



## Would you like to write for the *British Journal of Obesity*? If so, we want to hear from you

To submit an article online, please visit: <http://www.epress.ac.uk/bjo/webforms/author.php>  
If you have any queries, please contact [bjo@sbcommunicationsgroup.com](mailto:bjo@sbcommunicationsgroup.com)

### Article types

Articles may fall into the following categories. All articles should be 1700–2300 words in length and written with consideration of the journal's readership (general practitioners, practice nurses, dietitians, psychologists, bariatric surgeons and other healthcare professionals with an interest in obesity).

**Clinical reviews** should present a balanced consideration of a particular clinical area, covering the evidence that exists. The relevance to practice should be highlighted where appropriate.

**Original research** articles should be presented with sections for the background, aims, methods, results, discussion and conclusion. The discussion should consider the implications for practice.

**Clinical guideline** articles should appraise newly published clinical guidelines and assess how they will sit alongside existing guidelines and impact on the management of obesity.

**Organisational** articles could provide information on newly published organisational guidelines or explain how a particular local service has been organised to benefit people with obesity.

### Title page

Please include the article title, the full names of the authors and their institutional affiliations, as well as full details of each author's current appointment. This page should also have the name, address and contact telephone number(s) of the corresponding author.

### Article points and key words

Four or five sentences of 15–20 words that summarise the major themes of the article. Please also provide four or five key words that highlight the content of the article.

### Abstract

Approximately 150 words briefly introducing your article, outlining the discussion points and main conclusions.

### Introduction

In 60–120 words, this should aim to draw the reader into the article as well as broadly stating what the article is about.

### Main body

Use sub-headings liberally and apply formatting to differentiate between heading levels (you may have up to three heading levels). The article must have a conclusion, which should be succinct and logically ordered, ideally identifying gaps in present knowledge and implications for practice, as well as suggesting future initiatives.

### Tables and illustrations

Tables and figures – particularly photographs – are encouraged wherever appropriate. Figures and tables should be numbered consecutively in the order of their first citation in the text. Present tables at the end of the articles; supply figures as logically labelled separate files. If a figure or table has been published previously, acknowledge the original source and submit written permission from the copyright holder to reproduce the material.

### References

#### In the text

Use the name and year (Harvard) system for references in the text, as exemplified by the following:

- As Smith and Jones (2003) have shown ...
- As already reported (Smith and Jones, 2003) ...

For three or more authors, give the first author's surname followed by et al:

- As Robson et al (2005) have shown ...

Simultaneous references should be ordered chronologically first, and then alphabetically:

- (Smith and Jones, 2003; Young, 2003; Black, 2004).

Statements based on a personal communication should be indicated as such, with the name of the person and the year.

#### In the reference list

The total number of references should not exceed 30 without prior discussion with the Editor. Arrange references alphabetically first, and then chronologically. Give the surnames and initials of all authors for references with four or fewer authors; for five or more, give the first three and add "et al". Papers accepted but not yet published may be included in the reference list as being "[In press]".

**Journal article example:** Robson R, Seed J, Khan E et al (2005) Diabetes in childhood. *Diabetes Journal* 9: 119–23

**Whole book example:** White F, Moore B (2004) *Childhood Diabetes*. Academic Press, London

**Book chapter example:** Fisher M (2002) The role of age. In: Merson A, Kriek U (eds). *Diabetes in Children*. 2nd edn. Academic Press, London: 15–32

**Document on website example:** Department of Health (2003) *National Service Framework for Diabetes: Delivery Strategy*. DH, London. Available at: <http://www.dh.gov.uk/assetRoot/04/03/28/23/04032823.pdf> (accessed 01.03.11)