International Journal of Nursing Sciences (IJNSS, ISSN: 2352-0132, print ISSN: 2096-6296, CN: 10-1444/R) is the official peer-reviewed research journal of the Chinese Nursing Association. This journal aims to promote excellence in nursing and health care through the dissemination of the latest, evidence-based, peer-reviewed clinical information and original research, providing an international platform for exchanging knowledge, research findings and nursing practice experience. This journal covers a wide range of nursing topics such as advanced nursing practice, bio-psychosocial issues related to health, cultural perspectives, lifestyle change as a component of health promotion, chronic disease, including end-of-life care, family care giving. IJNSS publishes four issues per year in Jan/Apr/Jul/Oct. The intended readership includes practicing nurses in all spheres and at all levels who are committed to advancing practice and professional development on the basis of new knowledge and evidence; managers and senior members of the nursing; nurse educators and nursing students etc. IJNSS seeks to enrich insight into clinical need and the implications for nursing intervention and models of service delivery. Contributions are welcomed from other health professions on issues that have a direct impact on nursing practice.

Authors are also welcome to submit to IJNSS’s open access companion title, International Journal of Nursing Studies Advances, which welcomes excellent original research, reviews and discussion relevant to nursing, midwifery and other health related professions around the globe.

ABSTRACTING AND INDEXING

Chinese Science Citation Database
Directory of Open Access Journals (DOAJ)
Scopus
Embase
Web of Science
PubMed Central

EDITORIAL BOARD

Honorary Editor-in-Chief
Xiuhua Li, Chinese Nurse Association, Beijing, China
Hiroko Minami, The International Council of Nurses, Geneva, Switzerland
Rosemary Bryant, The International Council of Nurses

Editor-in-Chief
Huaping Liu, Chinese Academy of Medical Sciences & Peking Union Medical College Nursing College, Beijing, China

Associate Editor
Patricia Davidson, Johns Hopkins University School of Nursing, Baltimore, Maryland, United States
Hong Li, Fujian Medical University School of Nursing, Fuzhou, China
Xiaohan Li, China Medical University School of Nursing, Shenyang, China
Xiaomei Li, Xi’an Jiaotong University Department of Nursing, Xian, China
Gwen Sherwood, University of North Carolina at Chapel Hill School of Nursing, Chapel Hill, North Carolina, United States
Ying Wu, Capital Medical University School of Nursing, Beijing, China

Editorial Board Members
David Arthur, Aga Khan University School of Nursing and Midwifery Pakistan, Karachi, Pakistan
Debra Bakerjian, University of California Davis Betty Irene Moore School of Nursing, Sacramento, California, United States
Mary G Carey, University of Rochester, Rochester, New York, United States
Sally Wai Chi Chan, The University of Newcastle - Newcastle City Campus, Newcastle, Australia
Honglin Chen, Nantong University, School of Nursing, Nantong, China
Xiaomei S. Cong, University of Connecticut School of Nursing, Storrs, Connecticut, United States
Tracy Cowden, Health Professions Strategy and Practice, Edmonton, Canada
Mary Cruickshank, University of Canterbury Faculty of Health, Canterbury, Australia
Mei R. Fu, New York University, New York, United States
Sonya Grypma, Trinity Western University, Langley, British Columbia, Canada
Ken Qin Gu, Macau Polytechnic Institute School of Health Science, Macao, Macao
Li Gui, Second Military Medical University School of Nursing Department of Critical Care Nursing, Shanghai, China
Naohiro Hohash, Kobe University Graduate School of Health Sciences School of Medicine Faculty of Health Sciences Department of Nursing, Kobe, Japan
Karen Holland, Ohio State University College of Nursing, Columbus, Ohio, United States
Jie Hu, The Ohio State University College of Nursing, Columbus, Ohio, United States
Wipada Kunaviktikul, Chiang Mai University Faculty of Nursing, Chiang Mai, Thailand
Shih-Yu Lee, University of Texas at Tyler, Georgia State University, Alpharetta, United States
Liming Li, Henan Provincial People's Hospital, Nursing Department, Zhengzhou, China
Suling Li, Lewis University - College of Nursing and Health Professions, Romeoville, Illinois, United States
Frances Lin, Griffith University School of Nursing and Midwifery, Southport, Australia
Fuqin Liu, Texas Woman's University - College of Nursing, Denton, Texas, United States
Yilan Liu, Huazhong University of Science and Technology Tongji Medical College, Wuhan, China
Hong Lu, Peking University School of Nursing, Beijing, China
Yu Luo, Army Medical University School of Nursing, Chongqing, China
Weibo Lyu, Shanghai University of Traditional Chinese Medicine School of Nursing, Shanghai, China
Maura MacPhee, The University of British Columbia School of Nursing, Vancouver, British Columbia, Canada
Jing Mao, Huazhong University of Science and Technology Tongji Medical College, Wuhan, China
Yongzhen Mo, Jiangsu Geriatric Hospital, Department of Nursing, Nanjing, China
Alex Molasiotis, The Hong Kong Polytechnic University School of Nursing, Kowloon, Hong Kong
Dong Pang, Peking University School of Nursing, Beijing, China
Bing-Bing Qi, Villanova University College of Nursing, Villanova, United States
Bukola Salami, University of Alberta Faculty of Nursing, Edmonton, Alberta, Canada
Xiaoping Shen, Shanghai Sipo Polytechnic School of Health Science & Nursing, Shanghai, China
Chongqing Shi, Medical College of Wuhan University of Science and Technology Department of Nursing, Wuhan, China
Tieying Shi, First Affiliated Hospital of Dalian Medical University, Dalian, China
Yajai Sitthimongkol, Mahidol University Faculty of Nursing, Bangkok, Thailand
Judith A Spiers, University of Alberta Faculty of Nursing, Edmonton, Alberta, Canada
Whel Ming Su, Purdue University Northwest North Central Campus, Westville, Indiana, United States
Hongyang Wang, Central South University Xiangya School of Nursing, Changsha, China
Hongli Wang, Chinese Nursing Journals Publishing House Co Ltd, Beijing, China
Kefang Wang, Shandong University School of Nursing, Jinan, China
Wenru Wang, National University of Singapore, Singapore, Singapore
Yan Wang, Tianjin Medical University First Clinical College, Tianjin, China
Thomas KS Wong, Tung Wah College, Hong Kong, Hong Kong
Bei Wu, New York University Rory Meyers College of Nursing, New York, New York, United States
Huimin Xiao, Fujian Medical University School of Nursing, Fuzhou, China
Ri-Hua Xie, Southern Medical University Affiliated Nanhai Hospital, Guangzhou, China

AUTHOR INFORMATION PACK 13 Jun 2020
Chaoyan Xu, Sun Yat-sen University First Affiliated Hospital Department of Endocrinology, Guangzhou, Guangdong, China
Gui-Hua Xu, Nanjing University of Chinese Medicine, Nanjing, China
Changrong Yuan, Fudan University School of Nursing, Shanghai, China
Min Zhang, Beihua University, Nursing College, Jilin, China
Yue Zhao, Tianjin Medical University, Tianjin, China
Xianlan Zheng, Chongqing Medical University Affiliated Children's Hospital, Chongqing, China
GUIDE FOR AUTHORS

INTRODUCTION

*International Journal of Nursing Sciences* (IJNSS, Print ISSN 2096-6296, and Online ISSN 2352-0132, CN:10-1444/R) is the official peer-reviewed research journal of Chinese Nursing Association. This journal aims to promote excellence in nursing and health care through the dissemination of the latest, evidence-based, peer-reviewed clinical information and original research, providing an international platform for exchanging knowledge, research findings and nursing practice experience. IJNSS publishes four issues per year in Jan/Apr/Jul/Oct. IJNSS intended readership includes practicing nurses in all spheres and at all levels who are committed to advancing practice and professional development on the basis of new knowledge and evidence; managers and senior members of the nursing; nurse educators and nursing students etc. IJNSS seeks to enrich insight into clinical need and the implications for nursing intervention and models of service delivery. Contributions are welcomed from other health professions on issues that have a direct impact on nursing practice.

*Types of article*

The IJNSS publishes original research papers, reviews, discussion papers, editorial and letters to the editor.

BEFORE YOU BEGIN

*Reporting Guidelines*

The guidelines listed below should be followed where appropriate. Please use these guidelines to structure your article. Structured abstracts and flow diagrams should be uploaded with your submission; these will be published alongside the final version of your paper.

- CONSORT Statement (for reporting of randomized controlled trials: please use the appropriate extension to the CONSORT statement, including the extension for writing abstracts)
- TREND (for transparent reporting of evaluations with non-randomized designs)
- STROBE (for reporting of observational cohort, case control and cross sectional studies)
- PRISMA (for reporting of systematic reviews)
- MOOSE (for reporting of meta-analyses of observational studies)
- COREQ (for reporting of qualitative studies)
- CHEERS (for reporting of health economic evaluations)
- SQUIRE (for reporting of Quality improvement studies)
- AGREE (for reporting of Clinical practice guidelines)
- The Equator Network (http://www.equator-network.org/resource-centre/library-of-health-research-reporting/library/) provides a comprehensive list of reporting guidelines.

*Ethical Approval*

All studies must be conducted to a high ethical standard and must adhere to local regulations and standards for gaining scrutiny and approval.

The work described in your article must have been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for experiments involving humans http://www.wma.net/en/30publications/10policies/b3/; EC Directive 86/609/EEC for animal experiments http://ec.europa.eu/environment/chemicals/lab_animals/legislation_en.htm. This must be stated at an appropriate point in the article.

For information on Ethics in Publishing and Ethical guidelines for journal publication see https://www.elsevier.com/authorethics.

*Informed consent and patient details*

Studies on patients or volunteers require ethics committee approval and 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. Only if specifically requested by the journal in exceptional circumstances (for example if a legal issue arises) the author must provide copies of the consents or evidence that such consents have been obtained. For more information, please review the Elsevier Policy on the Use of Images or Personal Information of Patients or other Individuals. Unless you have 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. [https://www.elsevier.com/authors/journal-authors/policies-and-ethics](https://www.elsevier.com/authors/journal-authors/policies-and-ethics)

**Conflict of Interest**

All authors are requested to disclose any actual or potential conflict of interest including any financial, personal or other relationships with other people or organizations within three years of beginning the submitted work that could inappropriately influence, or be perceived to influence, their work. See also [https://www.elsevier.com/conflictsofinterest](https://www.elsevier.com/conflictsofinterest). Further information and an example of a Conflict of Interest form can be found at: [http://service.elsevier.com/app/answers/detail/a_id/286/supporthub/publishing](http://service.elsevier.com/app/answers/detail/a_id/286/supporthub/publishing).

The IJNSS use the ICMJE Form for Disclosure of Potential Conflicts of Interest to generate a disclosure statement for your manuscript. See also [http://www.icmje.org/conflicts-of-interest/](http://www.icmje.org/conflicts-of-interest/)

**Trial or other study registration**

We encourage the prospective registration of studies. Where a study has been registered please give the number in the registration number within the title, abstract or body of the paper as appropriate.

**Submission declaration and verification**

Submission of an article implies that the work described has not been published previously (except in the form of an abstract or as part of a published lecture or academic thesis or as an electronic preprint, see 'Multiple, redundant or concurrent publication' section of our ethics policy for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service CrossCheck.

**Contributors and Acknowledgements**

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.

In the covering letter to the editorial office, we ask that roles for each and every author be individually described, with reference to the criteria for authorship. You must make a true statement that all authors have approved the final article and acknowledge that all those entitled to authorship are listed as authors.

Those who meet some but not all of the criteria for authors can be identified as 'contributors' at the end of the manuscript with their contribution specified. All those individuals who provided help during the research (e.g., collecting data, providing language help, writing assistance or proofreading the article, etc.) that do not meet criteria for authorship should be acknowledged in the paper.

**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.

**Copyright**

Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (for more information on this and copyright, see [https://www.elsevier.com/about/company-information/policies/copyright](https://www.elsevier.com/about/company-information/policies/copyright)). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.
If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. For open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' (for more information see https://www.elsevier.com/OAauthoragreement). Permitted third party reuse of open access articles is determined by the author's choice of user license (see https://www.elsevier.com/openaccesslicenses).

**Author rights**
As an author you (or your employer or institution) have certain rights to reuse your work. For more information see https://www.elsevier.com/about/company-information/policies/copyright.

**Elsevier supports responsible sharing**
Find out how you can share your research published in Elsevier journals on https://www.elsevier.com/authors/journal-authors/submit-your-paper/sharing-and-promoting-your-article

**Role of the funding source**
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

If you received no external funding (i.e. other than your main employer) please state 'no external funding'.

**Funding body agreements and policies**
Elsevier has established a number of agreements with funding bodies which allow authors to comply with their funder's open access policies. Some funding bodies will reimburse the author for the Open Access Publication Fee. Details of existing agreements are available online.

After acceptance, open access papers will be published under a noncommercial license. For authors requiring a commercial CC BY license, you can apply after your manuscript is accepted for publication.

**Open access**
Every peer-reviewed research article appearing in this journal will be published open access. This means that the article is universally and freely accessible via the internet in perpetuity, in an easily readable format immediately after publication. To provide open access, an article processing charge (APC) of 1000 USD (excluding taxes) needs to be paid by the authors or on their behalf e.g. by their research funder or institution. This applies to accepted manuscript that submitted after July 1, 2019.

A CC user license manages the reuse of the article (see https://www.elsevier.com/openaccesslicenses). All articles will be published under the following license:

**Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND)**
For non-commercial purposes, lets others distribute and copy the article, and to include in a collective work (such as an anthology), as long as they credit the author(s) and provided they do not alter or modify the article.

**Elsevier Publishing Campus**
The Elsevier Publishing Campus (www.publishingcampus.com) is an online platform offering free lectures, interactive training and professional advice to support you in publishing your research. The College of Skills training offers modules on how to prepare, write and structure your article and explains how editors will look at your paper when it is submitted for publication. Use these resources, and more, to ensure that your submission will be the best that you can make it.

**Language (usage and editing services)**
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's WebShop.

**Submission**
Submission to this journal proceeds totally online. Use the following guidelines to prepare your article. Via the homepage of this https://www.editorialmanager.com/ijnss/default.aspx you will be guided stepwise through the creation and uploading of the various files. The system automatically converts source files to a single Adobe Acrobat PDF version of the article, which is used in the peer-review process.
Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

**Peer review**
This journal operates a double blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then 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. [More information on types of peer review.]
Authors may choose to submit the names and institutional e-mail addresses of three potential referees. Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

**Use of inclusive language**
Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Articles should make no assumptions about the beliefs or commitments of any reader, should contain nothing which might imply that one individual is superior to another on the grounds of race, sex, culture or any other characteristic, and should use inclusive language throughout. Authors should ensure that writing is free from bias, for instance by using 'he or she', 'his/her' instead of 'he' or 'his', and by making use of job titles that are free of stereotyping (e.g. 'chairperson' instead of 'chairman' and 'flight attendant' instead of 'stewardess').

**Author contributions**
For transparency, we encourage authors to submit an author statement file outlining their individual contributions to the paper using the relevant CRediT roles: Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Project administration; Resources; Software; Supervision; Validation; Visualization; Roles/Writing - original draft; Writing - review & editing. Authorship statements should be formatted with the names of authors first and CRediT role(s) following. [More details and an example]

**Open access**
Please visit our Open Access page for more information.

**PREPARATION**

**ALL SUBMISSIONS**
The following documents are needed for all submissions.

**Covering letter** - to the editor in which you detail authorship contributions and other matters you wish the editors to consider.

**Blinded manuscript** (no author details) - The main body of the paper (including the references, figures, tables and any Acknowledgements) should not include any identifying information, such as the authors' names or affiliations. Please ensure that the manuscript includes page numbers for ease of reference during the review process.

**Title page** (with author details) - This should include the title, authors' names and affiliations, and a complete address for the corresponding author including telephone and e-mail address.

**Article structure**

**Subdivision - numbered sections**
Divide your article into clearly defined and numbered sections. Subsections should be numbered 1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be given a brief heading. Each heading should appear on its own separate line.

**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 detail to allow the work to be reproduced. Methods already published should be indicated by a reference: only relevant modifications should be described.

**Results** Results should be clear and concise.

**Discussion**
This should explore the significance of the results of the work, not repeat them. Avoid extensive citations and discussion of published literature.
Conclusions
The main conclusions of the study may be presented in a short Conclusions section. Discussion section and conclusion is often appropriate.

Appendices
If there is more than one appendix, they should be identified as A, B, etc.

Essential Title Page Information
Title. Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations where possible.

Author names and affiliations. Where the family name may be ambiguous (e.g., a double name), please indicate this clearly. 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.

Corresponding author. Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. Ensure that phone numbers (with country and area code) are provided in addition to the e-mail address and the complete postal address. Contact details must be kept up to date by the corresponding author.

Present/permanent address. If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

Abstract
A concise and factual abstract is required. Abstracts should be less than 300 words. Abstracts of research papers must be structured. In general they should include the following: Objectives; Methods; Results; and Conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, References should be avoided. Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

Abstracts of review papers must be unstructured and should not use headings.

Keywords
Provide between four and eight key words in alphabetical order, which accurately identify the paper's subject, purpose, method and focus. Use the Medical Subject Headings (MeSH) thesaurus or Cumulative Index to Nursing and Allied Health (CINAHL) headings where possible (see http://www.nlm.nih.gov/mesh/meshhome.html)

Abbreviations
Define abbreviations at first mention in text and in each table and figure legend. For a list of standard abbreviations, consult the Council of Biology Editors Style Guide (available from the Council of Science Editors, 9650 Rockville Pike, Bethesda, MD 20814) or other standard sources.

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

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.

Tables and figures
There should be no more than five tables and figures in total and these should be included in the manuscript at the appropriate point. All tables and figures should be clearly labelled. If your manuscript includes more than five tables in total, or for very large tables, these can be submitted as Supplementary Data and will be included as such in the online version of your article.

Tables
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.

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.

Artwork

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.
A detailed guide on electronic artwork is available online.

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

Formats
If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format. Regardless of the application used other than Microsoft Office, when your electronic artwork is finalized, please 'Save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):
EPS (or PDF): Vector drawings, embed all used fonts.
TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.
TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
TIFF (or JPEG): Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of 500 dpi.
Please do not: Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors; Supply files that are too low in resolution; Submit graphics that are disproportionately large for the content.

Color artwork
Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article. Please indicate your preference for color: in print or online only. Further information on the preparation of electronic artwork.

Illustration services
Elsevier's WebShop offers Illustration Services to authors preparing to submit a manuscript but concerned about the quality of the images accompanying their article. Elsevier's expert illustrators can produce scientific, technical and medical-style images, as well as a full range of charts, tables and graphs. Image 'polishing' is also available, where our illustrators take your image(s) and improve them to a professional standard. Please visit the website to find out more.

Peer review
This journal operates a double blind 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. More information on types of peer review.

Double-blind review
This journal uses double-blind review, which means the identities of the authors are concealed from the reviewers, and vice versa. More information is available on our website. To facilitate this, please include the following separately:

Title page (with author details): This should include the title, authors' names, affiliations, acknowledgements and any Declaration of Interest statement, and a complete address for the corresponding author including an e-mail address.

Blinded manuscript (no author details): The main body of the paper (including the references, figures, tables and any acknowledgements) should not include any identifying information, such as the authors' names or affiliations.

References
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.

Web references
As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

References in a special issue
Please ensure that the words 'this issue' are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley and Zotero, as well as EndNote. Using the word processor plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide.

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link: http://open.mendeley.com/use-citation-style/international-journal-of-nursing-sciences When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Reference Style
Text: Indicate references by number(s) in square brackets in line with the text.
The actual authors can be referred to, but the reference number(s) must always be given.

List: Number the references (numbers in square brackets) in the list in the order in which they appear in the text.

Examples:
Reference to a journal publication:

Reference to a book:

Reference to a chapter in an edited book:

Note shortened form for last page number. e.g., 51-9, and that for more than 6 authors the first 6 should be listed followed by 'et al.' For further details you are referred to 'Uniform Requirements for Manuscripts submitted to Biomedical Journals' (J Am Med Assoc 1997;277:927-34) (see also http://www.nlm.nih.gov/bsd/uniform_requirements.html).

**Supplementary material**

Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

**Chinese Abstract**

A Chinese abstract is suggested to submit as a separated file (selecting supporting file as file type) if possible.

**Data visualization**

Include interactive data visualizations in your publication and let your readers interact and engage more closely with your research. Follow the instructions here to find out about available data visualization options and how to include them with your article.

**AFTER ACCEPTANCE**

**Online proof correction**

Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors. If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF. We will do everything possible to get your article published quickly and accurately. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. It is important to ensure that all corrections are sent back to us in one communication. Please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

**Offprints**

The corresponding author will be notified and receive a link to the published version of the open access article on ScienceDirect. This link is in the form of an article DOI link which can be shared via email and social networks. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Webshop. Authors requiring printed copies of multiple articles may use Elsevier Webshop's 'Create Your Own Book' service to collate multiple articles within a single cover.

**Author Inquiries**

Visit the Elsevier Support Center (http://service.elsevier.com/app/home/supporthub/publishing) to find the answers you need. You can also check the status of your submitted article or find out when your accepted article will be published online.

© Copyright 2018 Elsevier | https://www.elsevier.com