The *Journal of Acupuncture and Meridian Studies* is a bimonthly, peer-reviewed, open access journal featuring high-quality studies related to basic and clinical acupuncture and meridian research. It includes new a paradigm of integrative research, covering East and West, and traditional and modern medicine. The journal also covers areas of integrative biomedical research and health science in general, as well as other modalities.

Topics covered include anatomy and functions of meridians, basic and clinical research on acupressure, electroacupuncture, laser acupuncture, pharmacopuncture (herbal acupuncture, acupoint injection), veterinary acupuncture, and related animal studies. Articles on general health science and other modalities, such as anthroposophy, ayurveda, bioelectromagnetic therapy, chiropractic, herbology (herbal medicine), homeopathy, neural therapy and meditation, are also eligible for consideration if the articles are related to acupuncture and meridian studies. Manuscripts types accepted include topical reviews, original research, brief reports and case reports.

The journal is indexed in MedLine/PubMed/Index Medicus, SCOPUS, ScienceDirect, EMBASE, CINAHL Plus, Google Scholar, DOI/Crossref, Korea Citation Index(KCI), SHERPA/RoMEO, EZB, and Research Bible. Its abbreviated title is J Acupunct Meridian Stud. This journal was supported by the Korean Federation of Science and Technology Societies(KOFST) Grant funded by the Korean Government.

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INTRODUCTION

Introduction
The Journal of Acupuncture and Meridian Studies (JAMS) is a bimonthly, peer-reviewed and open access journal. JAMS aims to disseminate evidence-based scientific findings on the acupuncture and meridian to researchers and clinicians in the field of complementary and alternative medicine, and in the other health-related fields. The journal will publish high-quality studies on the anatomy and physiology of acupoints and meridians, and mechanism of action of acupuncture treatment, and clinical application of acupuncture. The journal welcomes the original articles on the acupuncture and related approaches (acupressure, electroacupuncture, laser acupuncture, moxibustion and cupping, etc.), pharmacopuncture and veterinary acupuncture.

The journal is indexed in MedLine/PubMed/Index Medicus, Emerging Sources Citation Index (ESCI), SCOPUS, ScienceDirect, EMBASE, CINAHL Plus, Google Scholar, DOAJ, Korea Citation Index (KCI), SHERPA/RoMEO, EZB, and Research Bible. Its abbreviated title is J Acupunct Meridian Stud. This journal was supported by the Korean Federation of Science and Technology Societies Grant funded by the Korean Government (Ministry of Education).

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The Editorial Board requires authors to be in compliance with the Uniform Requirements for Manuscripts Submitted to Biomedical Journals (URMs); current URMs are available at http://www.icmje.org.

It also adheres completely to the Principles of Transparency and Best Practice in Scholarly Publishing (joint statement by COPE, DOAJ, WAME, and OASPA; http://doaj.org/bestpractice) if otherwise not described below.

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- Put text, references, tables, figures, and legends in one file, with each table and figure on a new page.
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2. BEFORE YOU BEGIN
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All of the manuscripts should be prepared based on strict observation of research and publication ethics guidelines recommended by the Council of Science Editors (http://www.councilscienceeditors.org). For information on Ethics in publishing and Ethical guidelines for journal publication see https://www.elsevier.com/publishingethics and https://www.elsevier.com/journal-authors/ethics

2.2. Ethical Approval of Studies
All studies involving human subjects or human data must be reviewed and approved by a responsible Institutional Review Board (IRB). Animal experiments also should be reviewed by an appropriate committee (IACUC) for the care and use of animals. Also studies with pathogens requiring a high degree of biosafety should pass review of a relevant
committee (IBC). The approval should be described in the Methods section. For those investigators who do not have formal ethics review committees, the principles outlined in the Declaration of Helsinki should be followed (World Medical Association. Declaration of Helsinki: ethical principles for medical research involving human subjects. Available at: https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects/). The editor of JAMS may request submission of copies of informed consents from human subjects in clinical studies or IRB approval documents. The JAMS will follow the guidelines by the Committee on Publication Ethics (COPE, http://publicationethics.org/) for settlement of any misconduct.

2.3. Identification of Patients in Descriptions, Photographs and Pedigrees
A signed statement of informed consent to publish (in print and online) patient descriptions, photographs and pedigrees should be obtained from all subjects (parents or legal guardians for minors) who can be identified (including by the subjects themselves) in such written descriptions, photographs or pedigrees. Such persons should be shown the manuscript before its submission. Omitting data or making data less specific to de-identify patients is acceptable, but changing any such data is not acceptable.

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The corresponding author of an article is asked to inform the Editor of the authors' potential conflicts of interest that may possibly influence the research or interpretation of data. A potential conflict of interest should be disclosed in a ’Disclosure? statement, and in the cover letter even when the authors are confident that their judgments have not been influenced during the study or in preparing the manuscript. Such conflicts may include financial support or private connections to pharmaceutical companies, political pressure from interest groups, or academic problems.

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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. Further information and an example of a Conflict of Interest form can be found at: https://service.elsevier.com/app/answers/detail/a_id/286/supporthub/publishing.

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2.6. Authorship
The Corresponding Author must submit a completed Author Consent Form to the JAMS editorial office with manuscripts. All authors must sign the Author Consent Form. The JAMS follows the recommendations for authorship of the ICMJE (http://www.icmje.org/icmje-recommendations.pdf) and the Good Publication Practice Guidelines of the Korean Association of Medical Journal Editors (KAMJE, http://kamje.or.kr).

The `Uniform Requirements? of the ICMJE presents authorship recommendations as follows. ? Authorship credit should be based on 1) substantial contributions to conception and design, acquisition of data, or analysis and interpretation of data; and 2) drafting the article or revising it critically for important intellectual content; and 3) final approval of the version to be published; and 4) agreement to be accountable for all aspects of the work in ensuring that the questions related to the accuracy
or integrity of any part of the work are appropriately investigated and resolved.? The authors should meet these 4 conditions. All individuals who meet the first criterion should have the opportunity to participate in the review, drafting, and final approval of the manuscript.

The contribution of each author must be stated according to the CRediT Taxonomy of author roles (https://casrai.org/credit/) and presented on the title page. If a person does not meet the above four criteria, they may be mentioned as a contributor to the manuscript?s acknowledgments section.

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The Editor assumes that all author(s) listed in a manuscript have agreed with the following JAMS policies on manuscript submission: 1) The manuscript submitted to the JAMS must be previously unpublished and not be under consideration for publication elsewhere; 2) the identities of referees will not be revealed under any circumstances; and 3) if an author(s) should be added or deleted after submission of manuscript, it is the responsibility of the corresponding author to ensure that all the authors involved are aware of and agree to the change in authorship. The JAMS has no responsibility for such changes.

2.7. 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.

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2.10. 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.

2.11. Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (Microsoft Word file; *.doc or *.docx) 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.

3. Categories of Articles

3.1. Review Articles
Review articles describe new developments of the significance in the field of acupuncture and meridian studies and highlight unresolved questions and future directions. Most reviews are solicited by the editors, but unsolicited submissions may also be considered for publication. Review articles must not include unpublished material (unpublished/original data, submitted manuscripts, or personal communications). Review articles should have an Abstract and keywords, Introduction, brief main headings (subsections relevant for the subject), Discussion, and Conclusions.

Maximum length: One paragraph with maximum of 250 words for the abstract; maximum of 6,500 words from Introduction to Conclusion; maximum of 100 references, 10 tables and figures.

3.2. Research Articles
Research articles are expected to present major advances and important new research results related to acupuncture and meridian studies.

Section headings should be written in the following format: Abstract and keywords; Introduction; Materials and Methods; Results; Discussion; Conclusions (if any); Acknowledgements; References; and Tables and Figures.

The abstract should be structured with maximum of 250 words as follows: Background, Objectives, Methods, Results, and Conclusions.

Introduction should provide concise yet sufficient background information about the study to provide the readers with a better understanding of the study, avoiding a detailed literature survey or a summary of the results.

Materials and Methods should contain detailed procedures of the experiment including investigation period, methods of subject selection, and information on subjects such as age, gender, and other significant features, in order to enable the experiment to be repeated. The procedure which has been already published or standardized shall be described only briefly using literature citations. Clinical trials or experiments involving laboratory animals or pathogens must elaborate animal care and use and experimental protocols, in addition to mentioning the approval from the relevant committees. The sources of special equipment and chemicals must be stated with the name and location of the manufacturer (city and country). All statistical procedures used in the study and criteria for determining significance levels must be described. The Theory / Calculation should extend, not repeat, the background to the article already dealt with in the Introduction and provide the foundation for further work. In contrast, a Calculation section represents a practical development from a theoretical basis.

Results should be presented in a logical sequence. Only the most important observation should be emphasized or summarized, where the main or the most important findings should be mentioned first. Table and figures must be numbered in the order they are cited in the text, kept to a minimum, and should not be repeated. Supplementary materials and other details can be separately sited in an appendix. State the statistical method used to analyze the results (statistical significance of differences) with the probability values given in parentheses.
**Discussion** should contain interpretation and explanation of the results and important aspects of the study, followed by the conclusion drawn from them. The information already mentioned in Introduction or Results sections should not be repeated and the main conclusions of the study may be presented in the discussion.

**Conclusions** must be linked with the purpose of the study stated in the abstract, clearly supported by the data produced in the study. New hypotheses may be stated when warranted but must be clearly labeled.

**Maximum length:** Up to 4,000 words excluding Abstract, References, and Figure/Table Legends. Structured abstract with maximum of 250 words; Up to 4,000 words excluding Abstract, References, and Figure/Table Legends; maximum of 50 references, 10 tables and figures.

### 3.3. Perspective Articles

These articles present novel views and insights on topics of current interest in basic and clinical acupuncture and meridian research. Examples of potential manuscripts for publication as a perspective are a discussion of controversial issues, a summary update of a series of presentations at a scientific meeting, clinical perspectives on the diagnosis or treatment of a particular disease, or other similar topics in acupuncture and meridian research.

**Maximum length:** Up to 1,500 words excluding Abstract, References, and Figure/Table Legends. One paragraph with maximum of 100 words for the abstract; maximum of 10 references, 2 tables and figures.

### 3.4. Brief Reports

These are short peer-reviewed papers presenting novel results in basic acupuncture and meridian studies. Section headings should be: Abstract and keywords, Introduction, Materials and Methods, Results, Discussion, and References.

**Maximum length:** Up to 2,000 words excluding Abstract, References, and Figure/Table Legends. One paragraph with maximum of 250 words for the abstract; maximum of 20 references, 4 tables and figures.

### 3.5. Case Reports

These are short peer-reviewed papers presenting novel findings in clinical studies. Case Reports deal with unreported or unusual cases in drug therapy or in the presentation of a disease. The authors should state the findings, clinical courses, the prognoses of the case, and present a review of other related and previously reported cases. The CARE guidelines checklist (https://www.care-statement.org/checklist) should be submitted with the manuscript. Case Reports should make a contribution to acupuncture and meridian knowledge and must have educational value or highlight the need for a change in clinical practice or diagnostic/prognostic approaches. Section headings should be: Abstract and keywords, Introduction, Case presentation, Discussion, Acknowledgments, References, Figures or Tables. You may find out the sample for a regular case report at http://www.jams-kpi.com.

**Maximum length:** Up to 2,000 words excluding Abstract, References, and Figure/Table Legends. One paragraph with maximum of 250 words for the abstract; maximum of 20 references, 6 tables and figures.

### 3.6. Protocol and Technical Note

These are short peer-reviewed papers presenting novel protocols in basic acupuncture and meridian studies. They also present new techniques for instruments and acupuncture. Receipt of technical notes will not be acknowledged nor are authors generally consulted before publication. Section headings should be: Abstract and keywords, Introduction, Materials, Procedure, Timing, Troubleshooting, and Anticipated Result.

**Maximum length:** Up to 2,000 words excluding Abstract, References, and Figure/Table Legends. One paragraph with maximum of 250 words for the abstract; maximum of 20 references, 6 tables and figures.
3.7. Impact Shot
The purpose of ImpactShot is to provide researchers and potential authors the opportunity to present the essence of their research in a 'One-Figure' (with several panels) format to have a 'Deep Impact' on the research community and general public. The figure must be clear and concise in message. The motto of the ImpactShot is "A figure speaks louder than words".

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Maximum length: Up to 150 words. No abstract; maximum of 5 references, 1 figure.

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Maximum length: One paragraph with maximum of 150 words for the abstract.

3.9. Book Reviews
These evaluate books on acupuncture and meridian studies and related subjects. Receipt of book reviews will not be acknowledged nor are authors generally consulted before publication.

Maximum length: Up to 400 words. No abstract.

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These are letters about readers' opinions or issues of concern on previously published articles in the journal. Receipt of letters will not be acknowledged nor are authors generally consulted before publication. The text should be limited to 500 words (including spaces) and accepted letters are subject to editing for clarity and space. An abstract is not required.

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Editorials are invited articles or comments and should be commentaries on articles published recently in the journal. Editorial topics could include active areas of research, fresh insights, and debates in all fields of journal publication. Editorials should not exceed 1,000 words, excluding references, tables, and figures. References should not exceed 10. A maximum of 3 figures including tables is allowed. An abstract is not required.

Maximum length: Up to 1000 words. No abstract; maximum of 10 references, 3 tables and figures.

3.12. Corrections
Corrections including erratum and corrigendum provide a means of correcting errors in a published article. Erratum and corrigendum should be sent directly to the Editor-in-Chief and are treated in the same manner as a formally published paper. An erratum is to notify the errors accused during the production of the journal article, including errors of omission such as failure to make factual proof.
corrections requested by authors within the deadline provided by the journal and within journal policy. A corrigendum is a notification of a significant error made by the authors of the article. All corrigenda are normally approved by the editors of the journal.

Table 1 shows the recommended maximums of manuscripts according to publication type: However, these requirements are negotiable with the editor.

Table 1: Recommended maximums for articles submitted to the Journal of Acupuncture and Meridian Studies

* Maximum number of words is exclusive of the tables, figures, and references.

4. Reporting Guidelines

The JAMS recommends that authors make use of reporting guidelines that are appropriate to the type of the manuscript in preparation, and to indicate the reporting guideline(s) used in the Methods section of the submitted manuscript. Reporting guidelines are available through the EQUATOR (Enhancing the Quality and Transparency of Health Research) Network (http://www.equator-network.org) or other websites. Compliance with the appropriate reporting guidelines will be enforced through editorial and peer review. Representative reporting guidelines include:

- CONSORT (Consolidated Standards of Reporting Trials)-for clinical trials (http://www.consort-statement.org/)
- STRICTA (STandards for Reporting Interventions in Clinical Trials of Acupuncture)-for clinical acupuncture trials (https://www.stricta.info/)
- STARD (Standards for the Reporting of Diagnostic Accuracy Studies)-for diagnostic test evaluation
- STROBE (Strengthening the Reporting of Observational Studies in Epidemiology)-for cross-sectional, case-control, and cohort studies
- PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses)-for systematic reviews and meta-analyses (http://www.prisma-statement.org/)
- ARRIVE (Animal Research: Reporting of In Vivo Experiments)-for all studies involving laboratory animals (https://www.nc3rs.org.uk/arrive-guidelines)
- SPQR (Standards for Reporting Qualitative Research)-for all studies involving qualitative research
- CARE (Case Report Guidelines)-for clinical case reports (http://www.care-statement.org)
- GRADE (Grading of Recommendations Assessment, Development, and Evaluation)-for using to assess evidence or develop recommendations (https://www.gradeworkinggroup.org)

5.1. 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 boldface, 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: https://www.elsevier.com/guidepublication). 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.

5.2. Manuscript Preparation

Manuscripts should be typed double-spaced throughout. Each section of the manuscript should begin on a new page. Pages should be numbered consecutively and organized as follows.

5.2.1. Cover Letter

The corresponding author should highlight the key points and originality of the article in few sentences and provide written assurance that neither the submitted materials nor portions thereof have been published previously or are under consideration for publication elsewhere. When more than one related manuscript has been published or is under consideration for publication by this or other journals, authors are required to declare this in their letter and to enclose copies of those publications for editorial perusal.

Authors may recommend experts in the field of the manuscript's content as potential reviewers. The suggested reviewers may not be working at the same institution and, preferably, not in the same country as the corresponding author(s).
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The title page should contain the following information:
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- short running title not exceeding 50 characters
- corresponding author details: name, academic degree, e-mail address, mailing address (institutional affiliation, city, postal code, and country), telephone and fax numbers
- Contribution of each author and funding sources should be included as footnotes on the title page
- declaration of any source of financial support

* The article title should not exceed two lines in print. This equates to 100 characters (including spaces) for articles. The article title does not normally include numbers, acronyms, abbreviations or punctuation. It should include sufficient detail for indexing purposes but be general enough for readers outside the field to appreciate what the paper is about.

** The name of each author should be written with the family name last, e.g. Charles Darwin. Authorship is restricted only to direct participants who have contributed significantly to the work.

5.2.3. Abstracts and keywords
The abstract should effectively present the contents of the manuscript in less than 250 words. In principle, acronyms and informal abbreviations should be avoided, but, if needed, they should be kept to an absolute minimum with proper identifications. 4-6 relevant keywords should be listed at the end of the abstract page. For the selection of keywords, refer to Medical Subject Headings (MeSH) service of PubMed (https://www.ncbi.nlm.nih.gov/mesh) or that of the US National Library of Medicine (https://meshb.nlm.nih.gov/search).

5.2.4. Main Text
The text for Research Articles should include the following sections: Introduction, Materials and Methods, Results, Discussion, and Conclusions (if any).
- The Introduction should be as concise as possible, without subheadings. A brief background, pertinent references, and previous findings in the field of interest should be presented. Authors are recommended to differentiate the topic-specific background from the general background, to point out issues of debate, and state the specific question(s) to be addressed in the study.
- The Materials and Methods section should be sufficiently detailed. Descriptions of the experimental methods should be concise but sufficient to allow repetition by other qualified investigators. Procedures that have been published previously should not be described in detail, but merely cited with appropriate references. However, new or significant modifications of previously published procedures need full descriptions. The sources of a special chemical(s), equipment(s), or preparation(s) should be given along with the company name and country. All chemicals and reagents should use a generic name, not a brand name.
- For research on humans, the study protocol must be reviewed and approved by the appropriate Institutional Review Board (IRB). The IRB approval number should be provided (e.g. Approval No. 2019013). In addition, informed consent must be obtained from all subjects at the time they are enrolled. For animal experimentation, the procedures used and the care of animals should be approved by the Institutional Animal Care and Use Committee (IACUC) of one of the authors? institution(s), and the approval number should be provided (e.g. Approval No. 2019011).
- We recommend authors ensure the correct use of the term sex when reporting biological factors, and, unless inappropriate, report the sex of experimental animals or cells, and describe the methods used to determine sex. If the study involved a sex-excluded population (i.e. only one sex), authors should justify the reason for that choice, except in obvious cases (e.g., prostate cancer). Authors should indicate how they determined animal breed and justify the relevance of the breed choice. It is recommended that authors make use of the appropriate reporting guideline services listed above in the Article Category and Reporting Guidelines section.

Subheadings may be used to organize the Results and Discussion.

Sections for Brief Reports are: Introduction, Materials and Methods, Results, and Discussion.

Sections for Case Reports are: Introduction, Case Presentation, and Discussion.
Each section should begin on a new page.

5.2.4.1. Abbreviations
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