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ISSN: 2211-2669

### DESCRIPTION

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*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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Manuscripts are submitted online via <https://www.editorialmanager.com/peh>

### Types of manuscripts

The journal encourages the submission of the following types of manuscript:

**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.

**Short report:** These can be up to 2,000 words, an abstract of no more than 200 words, with one table, and no more than fifteen references. Structured abstract. Peer-reviewed.

**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.

**Critiques:** Reviews of books or grey literature. They are usually between 500 and 1,000 words. Critiques do not require abstracts. Not peer-reviewed. Please approach the Editor-in-Chief before submitting a review.

### 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.

**Ensure that the following items are present:**

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

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All necessary files have been uploaded:

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## **PREPARATION**

## 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.](#)

To facilitate this, please include the following separately: *Title page (with author details)*: This should include the title, authors' names, affiliations 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.

### *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.

## Article structure

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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.

### *Glossary*

Please supply, as a separate list, the definitions of field-specific terms used in your article.

## Appendices

If there is more than one appendix, they should be identified as A, B, etc. Formulae and equations in appendices should be given separate numbering: Eq. (A.1), Eq. (A.2), etc.; in a subsequent appendix, Eq. (B.1) and so on. Similarly for tables and figures: Table A.1; Fig. A.1, etc.

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- **Title.** Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
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Please also add page numbers and line numbers to your manuscript, making the reviewers' task easier

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## Abstract

A concise and factual abstract is required. The abstract should state briefly the purpose of the research, the principal results and major 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, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

## 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.

## Abbreviations

Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.

## 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.).

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

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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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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>.

Reference to a conference paper or poster presentation:

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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