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The IJNS endorses the Equator Network (http://www.equator-network.org/) an international initiative that seeks to improve reliability and value of research literature in health care by promoting transparent and accurate reporting of studies. We ask our authors to make use of appropriate...
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1. Introduction

The International Journal of Nursing Studies (IJNS) provides a forum for original research and scholarship about health care delivery, organisation, management, workforce, policy and research methods relevant to nursing, midwifery and other health related professions. The IJNS aims to support evidence informed policy and practice by publishing research, systematic and other scholarly reviews, critical discussion, and commentary of the highest standard.

Papers should address issues of international interest and concern and present the study in the context of the existing international research base on the topic. Studies that focus on a single country should identify how the material presented might be relevant to a wider audience and how it contributes to the international knowledge base.

1.1 Types of papers and word limits

The IJNS publishes original research, reviews, and discussion papers. Full papers can be a maximum of 7000 words in length (excluding references and text in tables or figures), although shorter papers are preferred. In addition we publish shorter editorials and letters, which comment on current or recent journal content.

1.1.1 Research Papers — 2,000–7,000 words

IJNS publishes original research that matches the aims and scope of the journal. Research papers should adhere to recognised standards for reporting (see guidance below and the Author Checklist). Instrument development or validation papers are only considered if accompanied by a copy of the full instrument, included as a supplementary file at submission stage so it can be published as an appendix online if accepted.

1.1.2 Reviews and Discussion Papers — 2,000–7,000 words

We publish systematic reviews (addressing focused research questions) and broader literature reviews (such as scoping reviews). We also publish discussion papers, which are scholarly articles of a debating or discursive nature. In all cases, there must be engagement with and critical analysis of a substantive body of research or other scholarship. Systematic reviews should adhere to recognised standards for reporting (see guidance below and the Author Checklist).

1.1.3 Letters to the editor — up to 1000 words

Designed to stimulate academic debate and discussion, the Editor invites readers to submit letters that refer to and comment on recent content in the journal, introduce new comment and discussion of clear and direct relevance to the journal’s aim and scope or briefly report data or research findings that may not warrant a full paper. Letters are restricted to a maximum of 10 references, from up to 5 authors.

1.1.4 Editorials — 1,000–2,000 words

Authors who have ideas for editorials which address issues of substantive concern to the discipline, particularly those of a controversial nature or linked directly to current/forthcoming content in the journal, should contact the Editor in Chief (ijns@kcl.ac.uk).

1.2 General guidance and preferred article types

Selection of papers for publication is based on their scientific excellence, distinctive contribution to knowledge (including methodological development) and their importance to contemporary nursing, midwifery or related professions. We strongly recommend prospective authors to consult our editorial on common reasons papers are rejected, which outlines avoidable pitfalls as well as the types of articles we prefer https://doi.org/10.1016/j.ijnurstu.2016.03.017.

We are unlikely to publish studies of new instruments unless the instrument is useful for directly guiding clinical practice (e.g. diagnostic/ screening instruments) and there is validation against a robust criterion. Preliminary instrument development studies indicating the need for further development, translations from one language to another and other pilot studies are unlikely to be accepted. We do not publish studies undertaken on animals.

1.3 Submission system

Submission to this journal is online at https://ees.elsevier.com/ijns/.
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2. Before You Begin

2.1 Ethics in publishing

The IJNS is a supporter of the Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals, issued by the International Committee for Medical Journal Editors (ICMJE), and to the Committee on Publication Ethics (COPE) code of conduct for editors. Our guidelines should be read in conjunction with this broader guidance. The ICMJE requirements can be found at http://www.icmje.org/ and the COPE's guidelines at http://publicationethics.org.

The work to be described in your article must have been carried out in accordance with The Code of Ethics of the World Medical Association for experiments involving humans (Declaration of Helsinki) and research on health databases (Declaration of Taipei) https://www.wma.net/what-we-do/medical-ethics/. Further information on Ethics in Publishing and Ethical guidelines for journal publication can be found at: https://www.elsevier.com/authors/journal-authors/policies-and-ethics

2.2 Reporting guidelines

The editors require that manuscripts adhere to recognized reporting guidelines relevant to the research design used and require authors to submit a checklist verifying that essential elements have been reported for all primary research and systematic reviews. We suggest that you consult the guidelines at an early stage of preparing your manuscript. You can search for the correct guideline for your study using the tools provided by the EQUATOR network: http://www.equator-network.org/

The guideline used must be indicated in the journal's Author Checklist, which is to be submitted with every paper.

2.3 Study Registration

We encourage the prospective registration of studies and require it for clinical trials (as defined by the International Committee of Medical Journal Editors). Registration should occur by the time of patient enrolment. Where a study has been registered, please give the registration number within at the end of the abstract and in the body of the paper. Authors seeking to publish a prospective intervention study (other than clinical trials) that has not been registered in advance are encouraged to register at the earliest opportunity before submitting for publication.

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Informed consent must be sought from participants who are able to give it and this should be documented in the paper. Where informed consent is not obtained, consistent with recognised ethical principles and local legal frameworks this must also be documented in your paper. Ethical approval must be stated at an appropriate point in the article. The approving body and approval number should be identified in the manuscript. If the study was exempt from such approval the basis of such exemption and the regulatory framework must be described.

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2.10 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. It is important that all authors agree this. 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 will require 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 change. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

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All authors must disclose any financial and personal relationships with other people or organizations that could influence their work. Potential conflicts of interest do not necessarily preclude publication and authors are advised to err on the side of transparency and openness in declaring any relevant relationships. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Details must be included at the end of your manuscript and in a file that must be uploaded on submission. We recommend you use the ICMJE standard form to help you prepare this declaration. If there are no conflicts of interest then please state this: 'Conflicts of interest: none'. See also https://www.elsevier.com/conflictsofinterest.

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3.1. Documents required for submission (overview).

**Author Checklist** - a brief checklist to ensure that you have provided all essential information. The Author Checklist is available as a word file.

**Declaration of interests statement** - detailing any actual or potential competing interests that could have appeared to influence the work reported in this paper. Please complete and upload the Declaration of Interest template is available as a word file.

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**Covering letter** - to the Editor (optional) in which you address any matters you may wish the editors to consider (for example requests for exceptions to policy or the relationship of this work to other studies, elaboration on potential conflicts of interest).

Additionally, the following are required for all full papers (excluding letters and editorials)

**Reporting guideline checklist** - Additional reporting guidelines checklist for the relevant research design. For discussion papers and non-systematic reviews, where no checklist applies, upload a file with 'reporting guideline not applicable'

3.2. Title page

The title page should include the following. It will not be seen by reviewers. **Title.** The title should be concise and informative. The journal requires titles for research and review papers to be in the format Topic (or question): method (e.g. Nurse staffing in intensive care units: a systematic review). The country in which the study was conducted should not normally be named in the title unless it is an essential element (for example a national survey). **Author names.** Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. You can add your name between parentheses in your own script behind the English transliteration.

**Affiliations.** Give 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 the e-mail address of each author. **Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication. This responsibility includes answering queries about the research that may arise after publication. **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. Use superscript Arabic numerals for such footnotes.

3.3. Blinded manuscript

It is the authors' responsibility to ensure that the manuscript file contains no details that readily identify them to prospective reviewers. However, we recognise that on occasion essential information or the nature of the work itself may make it impossible to guarantee anonymity to authors. Authors may exercise discretion in relation to redacting details of prior research.

Authors who reveal their identity in the manuscript will be deemed to have declined anonymity and the review will be single blind (i.e. authors do not know reviewers' identities).
You can choose to submit your manuscript as a single file to be used in the refereeing process. It should contain high enough quality figures for refereeing. If you prefer to do so, you may still provide all or some of the source files for tables and figures at the initial submission. Please note that individual figure files larger than 10 MB must be uploaded separately.

The blinded manuscript must include the following essential elements (except as noted above):

3.3.1. Abstract

All submissions (except letters and editorials) should include an abstract of 400 words or less.

In general, the following detail is required: Background, Objectives, Design, Settings (including geographical location if important), Participants; Methods; Results; and Conclusions, which should relate to study aims and hypotheses. Abstracts for Discussion Papers should provide a concise summary of the line of argument pursued and conclusions.

When reporting quantitative results in the abstract report parameter estimates and confidence intervals in preference to p-values (e.g. "risk of death was reduced [Odds ratio 0.9, 95% confidence interval 0.87-0.92"] rather than "risk of death was significantly reduced [p=0.001]")

Study registration details (e.g, ISRCTN number) should be included at the end of the abstract.

Abstracts should not include references or abbreviations other than standard system international (SI) units. Abstracts of research papers must be structured and should adopt the headings suggested by the relevant reporting guidelines.

3.3.2. Tweetable abstract

Optionally authors may add a `tweetable abstract? to the end of the abstract as a final section. The tweetable abstract should be 140 characters or fewer (to allow people using it to add additional hashtags, links to the article and other twitter handles). Tweetable abstracts should provide the main conclusions or the key message of a paper in a way that is easily understood.

3.3.3. Contribution of the Paper

All submissions (with the exception of Letters and Editorials) should include "Contribution of the Paper" statements comprising a series of short single sentence bullet points under the headings "What is already known about the topic?" (2 or 3 bullets) and "What this paper adds" (2 or 3 bullets). The statements should be placed in the manuscript file between the Abstract and the main body of text, as well as supplied as a separate standalone file at submission.

'What is already known' should identify existing research knowledge relating to the specific research question / topic, rather than general background detail.

'What the paper adds' should summarise new knowledge (outcomes) as opposed to offering process statements of what the paper does. eg. "This review demonstrates that nurse-led intermediate care reduces hospital stay but increases total inpatient stay" (outcome) NOT "This review considers the impact of nurse-led intermediate care on acute stay and total inpatient stay" (process).

3.3.4. Keywords

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

3.3.5. Main manuscript text

Structure: For most papers the basic structure: Abstract, Introduction, Methods, Results, Discussion should be used. Authors should consult the relevant reporting guidelines for their methods and complete the relevant checklist to ensure essential detail is included (see our Author Checklist and the equator Network: http://www.equator-network.org/)
As part of the discussion, authors should describe limitations of the work. A sub-heading before the final conclusions is recommended.

**Word limits:** Full papers up to 7000 words (excluding tables, figures, and references, editorials up to 2000 words and letters up to 1000 words. Shorter papers are preferred

**Tables and figures:** Up to 5 in total. The corresponding caption should be placed directly below the figure or table. Additional tables / figures (including large tables) can be included as supplementary material.

**Ethical approval and informed consent:** details must be given in the methods as specified above

**Abbreviations:** No abbreviations should be used other than as specified below in our general notes on style.

3.3.6. **References**

There are no strict requirements on reference formatting at submission. References can be in any style or format as long as the style is consistent and references are complete and accurate. Where applicable, author(s) name(s), journal title/book title, chapter title/article title, year of publication, volume number/book chapter and the article number or pagination must be present.

Use of DOI is highly encouraged. The reference style used by the journal will be applied to the accepted article by Elsevier at the proof stage.

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If you provided low-resolution artwork for review, you should also add files suitable for publication at this stage (see below):

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Articles should make no assumptions about the beliefs or commitments of any reader, should contain nothing that might imply that one individual is superior to another on the grounds of ethnic background, sex, culture or any other characteristic, and should use inclusive language throughout. We ask authors to consider that the term 'race' is closely associated with ideologies of scientific racism and has no clearly defined scientific meaning.

We recognise that the recipients of healthcare are firstly people. In many cases, it is not appropriate to refer to them as "patients". For example, "people with diabetes" is preferable to "diabetes patients" although recipients of health care in general might be referred to as patients in some circumstances. Never refer to people as 'sufferers' or 'victims' of a condition.

Authors should ensure that writing is free from gender bias, for instance by using 'he or she', 'his/her' instead of 'she' or 'her', and by making use of job titles that are gender neutral (e.g. 'chairperson' instead of 'chairman' and 'flight attendant' instead of 'stewardess'). Nurse is a gender neutral term.

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The International Journal of Nursing Studies does not permit the use of abbreviations, acronyms and initialisms (abbreviations for brevity). We make a limited number of exceptions but we do not allow the use of any abbreviations that are not widely recognised.

The limited exceptions include cases where the abbreviated form has near universal recognition (e.g. USA), statistical terms and tests (e.g. df, t, ANOVA) and instruments and products that are generally identified by their initials or an abbreviation (e.g. SF36, SPSS). For additional guidance, see the editorial policy/style on abbreviations, initialisms and acronyms.

Any abbreviations which the authors intend to use in the body of your paper should be written out in full, followed by the letters in brackets the first time they appear. Thereafter only the letters should be used. Please note that SPSS is the full name of the product, not an abbreviation. Abbreviations used in tables need to be fully defined at the foot of each table where the abbreviation is used.

4.2. Tables

Please submit tables as editable text and not as images. Tables can be placed next to the relevant text in the article. 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 (maximum 5 tables and figures in the body text) and ensure that the data presented in them do not simply duplicate results described elsewhere in the article. Additional tables can be submitted as online supplemental material but these must be referred to in the text (supplemental material table X etc.). Please avoid using vertical rules. Abbreviations used in tables need to be fully defined at the foot of each table where the abbreviation is used.

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Do not use footnotes other than where abbreviations or other symbols have been used in a table, in which case the notes should be below the table, not the foot of the page.

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Standard methods of presenting statistical material should be used. Where methods used are not widely recognised explanation and full reference to widely accessible sources must be given. Identify the statistical package used (including version).

Wherever possible give both point estimates and 95% confidence intervals for all parameters estimated by the study (e.g. group differences, frequency of characteristics). Exact p values should be given to no more than three decimal places. Do not interpret non-significant results as evidence that there is no difference / relationship. Please refer to the journal's position paper on reporting statistical significance and p-values https://doi.org/10.1016/j.ijnurstu.2019.07.001

4.5. Citations and references

In text citations and reference lists will be reformatted to journal style if the article is accepted. The journal uses an author (date) citation style. Please ensure that every reference cited in the text is also present in the reference list (and vice versa). When copying references, please be careful as they may already contain errors. Use of the DOI is highly encouraged.

Unpublished results and personal communications are not to be included the reference list, but may be mentioned in the text. 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.

Data references. This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository,
version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

4.5.1. Use of reference management software

This journal has standard templates available in key reference management packages:

Mendeley Desktop:  http://open.mendeley.com/use-citation-style/international-journal-of-nursing-studies

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Using plug-ins to word processing packages, authors only need to select the appropriate journal template when preparing their article. The list of references and citations to these will be formatted according to the journal style.

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

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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."

4.7. Supplementary material

Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). 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.

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If accepted for publication, the any additional material to be made available online should include a reference to the International Journal of Nursing Studies paper and we ask that you add a preliminary reference to your article with "to be published in the International Journal of Nursing Studies" at the point of submission, updating later if needed.

4.8. Appendices

Normally there should be no appendices although in the case of papers reporting tool development or the use of novel questionnaires authors may include a copy of the tool as an appendix as an alternative to providing it as supplementary material if it is short.
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Regardless of the file format of the original submission, at revision you must provide us with an editable file of the entire article. Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. The electronic text should be prepared in a way very similar to that of conventional manuscripts (see also the Guide to Publishing with Elsevier). 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.

4.10 Artwork

4.10.1 General points
Make sure you use uniform lettering and sizing of your original artwork. Preferred fonts: Arial (or Helvetica), Times New Roman (or Times), Symbol, Courier. Number the illustrations according to their sequence in the text. Use a logical naming convention for your artwork files. Indicate per figure if it is a single, 1.5 or 2-column fitting image. For Word submissions only, you may still provide figures and their captions, and tables within a single file at the revision stage. Please note that individual figure files larger than 10 MB must be provided in separate source files.

Regardless of the application used, 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 the font or save the text as 'graphics'. TIFF (or JPG): Color or grayscale photographs (halftones): always use a minimum of 300 dpi. TIFF (or JPG): Bitmapped line drawings: use a minimum of 1000 dpi. TIFF (or JPG): Combinations bitmapped line/halftone (color or grayscale): a minimum of 500 dpi is required. A detailed guide on electronic artwork is available.

4.10.2 Figure captions
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4.10.3 Colour artwork

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