere. The Editors shall review all submitted manuscripts initially. Manuscripts with scientific flaws or vague research designs may often be rejected. The journal will not return any unaccepted manuscripts. The reviewers shall review all papers in a blind review and convey their decision to the Editors. Within a period of 8-12 weeks, the contributors shall receive comments, need for corrections and notice regarding acceptance or rejection of the manuscript. Other journals appropriate for the paper may be suggested in some cases of rejection. Articles accepted would be copy edited for grammar, punctuation, print style, and proofs for correction shall be sent to the author prior to publication. Authors will be asked to sign a copyright form and undertaking for plagiarism in case of accepted manuscripts. Only upon receipt of corrected proofs from the authors and completion of all form required, will a paper be published in the journal.

TYPES OF ARTICLES

- The journal does not charge for submission, processing or publication of an article.

Types of Manuscripts:
- **Original Articles:** These are accurately planned research studies such as experimental designs, outcome studies, meta-analysis, cohort studies, case–control series and surveys with high response rates, randomized controlled trials, epidemiological assessment, intervention studies, studies of screening and diagnostic tests, cost-effectiveness analyses and decision analyses. The word limit is 3500 excluding abstract, tables, figures, acknowledgments and references. The abstract should be structured and cover 5 headings: Background, aim, methods, results and conclusion. The word limit for abstracts is 250.The number of tables and images (combined) should not exceed 5. The number of references should not exceed 40. The article should include an introduction, methods, results, discussion, acknowledgement if any, and references. The discussion section should include a paragraph mentioning the limitations of the study. All original research papers should follow EQUATOR reporting Guidelines. Clinical trials should conform to CONSORT Checklist available from http://www.consort-statement.org. Meta-analyses of clinical trials should include the PRISMA flow diagram and checklist whereas meta-analyses of observational studies should incorporate the MOOSE checklist. Registration of clinical trials at an online public trial registry is mandatory, if the trial has been conducted after 2014. Permission from ethics committee/ Institutional Review Board (IRB), is mandatory and it must be mentioned in the "methods" section of all manuscripts. The authors must mention statement of sources of support and conflict of interest.

- **Brief Research Communication:** These manuscripts, with not more than 2 tables/figures, should contain short reports of original studies or evaluations, preliminary investigative findings and early information of therapeutic trials, or unique first-time reports. The word limit is 1500 words (excluding abstract, tables, figures, acknowledgments and references) and up to 20 references, and an abstract (structured format incorporating background, aim, methods, results and conclusion) of not more than 150 words. Permission from ethics committee/ Institutional Review Board (IRB), is mandatory and it must be mentioned in the "methods" section. The authors must mention statement of sources of support and conflict of interest.

- **Case Reports:** Interesting cases that are worth publishing shall be considered in this setting. The word limit shall be 2000-2500 words with 10-15 references. In special cases this may be flexible. The patient consent for publishing of the case is needed and the same is needed for publishing imaging files or MRI images.

- **Case Series:** This should include 3 or more cases which are novel or interesting in terms of presentation or management. The word limit is 2500-3000 words (excluding abstract and references, but including tables, if any) and 10-20 references. There should be a structured abstract of not more than 100 words. The case series should have a brief introduction, description of individual cases followed by discussion and clinical implications.

- **Review Articles and Invited Reviews:** Review articles are meant to critically assess and evaluate existing literature on a topic of general interest in the field of psychiatry and allied sciences. Review articles are usually invited by the Editorial Office although unsolicited reviews may also be considered in exceptional cases depending upon the quality of the review and its clinical relevance. Review articles can be either systematic reviews or narrative reviews. Systematic Reviews require a complete systematic search of literature with the help of several databases across many years. The quality of the cited evidence is to be graded subsequently. Systemic reviews should follow EQUATOR Reporting Guidelines which include a PRISMA style flow diagram and a PRISMA Checklist. Narrative Reviews are usually written by recognized experts on a particular field. These do not require a systematic review of literature but the recommendations and conclusions should be based on evidence including recent systematic reviews and guidelines. Review articles should include a structured abstract of not more than 300 words describing the purpose of the review, collection and analysis of data, main conclusions and relevance. The review article should include an introduction, methods, discussion/observation, conclusion and references. The word limit is 4000-12,000 words excluding tables, references and abstract. Tables/figures (combined) should not be more than 5. Number of references should not exceed 150.

- **Letters to the Editor:** Brief letters in this section should be accompanied by a cover letter stating that the correspondence is for publication. Case reports may be considered for publication under this section. The word limit is 800 words (excluding references) and up to 5-7 references. Number of authors should not exceed 4. Letters discussing a recent article published in this journal may be considered provided it is received within 8 weeks of publication of the article. The word limit is 700 words (excluding references) and up to 5 references and number of authors should not exceed 2. One of the references in such cases should be that of the parent article which is being discussed. Such letters should provide objective, evidence-based feedbacks sighting proper references and avoid pejorative and judgmental language. Such letters, when considered for publication, will be sent to the authors of the original article so that they have an opportunity to reply. The authors of the original article must send their reply within 8 weeks of receiving the letter. Or else, their rebuttal will not be considered for publication. Letters written in reply should also be limited to 800 words and 5-7 references. Uncontrolled and preliminary observations may also be considered as letters to the editor. In such cases, the word limit is 700 words and 7 references.

- **Viewpoint:** Contributions in this column should be clear, focused and well written and must deal with current issues or controversies that affect the mental health profession. The author(s) should have considerable experience and expertise on the topic. They are allowed to express their views

and opinions on the topic which should be backed by evidence as far as possible. The article should not have more than 2000 words (excluding references), 15 references and 3 authors.

- **CME:** This section should involve current updates on a recent topic of clinical interest. This section is included keeping trainee psychiatry residents in mind although all mental health professionals may find it useful. The recent literature (last five years) should be thoroughly reviewed to provide current update. The word limit is 3500 words (excluding references). The number of references should not exceed 50 and the number of authors should not be more than 3. The editor usually solicits the articles in this section though unsolicited contributions may be considered in exceptional cases.

- **Commentaries:** These papers should address important topics, which may be either multiple or linked to a specific article. The word limit is 2000 words with 1 table/figure and up to 20 references.

- **Literary Psychiatry:** Original Contributions are welcome which cover both literature as well as mental health. These can be in the field of poetry, drama, fiction, reviews or any other suitable material. The word limit is 2000 words.

- **Announcements:** Information regarding conferences, meetings, courses, awards and other items likely to be of interest to readers should be submitted with the name and address of the person from whom additional information can be obtained (up to 100 words). **NGO Corner or Psychosocial Intervention Narrative:** This is a one of its kind section in the journal which will look at mental health related non-governmental organizations in India and Asia while giving them a chance to show case their work and more so their dreams, ambitions, goals and journey in their fields so far. The article in this section shall not exceed 3000 words and must be written by a person working in the NGO mentioned.

- **Free Format Writing:** This is a section where clinical discussion and ethical standpoints or dilemmas may be discussed without references in a narrative format rather than scientific writing in view of personal experience or a current issue that plagues mental health or clinical practice. The word limit for this section is 2000 words.

- **Book or Movie Review:** Exceptionally readable and good books and movies or documentaries which shall be academic and otherwise in the field of mental health shall be considered in this section. The word limit shall be 1500 words.

- **Poem:** Poems related to various themes in psychology, mind, brain, neuroscience, mental health and psychiatry shall be considered based on their merit for this section.

- The journal is in evolution and newer concepts shall be considered from time to time.

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Please use A4 size (212 × 297 mm) on Microsoft Word, with margins of 1 inch from all the four sides. If sending a hard copy, type or print on only one side of the paper. Use double spacing throughout. Number pages consecutively, beginning with the title page. The language should be British English or American English.

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1. Type of manuscript (Original/Review/Case etc)
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The second page should carry the full title of the manuscript and an abstract (no more than the number of words already specified). For abstract we follow an a structured abstract format that should not exceed 250 words. The abstract must be under the headings Introduction, Methodology, Results and Conclusions. Below the abstract should provide 3 to 6 key words.

Text of the article

State the purpose of the article and summarize the rationale for the study or observation in Introduction. For case reports give incidence of similar cases in past. Describe the selection of the observational or experimental subjects clearly in Patients and Methods section. Identify the age, sex, and other important characteristics of the subjects. Identify the methods, apparatus (give the manufacturer's name and address in parentheses), and procedures in sufficient detail. Give references to established methods, describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used, including generic name(s), dose(s), and route(s) of administration.

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Emphasize the new and important aspects of the study and the conclusions that follow from them along with implications of the findings and their limitations in the Discussion section.

References

References should be numbered consecutively in the order in which they are first mentioned in the text. Identify references in text, tables, and legends by Arabic numerals in square bracket ([]). References cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure. The titles of journals should be abbreviated according to the style used in Index Medicus. Avoid using abstracts, unpublished observations, and personal communication as references. Please refer http://www.icmje.org for other types of references such as electronic media, newspaper items, etc.

1. Standard journal article: Seshadri L, George SS, Vasudevan B, Krishna S. Cervical intraepithelial neoplasia and human papilloma virus infection in renal transplant recipients. Indian J Cancer 2001;38:92-5.
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3. Personal author(s): Ringsven MK, Bond D. Gerontology and leadership skills for nurses. 2nd ed. Albany (NY): Delmar Publishers; 1996.
4. Chapter in a book: Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. pp 465-78.

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