

AUTHOR GUIDELINES

Bali Medical and Wellness Journal

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The BMW journal only accepts submissions that align with its profile, have not been submitted elsewhere for publication, and where the author(s) retain all copyrights for the submitted manuscript. The author(s) assume full responsibility for the originality and scientific and formal accuracy of the work. Redundant publication or inappropriate segmentation of study results into multiple articles (salami slicing) may lead to rejection, a request to consolidate submitted manuscripts, or corrections to published articles. The journal does not endorse duplicate publication - submitting identical studies to two journals or publishing virtually identical studies in two journals. BMWJ does not accept articles previously shared as preprints.

A. Submission Preparation Checklist

During submission, authors must ensure:

- The work is unpublished and not under review elsewhere.
- All files are in English and in OpenOffice, Microsoft Word, RTF, or WordPerfect format.
- References include URLs/DOI where possible.
- The submission includes separate files for the main text and title page, both in .doc or .docx format. The main text should not contain any author information.
- The main text follows the specified layout: one-column, 1.5 spacing, A4 size with 2.54 cm margins, Arial font, size 11.
- Illustrations, figures, and tables are placed after the references.
- The maximum number of tables and figures for a single manuscript is six.
- The manuscript must be accompanied by a covering letter to the Editor-in-Chief.
- Manuscript has included at least 30 references (from peer-reviewed published articles) of the last 10 years that are relevant.

B. Author Guidelines

Manuscript preparation

During the submission process, authors must ensure their work complies with all guidelines. Non-compliant submissions may be sent back. Submissions are only accepted through the Journal's website: <http://bmw-journal.com>. Please be aware that submitting your work

means it hasn't been published or submitted elsewhere, except as a brief abstract for a scientific event.

Parts of the Manuscript

The manuscript should be submitted in separate files: Title Page; Cover Letter; and Main Text file including Tables & Figures.

1) Title page

The title page should contain:

- Title of the paper. The title should not contain abbreviations;
- All authors' full names (please put the last names in bold);
- All authors' institutional affiliations;
- Email addresses of all authors;
- Corresponding author's contact address, email address and telephone number;
- Acknowledgments;
- Conflict of Interest Statement;
- Funding Statement

2) Main text

Main text file should contain:

- Title
- Structured abstract (Background, Aim, Methods, Results, Conclusion) with 200-250 words (for original article, case report, and review)
- Keywords (4 – 5 key words)
- Body of the text of the article according to the provided structure (Introduction, Methods, Results, Discussion, Conclusion) (4000-6000 words)
- References
- Tables and/or images are inserted after the references

3) Manuscript format and structure

Authors bear the responsibility for the novelty, factual correctness, and formal appropriateness of their work. The text should be prepared in Arial font of size 11, with a regular style and 1.5

line spacing. The pages should be numbered. The use of bold or italicized text should be minimized as much as possible.

Tables and figures

The maximum number of tables and figures for a single manuscript is six. All tables and figures must be contained in the same file as the main text, numbered and titled. Each table and figure must be referred to in the manuscript text. Tables must be in MS Word format and placed at the end of the manuscript (below the References section). The font sizes are 10 for text in tables, 11 for table titles and 8 (italics) for legends below tables. Data in tables must be consistent with the text. A table must not exceed one page. *See an example of table format.*

Abbreviations

Abbreviations are to be used as little as possible. When used the first time, they must be completely written out.

Statistical data

Statistical data must be described using formatting (symbols, abbreviations) according to examples.

References

References should be prepared according to the Publication manual of the American Psychological Association (7th edition). The document must contain accurate and complete bibliographic references for all quotations used. APA Style uses author-date citation system. The reference in the text must include the author's last name and year of publication (Yady, 2019; George & Alley, 2022, p. 98).

References from journal articles should include a DOI. It's recommended that 80% of references come from the journal or primary sources. **All references cited must be included in in-text citations and managed using Mendeley or EndNote.**

For more information about APA referencing style, please refer to the [APA](#).

4) Manuscript type accepted

Original articles – empirical study

The submission can include various types of studies such as randomized controlled trials, intervention studies, diagnostic tests studies, outcome studies, cost-effectiveness analyses, observational studies, qualitative studies, and mixed methods.

The manuscript should start with a structured abstract of no more than 250 words, with the following subheadings: title, background, aim, methods, results, and conclusion. This should be followed by 4-5 keywords from the Medical Subject Heading (MeSH) list of Index Medicus. The abstract should accurately reflect the article's content without references or abbreviations.

The main text of original articles should not exceed 6000 words (excluding Abstract, References, and Tables), and should include up to four figures and/or tables, and up to 45 references.

The text should be organized into sections: Title, Introduction, Methods (*Study Design, Participants, Measures, Data Collection, Data Analysis, Ethical Consideration*), Results, Discussion, Conclusion, Acknowledgment, Conflict of Interest, References, Tables, and Figures.

Review Articles

We invite review articles on medical and wellness research. Experts should write narrative reviews, providing balanced insights on the topic, including any contentious issues. Reviews should have an abstract (max 250 words), main text (up to 5000 words, excluding abstract, tables, figures, and references), and up to 6 tables/figures. We prefer systematic reviews and meta-analyses, adhering to PRISMA and MOOSE guidelines respectively. The main text should include: Introduction, Methods, Results, Discussion, Conclusion, and Clinical Practice Relevance.

Short Communications

Short communications are concise research reports with new findings, capped at 2500 words from introduction to references. They include an unstructured Abstract, main body (Introduction, Methods, Results, Discussion, Conclusion), Acknowledgement, References, Tables, and Figures.

Case Reports

We only accept case reports of exceptional interest to our readers. Each case report should include structured Abstract, Introduction, Case Description, Discussion, Conclusion, Acknowledgement, and References. The total word count must not exceed 2500 words, with a maximum of 20 references, and a sensible number of tables and/or figures.

Letters to the Editor

Letters to the Editor have a flexible format and may be published on occasion, where comments on a paper published in BMWJ or an important issue in the field are of broad interest to the readership.

Commentaries

Commentaries are brief (~2500 words) articles on current issues relevant to the journal. They are typically commissioned, but unsolicited submissions are occasionally considered and peer-reviewed. They are not mini-reviews and can be either editorials based on relevant literature aiming to advance the field, or discussions on a recently or soon-to-be published study, focusing on specific issues and providing context. They can include up to 20 references and a couple of tables/figures. Abstracts are not required.

5) Research Reporting Guidelines

We highly recommend that authors adhere to the reporting standards applicable to their submissions. The following table outlines the guidelines for various types of studies.

Study type	Name	Source
Systematic reviews	PRISMA	https://www.equator-network.org/reporting-guidelines/prisma/
Scoping/literature reviews	PRISMA ScR	https://www.equator-network.org/reporting-guidelines/prisma-scr/
Randomized controlled trials	CONSORT	https://www.equator-network.org/reporting-guidelines/consort/
Nonrandomized trials	TREND	https://www.equator-network.org/reporting-guidelines/improving-the-reporting-quality-of-nonrandomized-evaluations-of-behavioral-and-public-health-interventions-the-trend-statement/
Observational studies – combined Observational studies – cohort study	STROBE	https://www.equator-network.org/reporting-guidelines/strobe/

Observational studies – case-control study Observational studies – cross-sectional study		
Qualitative studies	SRQR	https://www.equator-network.org/reporting-guidelines/srqr/
Qualitative studies – interview, focus group	COREQ	https://www.equator-network.org/reporting-guidelines/coreq/
Quality improvement studies	SQUIRE	https://www.equator-network.org/reporting-guidelines/squire/
Interventions studies	TIDieR	https://www.equator-network.org/reporting-guidelines/tidier/
Describing and evaluating training interventions in healthcare professions	CRe-DEPTH	https://www.equator-network.org/reporting-guidelines/criteria-for-describing-and-evaluating-training-interventions-in-healthcare-professions-cre-depth/
Case reports	CARE	https://www.equator-network.org/reporting-guidelines/care/

6) Cover Letter

The manuscript should be submitted with a covering letter addressed to the Editor-in-Chief. This letter should include the title of the work, the name(s) of the author(s), and a declaration that the work has not been published or submitted for publication elsewhere.

7) Conflicts of interest

Authors are required to recognize and disclose any financial sources and potential conflicts of interest, such as receiving funds or fees, or owning stocks and shares in an organization that may gain or lose financially from the publication of their paper. Acknowledging a conflict of interest will not result in an automatic rejection of the paper, but it is important for us to be informed about it. **Please mention any conflicts of interest in the cover letter.**

8) Copyright Notice

When authors choose to publish with the Bali Medical and Wellness Journal (BMWJ), they agree to:

- Retain copyright but grant Bali Medical and Wellness Journal (BMWJ) the first publication rights. The work is licensed under a Creative Commons Attribution-ShareAlike 4.0

International (CC BY-SA 4.0) license, permitting others to share and adapt the work, even for commercial purposes.

- Share their work online (e.g., on repositories, websites, or social media) before and during submission, fostering productive discussions and potentially increasing citations of the published work.

9) Privacy Statement

The names and email addresses provided on this journal site will be utilized solely for the journal's stated purposes and will not be disclosed for any other reason or to any other entity.

Manuscript/Main text – example:

Effect on Symptom Management Education Receiving Patients of Chemotherapy

Abstract

Key words:

Text of the article (according to the provided structure)

Title page – example:

Effect on Symptom Management Education Receiving Patients of Chemotherapy

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Email addresses of all authors

Corresponding author's contact address, email address and telephone number

Ethical aspects and Conflict of interest Statement

Acknowledgements

ORCID

Table – example (source CEJNM):

Table 1 The relationship between sociodemographic variables and sexual assertiveness score [font size 11; font size in table 10]

		all participants n = 93	Assertiveness		p- value *
			nonassertive n = 47	assertive n = 46	
		mean (SD)			
Age^a (years)		34.29 (5.91)	35.53 (5.56)	33.02 (6.05)	0.04 ^b
BMI (kg/m ²)		24.91 (5.83)	25.39 (7.29)	24.42 (3.83)	0.42 ^b
Cigarettes smoked per day		8.56 (5.89)	10.80 (5.93)	5.75 (5.18)	0.22 ^b
		median (Q25-Q75)			
Number of hookah sessions per week		1 (1.00–2.00)	1 (1.00–2.00)	1.50 (1.00–2.75)	0.61 ^c
Marital status		n (%)	n (%)	n (%)	
	married	64 (68.8)	32 (68.1)	32 (69.6)	0.87 ^d
	other	29 (31.2)	15 (31.9)	14 (30.4)	
Education					
	lower than diploma	47 (50.5)	29 (61.7)	18 (39.1)	0.03 ^d
	diploma or higher education	46 (49.5)	18 (38.3)	28 (60.9)	
Occupation					
	housewife	75 (80.6)	37 (78.7)	38 (82.6)	0.63 ^d
	other	18 (19.4)	10 (21.3)	8 (17.4)	
Economic status					
	satisfactory	56 (60.2)	26 (55.3)	30 (65.2)	0.33 ^d
	unsatisfactory	37 (39.8)	21 (44.7)	16 (34.8)	
Cigarette smoking					
	yes	9 (9.7)	5 (10.60)	4 (8.7)	> 0.99 ^e
	no	84 (90.3)	42 (89.40)	42 (91.3)	
Hookah smoking					
	yes	15 (16.1)	7 (14.9)	8 (17.4)	0.74 ^d
	no	78 (83.9)	40 (85.1)	38 (82.6)	

*p < 0.05; ^awomen between 18 and 45 years; ^bIndependent samples t-test; ^cMann-Whitney U test; ^dChi-square test; ^eFisher's exact test; BMI – Body Mass Index [font size 8]

Statistical data – example:

n = 244

SD = 2.9

mean = 6.23

r = 0.88

adjusted R² = 0.011 (variance)

p ≤ 0.001

p = 0.005

χ² = 12.71

p-value is 0.048 min. =

max. = median =

mean age was 74.4 years (SD = 14.2; range 31–92) mean score was 14.07 (95% CI 0.2–0.75)

score of 25 (OR = 1.87; 95% CI = 1.07–3.27; p < 0.001)

Figure – example:

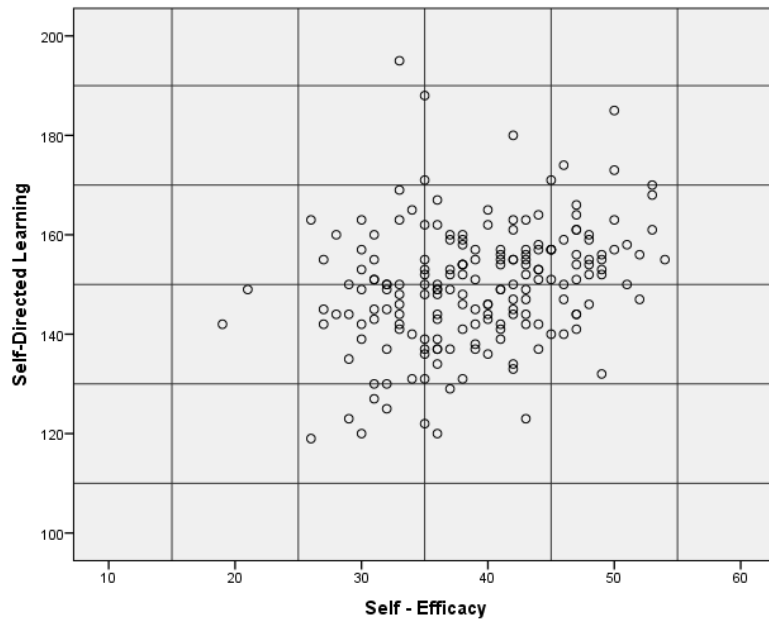


Figure 1 Correlation between self-directed learning and self-efficacy in nursing student [font size 11]