DESCRIPTION

The Journal of Sport and Health Science (JSHS) is a peer-reviewed, international, multidisciplinary journal dedicated to the advancement of sport, exercise, physical activity, and health sciences. JSHS publishes original and impactful research, topical reviews, editorials, opinion, and commentary papers relating physical and mental health, injury and disease prevention, traditional Chinese exercise, and human performance. Through a distinguished, carefully selected international editorial board, JSHS has adopted the highest academic standards, impeccable integrity, and an efficient publication platform.

Fields of particular interest to the journal include (but are not limited to):
- Sport and exercise medicine
- Injury prevention and clinical rehabilitation
- Sport and exercise physiology
- Public Health Promotion
- Physical activity epidemiology
- Biomechanics and motor behavior
- Sport and exercise biochemistry and nutrition
- Sport and exercise psychology
- Exercise and brain health
- Physical education
- Traditional Chinese sports, exercise and health

Please contact us if you have questions about subscriptions:
Editorial Office
E-mail: jshs@sus.edu.cn
Tel: +86-21-65506293, 65506299
Fax: +86-21-65506293
Address: 650 Qingyuanhuan Road, Shanghai 200438, China

IMPACT FACTOR

2018: 3.644 © Clarivate Analytics Journal Citation Reports 2019
ABSTRACTING AND INDEXING

Science Citation Index
Social Sciences Citation Index
PubMed Central
Scopus
Embase
Cambridge Scientific Abstracts
Directory of Open Access Journals (DOAJ)
ProQuest
EBSCO SPORTDiscus
EBSCO Rehabilitation & Sports Medicine Source
Hinari

EDITORIAL BOARD

Editors-in-Chief
Peijie Chen, Shanghai University of Sport, Department of Sport Rehabilitation, Shanghai, China
Sport medicine, Diagnosis and evaluation of exercise-induced immunosuppression, Sport and medicine integrated rehabilitation, and Physical fitness evaluation and surveillance
Walter Herzog, University of Calgary, Department of Kinesiology, Calgary, Alberta, Canada
Muscle contraction mechanisms, Mechanical properties of muscles, growth, healing, and adaptation of soft (ligament, tendon, muscle, and articular cartilage) and hard (bone) tissues

Deputy Editors-in-Chief
Barbara E. Ainsworth, Arizona State University School of Nutrition and Health Promotion, Phoenix, Arizona, United States
Physical activity and public health with focus on the assessment of physical activity in populations, the Evaluation of physical activity questionnaires, and Physical activity in women
Lijuan Mao, Shanghai Municipal Education Commission, Shanghai, China
Sports biochemistry, Exercise stress, Oxidation and antioxidant
Yu Liu, Shanghai University of Sport, Shanghai, China
Neuromotor control of human movement, Biomechanics of sports injury
Jian Wu, Shanghai University of Sport, Shanghai, China
Physical Education, Sport information and communication

Associate Editors
Ralph Beneke, Philipps University Marburg Department of Japanese Studies, Marburg, Germany
Modeling and computer-simulated analysis of energetics, Regulation and kinetics of physiological measurements, Cellular integrity and function with special attention to event, training, environmental conditions, age, health and clinical intervention
Chetwyn C.H. Chan, The Hong Kong Polytechnic University, Hong Kong, China
Applied cognitive neuroscience, Attention and working memory, Cognitive ergonomics, Evidence based practice and clinical program evaluation
Yu-Kai Chang, National Taiwan Normal University, Department of Physical Education, Taipei City, Taiwan, China
Sport and exercise psychology, Sport and exercise cognitive neuroscience
Ang Chen, University of North Carolina at Greensboro Department of Kinesiology, Greensboro, North Carolina, United States
Pedagogical studies in kinesiology
Sulin Cheng, University of Jyväskylä Faculty of Sports Science, JYVASKYLA, Finland
Anatomy, Public health, Nutrition, Physiology, Physical activity assessment
J. Larry Durstine, University of South Carolina Department of Exercise Science, Columbia, South Carolina, United States
Lipid and lipoprotein metabolism, Exercise management for chronic diseases and disabilities physical activity, Physical fitness and health, Cardiac rehabilitation
Zan Gao, University of Minnesota Physical Activity Epidemiology Laboratory, Minneapolis, Minnesota, United States
Promoting health with emerging technology through population-based physical activity interventions
Fuzhong Li, Oregon Research Institute, Eugene, Oregon, United States
Postural control, Cognitive function, Balance training, and Falls prevention in older adults and people with movement disorders
Li Li, Georgia Southern University Jiann-Ping Hsu College of Public Health, Statesboro, Georgia, United States
Gait and balance of patients with peripheral neuropathy, The dynamics and neuromuscular control of human gait transition, Locomotion stability and variability with different age groups

**Rena Li**, Capital Medical University, Beijing, China
Molecular neuroendocrinology, Behavioral science

**Ping Xiang**, Texas A&M University College Station, College Station, Texas, United States
Achievement-related cognitions and behaviors in physical education, Cross-cultural comparisons, Physical activity and health promotion, Physical education teacher education

**Bing Yu**, University of North Carolina at Chapel Hill Department of Allied Health Sciences, Chapel Hill, North Carolina, United States
Musculoskeletal system modeling, Biomechanics of sports injury, Biomechanics of sports techniques

**Songning Zhang**, The University of Tennessee Knoxville Department of Kinesiology Recreation and Sport Studies, Knoxville, Tennessee, United States
Gait biomechanical characteristics and management of knee osteoarthritis, Gait characteristics of total knee replacement, Impact loading attenuation in dynamic activities, Injury mechanisms and prevention, Biomechanical functions of footwear, and ankle sprain mechanism and effects of ankle orthoses, and Human performance mechanisms

**Editorial Board**

**Ruopeng An**, Washington University in Saint Louis, Saint Louis, Missouri, United States
Environmental influences and population-level interventions on weight-related behaviors and outcomes throughout the life course

**Thomas Buckley**, University of Delaware, Newark, Delaware, United States
Concussion and postural control, Age of first exposure to sports and neurological outcomes

**Greet Cardon**, Ghent University, Gent, Belgium
Prevalence and measuring physical activity across the lifespan, understanding its determinants, identifying the most effective ways to promote more physical activity and less sitting

**Jennifer L. Etnier**, University of North Carolina at Greensboro, Greensboro, North Carolina, United States
Uses a life-span approach to explore mechanisms and moderators of the effects of acute and chronic exercise on cognitive performance

**Li Li Ji**, University of Minnesota Laboratory of Physiological Hygiene and Exercise Science, Minneapolis, Minnesota, United States
Tiemin Liu, Fudan University, Shanghai, China
Anti-obesity neurocircuitry in the brain and the brain regulation of peripheral tissues using conditional, neuron-specific genetic engineering techniques to regulate gene expression in the mouse brain

**Seppo Meri**, University of Helsinki Haartman Institute, HELSINKI, Finland
Diseases related to disturbances in complement regulation, The role of complement in kidney disorders, Pregnancy complications, Vascular damage and reasons for increased susceptibility to microbial infections

**Erich Müller**, University of Salzburg, Salzburg, Austria
Biomechanics, Rehabilitation, Sports science, Sports injuries, Exercise science, Injury prevention, Exercise performance

**David C. Nieman**, Appalachian State University Department of Health and Exercise Science, Boone, North Carolina, United States
Unique nutritional products as countermeasures to exercise- and obesity-induced immune dysfunction, Inflammation, Illness, and Oxidative stress

**Hidetsugu Nishizono**, Kyushu Sangyo University, Fukuoka, Japan
Biomechanics, Exercise physiology, Training sciences

**Scott K. Powers**, UNIVERSITY OF FLORIDA, United States
Understanding the adaptive strategies of locomotor and respiratory muscles to a metabolic overload with particular interest in the diaphragm and cardiac muscle

**Zsolt Radák**, University of Physical Education, Budapest, Hungary
Molecular Medicine, Therapeutics, Translational research, Internal medicine, Medical care

**Anthony Rosenzweig**, MASSACHUSETTS GENERAL HOSP, Boston, Massachusetts, United States
Heart failure, Heart disease, Exercised heart as a model to keep heart healthy

**Jo Salmon**, Deakin University, Geelong, Victoria, Australia
Children's physical activity and sedentary behaviour, including interventions targeting these behaviours, and implementation of interventions at-scale

**Stefan Schneider**, German Sport University Cologne, Koln, Germany
Neurociences, Neurocognitive and neuro-affective performance in extreme environments, Correlation between brain activity, exercise and health

**Tzyy-Yuang Shiang**, National Taiwan Normal University, Taipei City, Daan District, Taiwan, China
Sports equipment design, Biomechanics, Exercise technology

**Mark S. Tremblay**, Children’s Hospital of Eastern Ontario Research Institute, Ottawa, Ontario, Canada
Pediatric exercise science, Childhood obesity, Physical literacy and health, Physical activity, Fitness and health measurement, Sedentary physiology; Health surveillance; and Knowledge translation and mobilization

**Catrine Tudor-Locke**, University of Massachusetts Amherst, Amherst, Massachusetts, United States
Walking, gait speed, personal monitoring, step counting, ambulation objective physical activity assessment and promotion, specifically focused on pedometer or accelerometer-determined ambulatory activity captured as steps/day across the lifespan

**Ying Wu**, Shanghai University of Sport, Shanghai, China
Physical education, General methods and theory of sports training, Track and field teaching and training theories and methods, Acupuncture and exercise training

**Junjie Xiao**, Shanghai University, Shanghai, China
Exercise, Heart failure, Non-coding RNA

**Min-Hao Xie**, State General Administration of Sports, China
Exercise and regulation of endocrine

**Chenglin Zhou**, Shanghai University of Sport, Shanghai, China
Theory and application of competitive sports psychology, and exercise psychology

**Weimo Zhu**, University of Illinois at Urbana-Champaign Department of Kinesiology and Community Health, Champaign, Illinois, United States
Physical activity and public health, Kinesiology and community health

**Honorary Editor-in-Chief**
**Jiancheng Zhang**, Shanghai University of Sport, Shanghai, China

**Honorary Deputy Editor-in-Chief**
**Qianghui Ran**, Shanghai University of Sport, Shanghai, China
INTRODUCTION

Aims and Scope
The Journal of Sport and Health Science (JSHS) is a peer-reviewed, international, multidisciplinary journal dedicated to the advancement of sport, exercise, physical activity, and health sciences. JSHS publishes original and impactful research, topical reviews, editorials, opinion, and commentary papers relating physical and mental health, injury and disease prevention, traditional Chinese exercise, and human performance. Through a distinguished, carefully selected international editorial board, JSHS has adopted the highest academic standards, impeccable integrity, and an efficient publication platform.

Fields of particular interest to JSHS include (but are not limited to): Sport and exercise medicine Injury prevention and clinical rehabilitation Sport and exercise physiology Public health promotion Physical activity epidemiology Biomechanics and motor behavior Sport and exercise biochemistry and nutrition Sport and exercise psychology Exercise and brain health Physical education Traditional Chinese sports, exercise and health

Types of Paper
Contributions falling into the following categories will be considered for publication: Research highlight, Commentary, Opinion, Review, Original article, Case study, Letter to the editor

Please ensure that you select the appropriate article type from the list of options when making your submission. Authors contributing to special topic/section/issue should ensure that they select the special issue article type from this list.

Research Highlight
Research Highlights are by invitation only and present short updates on new progress in the field of sport and health. They should be no more than 900 words.

Commentary
Commentary articles comment on articles that have been published in JSHS and other top journals or hot topics. They should contain no more than 1000 words of text, 1 display item (figure or table) and a maximum of 20 references. Commentary articles do not contain an abstract.

Opinion
Opinion pieces cover a wide variety of topics that are of current interest in sport and health and highlight their interaction with society. They may discuss policy, ethics, science, or society and should be written in an accessible, non-technical style. They can be written with authority, color, vivacity, and personal voice. Opinion pieces should be 1500 - 2500 words and should contain no more than 25 references. They do not contain primary research data, although they may present "sociological" data (funding trends, demographics, bibliographic data, scientific and social development, etc.). Opinion pieces do not contain an abstract, and keywords. In all other respects, the directions for full papers should be followed.

Review
Review articles survey recent developments in a topical area of sport and health. Reviews have a word limit of 6000 words including abstract but excluding references, tables, and figures. In JSHS, review articles are usually invited by the Editor or Associate Editor. Self-invited manuscripts would be considered only if the authors are highly reputable demonstrated by a track record of productivity in the relevant field being reviewed.

Original Article
Studies that are of high scientific quality and that are of interest to the diverse readership of the journal. Manuscripts should include an abstract and appropriate experimental details to support the conclusions. Original Articles should be no more than 5000 words and should not normally include more than 6 display items (tables and/or figures).

**Case Study**

A Case study should report on specific cases that are unique, exciting, and current to exercise and sport science, sports medicine, health, and other relevant fields of study. Case studies should make a distinct contribution to the scientific field and/or question existing paradigms. A case could be an individual or a community depending on the nature of the study. We expect most case studies to include an abstract, an introduction, a brief case report, and a discussion.

**Letter to the Editor**

Letters to the Editor present preliminary reports of unusual urgency, significance and interest, whose subjects may be republished in expanded form. They should contain no more than 900 words of text, 1 display item (figure or table) and a maximum of 10 references. Letters to the Editor do not contain an abstract and keywords. In all other respects, the directions for full papers should be followed.

**Peer review**

This journal operates a single blind review process. All contributions are 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.

**Referees**

Please submit the names and institutional e-mail addresses of several potential referees. For more details, visit our Support site. Note that the editor retains the sole right to decide whether or not the suggested reviewers are used.

**Submission**

Submission to this journal proceeds totally online. Use the following guidelines to prepare your article. Via the homepage of this journal (https://mc03.manuscriptcentral.com/jshs) 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. Please note that even though manuscript source files are converted to PDF at submission for the review process, these source files are needed for further processing after acceptance. All correspondence, including notification of the Editor's decision and requests for revision, takes place by e-mail and via the author's homepage, removing the need for a hard-copy paper trail. If you are unable to provide an electronic version, please contact the editorial office prior to submission (E-mail: jshs@sus.edu.cn).

**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:
- E-mail address
- Full postal address (with phone number)

All necessary files have been uploaded:

**Manuscript:**
- Ethical requirement
- Include keywords
- All figures (include relevant captions 300 dpi resolution at least)
- All tables (including titles, description, footnotes)
- Ensure all figure and table citations in the text match the files provided
- Indicate clearly if color should be used for any figures in print

**Highlights files** (where applicable)
Supplemental files (where applicable)

Further considerations
• Manuscript has been 'spell checked' and 'grammar checked'
• All references mentioned in the Reference List are cited in the text, and vice versa
• Permission has been obtained for use of copyrighted material from other sources (including the Internet)
• A competing interests statement is provided, even if the authors have no competing interests to declare
• Journal policies detailed in this guide have been reviewed
• Referee suggestions and contact details provided, based on journal requirements

For further information, visit our Support Center.

BEFORE YOU BEGIN

Ethical requirement
All materials must adhere to high ethical and animal welfare standards. Any use of animals must be based on ethological knowledge and respect for species-specific requirements for health and well-being. For investigations of human subjects, an appropriate institutional review board approved the project and the informed written consent was obtained from the study participants or guardians. For detailed information on Ethics in Publishing and Ethical guidelines for journal publication see https://www.elsevier.com/publishingethics and https://www.elsevier.com/ethicalguidelines.

Declaration of Interest
All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or at the end of the manuscript file (if single-blind). If there are no interests to declare then please state this: 'The authors declare that they have no competing interests'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. More information.

Submission Declaration
Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' 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 languages, including electronically without the written consent of the copyright-holder.

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 1 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').

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,(b) written confirmation (e-mail, letter) from all authors that they agree
with the addition, removal or rearrangement, and (c) written confirmation (email or letter) from all authors' affiliations. 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.

**Elsevier supports responsible sharing**

Find out how you can share your research published in Elsevier journals.

**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.

**Open access**

Please visit our Open Access page for more information.

**Elsevier researcher academy**

Researcher Academy is a free e-learning platform designed to support early and mid-career researchers throughout their research journey. The "Learn" environment at Researcher Academy offers several interactive modules, webinars, downloadable guides and resources to guide you through the process of writing for research and going through peer review. Feel free to use these free resources to improve your submission and navigate the publication process with ease.

**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 Author Services.

**Additional information**

Tables and figures may be presented with captions at the end of the main body of the manuscript; if so, figures should additionally be uploaded as high resolution files (at least 300 dpi)

**PREPARATION**

**Submission Sample**

Manuscript format sample ([click here to download](#))

**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 1.5-space 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 1 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**

**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.

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.

Conclusion
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 section.

Appendices
If there is more than 1 appendix, they should be identified as A, B, etc. Formula 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 S1A; Fig. S1A, etc.

Essential title page information
• Title. Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formula where possible.
• Author names and affiliations. 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. 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. This responsibility includes answering any future queries about Methodology and Materials. Ensure that the e-mail address is given and that contact details (postal address and phone numbers) are 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. Symbols (like ?,?) are used for such footnotes.

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
Authors are invited to submit 3-5 keywords associated with their paper.

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.

Acknowledgments
Collate acknowledgments 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.) and funding. 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, this section can be ignored.

Authors' Contributions
Authors are required to state their contributions to the manuscript. The statement can be of several sentences, describing the tasks of individual authors referred to by their initials. Use the following format: JDE carried out the genetic studies, participated in the proteomic analysis and drafted the manuscript; JSR carried out the immunoassays and performed the statistical analysis; JMP conceived of the study, and participated in its design and coordination and helped to draft the manuscript. Add a statement that all authors have read and approved the final version of the manuscript, and agree with the order of presentation of the authors.

Competing Interests
State if there is any competing interest of any sort. If there is no financial interest, use the following format: The authors declare that they have no competing interests.

Math formula
Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).

Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors can build footnotes into the text, and this feature may be used. Otherwise, please indicate the position of footnotes in the text and list the footnotes themselves separately at the end of the article. Do not include footnotes in the Reference list.

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 Arial font in your illustrations
• 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.

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, at the same time, save the image(s) in .jpg and .tiff files.

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, EPS, 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 on the Web (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version.

Tables
Please submit tables as editable text and not as images. Tables should be placed on separate page(s) at the end of the text. 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.

References

American Medical Association style format

Example of journal citations:

Example of a book citation:

Example of citation in other language:
Example of citation with website 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.

Reference links
Increased discoverability of research and high quality peer review are ensured by online links to the sources cited. In order to allow us to create links to abstracting and indexing services, such as Scopus, CrossRef and PubMed, please ensure that data provided in the references are correct. Please note that incorrect surnames, journal/book titles, publication year and pagination may prevent link creation. When copying references, please be careful as they may already contain errors. Use of the DOI is highly encouraged.

A DOI is guaranteed never to change, so you can use it as a permanent link to any electronic article. An example of a citation using DOI for an article not yet in an issue is: Bae S, Park MS, Han JW, Kim YJ. Correlation between pain and degenerative bony changes on cone-beam computed...
tomography images of temporomandibular joints. *Maxillofac Plast Reconstr Surg* 2017. doi: 10.1186/s40902-017-0117-1. Please note the format of such citations should be in the same style as all other references in the paper.

**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.

**Journal abbreviations source**

Journal names should be abbreviated according to the List of Title Word Abbreviations.

**RESEARCH DATA**

This journal encourages and enables you to share data that supports your research publication where appropriate, and enables you to interlink the data with your published articles. Research data refers to the results of observations or experimentation that validate research findings. To facilitate reproducibility and data reuse, this journal also encourages you to share your software, code, models, algorithms, protocols, methods and other useful materials related to the project. Below are a number of ways in which you can associate data with your article or make a statement about the availability of your data when submitting your manuscript. If you are sharing data in one of these ways, you are encouraged to cite the data in your manuscript and reference list. Please refer to the "References" section for more information about data citation. For more information on depositing, sharing and using research data and other relevant research materials, visit the research data page.

**Data linking**

If you have made your research data available in a data repository, you can link your article directly to the dataset. Elsevier collaborates with a number of repositories to link articles on ScienceDirect with relevant repositories, giving readers access to underlying data that gives them a better understanding of the research described. There are different ways to link your datasets to your article. When available, you can directly link your dataset to your article by providing the relevant information in the submission system. For more information, visit the database linking page. For supported data repositories a repository banner will automatically appear next to your published article on ScienceDirect. In addition, you can link to relevant data or entities through identifiers within the text of your manuscript, using the following format: Database: xxxx (e.g., TAIR: AT1G01020; CCDC: 734053; PDB: 1XFN).

**Mendeley Data**

This journal supports Mendeley Data, enabling you to deposit any research data (including raw and processed data, video, code, software, algorithms, protocols, and methods) associated with your manuscript in a free-to-use, open access repository. During the submission process, after uploading your manuscript, you will have the opportunity to upload your relevant datasets directly to Mendeley Data. The datasets will be listed and directly accessible to readers next to your published article online. For more information, visit the Mendeley Data for journals page.

**Data statement**

To foster transparency, we encourage you to state the availability of your data in your submission. This may be a requirement of your funding body or institution. If your data is unavailable to access or unsuitable to post, you will have the opportunity to indicate why during the submission process, for example by stating that the research data is confidential. The statement will appear with your published article on ScienceDirect. For more information, visit the Data Statement page.

**Additional information**

Tables and figures may be presented with captions within the main body of the manuscript; if so, figures should additionally be uploaded as high resolution files.

**AFTER ACCEPTANCE**

**Proofs**

One set of page proofs (as PDF files) will be sent by e-mail to the corresponding author (if we do not have an e-mail address then paper proofs will be sent by post) or, a link will be provided in the e-mail so that authors can download the files themselves. Elsevier now provides authors with PDF proofs
which can be annotated; for this you will need to download the free Adobe Reader, Version 7.0 (or higher). Instructions on how to annotate PDF files will accompany the proofs (also given online). The exact system requirements are given at the Adobe site.

If you do not wish to use the PDF annotations function, you may list the corrections (including replies to the Query Form) and return them to JSHS editorial office in an e-mail. Please list your corrections quoting line number. If, for any reason, this is not possible, then mark the corrections and any other comments (including replies to the Query Form) on a printout of your proof and scan the pages and return via e-mail. 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. We will do everything possible to get your article published quickly and accurately. 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.

**AUTHOR INQUIRIES**

For inquiries relating to the submission of articles (including electronic submission) please visit this journal's homepage (https://mc03.manuscriptcentral.com/jshs). Contact details for questions arising after acceptance of an article, especially those relating to proofs, will be provided by the Editorial Office. You can track accepted articles at https://www.elsevier.com/trackarticle. You can also check our Author FAQs (https://www.elsevier.com/authorFAQ) and/or contact Customer Support via https://service.elsevier.com.

**Nomenclature and units**

Follow internationally accepted rules and conventions: use the international system of units (SI). If other quantities are mentioned, give their equivalent in SI. Authors wishing to present a table of nomenclature should do so on the second page of their manuscript.

**Reference management software**

The American Medical Association style format is used for reference citation in JSHS. This journal has standard templates available in key reference management packages EndNote (http://www.endnote.com/support/enstyles.asp) and Reference Manager (http://refman.com/support/rmstyles.asp). Using plug-ins to wordprocessing packages, authors only need to select the appropriate journal template when preparing their article and the list of references and citations to these will be formatted according to the journal style which is described below.