

**Table 5**

The main elements to be included in a successful title.

| Pointer                                                     | Example                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cite the main factors studied                               | State the name of the drug or intervention                                                                                                                                                                                                                                |
| Cite the population/clinical context studied                | In acute myocardial infarction/intermediate-risk pulmonary embolism/early phase septic shock                                                                                                                                                                              |
| Cite the design                                             | Randomised, double-blind, controlled trial/registry/cohort study/case-control study                                                                                                                                                                                       |
| Cite the main finding                                       | Increases/reduces/prevents...                                                                                                                                                                                                                                             |
| Put the most important aspect first                         | If the focus is on the intervention, because this is what distinguishes your article from others, then start the title with the intervention name                                                                                                                         |
| Avoid imprecise formulations that serve no specific purpose | Avoid terms such as “a report of...” or “the effects of...”. If there are effects, state what they are!                                                                                                                                                                   |
| Use international common denominations for drug names       | Clopidogrel, ticagrelor, prasugrel...<br>Commercial names should be avoided. They indicate propriety (of the pharmaceutical company), and may be construed as indirect preference for a particular company. Also, they are not always the same across different countries |
| Subtitles should be used sparingly                          | Reserve subtitles for names of study groups. Specific recommendations may apply, depending on your target journal                                                                                                                                                         |

examples of what constitutes an efficacious title. Bear in mind that your target journal may have a limit (in terms of number of words or characters) on the length of the title. Here again, keeping it short is harder than coming up with a 4-line title.

### 3.7. References

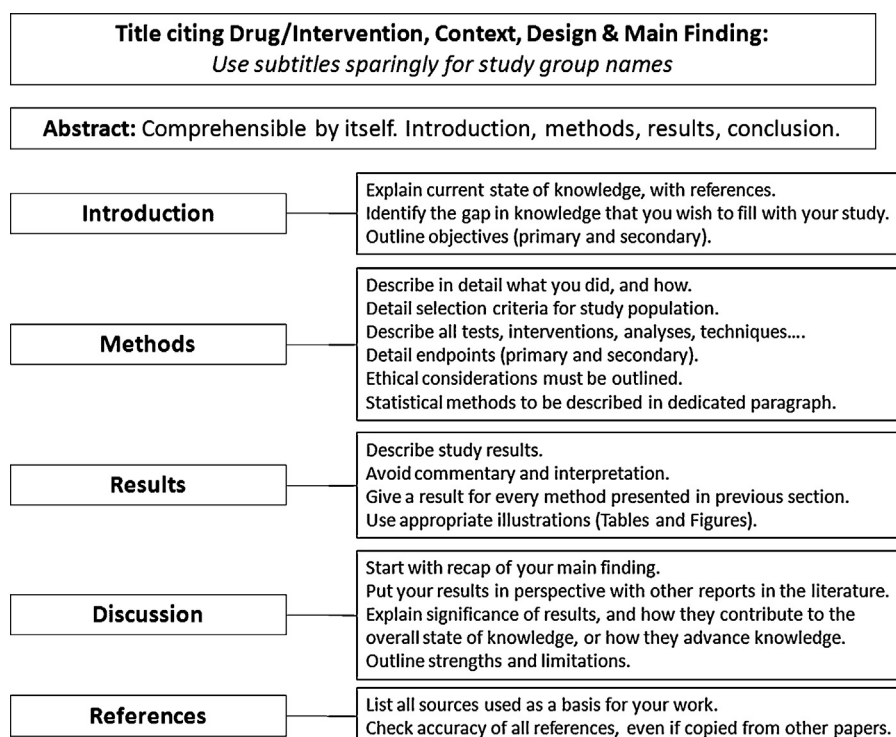
The reference section lists all the sources you have used as a basis to prepare your hypothesis, and build your research. It is your ethical and professional responsibility to document your work adequately, and provide full transparency in identifying your sources. It is also imperative to cite the sources on which your hypotheses are based, to prove that they are in fact sound. The references support your work and place it in the context of other studies on the same topic, while at the same time providing guidance for readers who would like to engage in further reading on the topic.

Many young researchers find it hard to judge when it is necessary to cite a reference. Basically, any idea or fact that emanates from another source (other than yourself) needs to be

supported by a reference. However, universal truths or facts that are widely established do not need to be referenced (e.g. cardiovascular disease is very common, or cancer is a major cause of death). However, ideas, or more particularly phrases or names that were coined by someone else do need to be referenced (e.g. patients with the “McConnell Sign” – The paper by McConnell describing the sign should be cited here. Or, patients were classified according to the BARC criteria – the paper describing the BARC criteria should be cited here).

When citing references, apart from specific papers that give their name to a sign or classification system as in the examples above, you should give precedence to articles published in English-language, peer-reviewed journals. Citing sections from published books is also acceptable, but you must be very specific and list the exact names and titles of the chapter concerned, with the page numbers, and the names of the authors and/or editors of the book, with its publication details.

Internet sites should be avoided where possible, as should personal communications and unpublished data. If you have several possible references, you may prefer to choose the most



**Fig. 1.** Summary of basic guidelines regarding the items to include in each section of a scientific manuscript.