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## DESCRIPTION

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### Introduction

*Performance Enhancement & Health* is an international, peer-reviewed journal that critically explores the health and social implications of pharmacological, genetic, psychological, technological, and other enhancements of the human being. This multi-disciplinary journal examines the implications of performance enhancement on the human condition. Performance enhancement may be linked to productivity, identity, social capital or pleasure, while health is envisaged broadly as absence of disease, optimal functioning, and overall wellbeing.

*Performance Enhancement & Health* welcomes papers, in English, on topics including, but not restricted to, the following:

- Human enhancement drugs, novel psychoactive substances, traditional drugs, and doping
- Sport, exercise and fitness
- Body shape and image, and bodily functions
- Workplace and school performance
- Quality of life, (anti-)aging, and lifestyle
- Cosmetic surgery
- Artistic expression
- Health technology, digitalisation and virtual reality
- Cyborgs and cyber-humans
- Dietary practice, nutrition and ergogenic aids
- Disability and prosthetics
- Fatigue and injury prevention
- Sex reassignment surgery and sexual function

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## GUIDE FOR AUTHORS

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### INTRODUCTION

*Performance Enhancement & Health* is an international, peer-reviewed journal that critically explores the health implications of pharmacological, genetic, psychological and other technological enhancements of the human being. This multi-disciplinary journal examines the implications of performance enhancement on the human condition. Performance enhancement may be linked to productivity, identity, social capital or pleasure, while health is envisaged broadly as absence of disease, optimal functioning, and overall wellbeing.

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Human enhancement drugs, novel psychoactive substances, traditional drugs, and doping Sport, exercise and fitness Body shape and image, and bodily functions Workplace and school performance Quality of life, (anti-)aging, and lifestyle Cosmetic surgery Artistic expression Health technology, digitalisation and virtual reality Cyborgs and cyber-humans Dietary practice, nutrition and ergogenic aids Disability and prosthetics Fatigue and injury prevention Sex reassignment surgery and sexual function

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**Editorial:** These are usually between 1,500 and 2,000 words. Editorials do not have abstracts. Not peer-reviewed.

**Commentary:** These are usually between 2,500 and 4,000 words, and seek to explore in depth a particular topic or issue for debate. It may also include evidence and analysis. The Editor may invite expert responses to commentaries for publication in the same issue. Unstructured abstract. Peer-reviewed.

**Review:** These are usually between 4,000 and 8,000 words, and seek to review systematically a particular area of research, intervention, or policy. Peer-reviewed.

**Research paper:** These are usually between 3,000 and 5,000 words, but we also consider longer length papers up to 8,000 words. Research papers are usually based on original empirical analyses, but may also be discursive critical essays. Structured abstract. Peer-reviewed.

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**Viewpoint:** Short comments and opinion pieces of up to 1200 words, which raise an issue for discussion, or comprise a case report on an issue relevant to research, policy or practice. No abstract and a maximum of ten references. Not peer-reviewed.

**Response:** Responses are short comments on papers published in the current or previous issues. They are usually between 500 and 1,000 words. Responses do not require abstracts. Not peer-reviewed.

### Submission checklist

You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

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One author has been designated as the corresponding author with contact details:

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- Include keywords
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*Graphical Abstracts / Highlights files* (where applicable)

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- A competing interests statement is provided, even if the authors have no competing interests to declare
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## **PREPARATION**

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### **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 details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized, and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also be described.

### *Theory/calculation*

A Theory section should extend, not repeat, the background to the article already dealt with in the Introduction and lay the foundation for further work. In contrast, a Calculation section represents a practical development from a theoretical basis.

### *Results*

Results should be clear and concise.

### *Discussion*

This should explore the significance of the results of the work, not repeat them. A combined Results and Discussion section is often appropriate. Avoid extensive citations and discussion of published literature.

### *Conclusions*

The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion or Results and Discussion section.

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## Keywords

Immediately after the abstract, provide a maximum of 6 keywords, avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

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## 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

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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.

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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.

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Strunk, W., Jr., & White, E. B. (2000). *The elements of style*. (4th ed.). New York: Longman, (Chapter 4).

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Reference to a website:

Cancer Research UK. Cancer statistics reports for the UK. (2003). <http://www.cancerresearchuk.org/aboutcancer/statistics/cancerstatsreport/> Accessed 13 March 2003.

Reference to a dataset:

[dataset] Oguro, M., Imahiro, S., Saito, S., Nakashizuka, T. (2015). *Mortality data for Japanese oak wilt disease and surrounding forest compositions*. Mendeley Data, v1. <https://doi.org/10.17632/xwj98nb39r.1>.

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Engle, E.K., Cash, T.F., & Jarry, J.L. (2009, November). The Body Image Behaviours Inventory-3: Development and validation of the Body Image Compulsive Actions and Body Image Avoidance Scales. Poster session presentation at the meeting of the Association for Behavioural and Cognitive Therapies, New York, NY.

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