

Submission Guidelines for the “Abram Hoffer Lecture Series” Award

Please do not submit material that has been previously published and/or is being considered by another publication. Manuscripts submitted for consideration of the award should be emailed to:

Dr. Sasha Tahiliani, ND (Coordinator, Continuing Education, Canadian College of Naturopathic Medicine)

Email: stahiliani@ccnm.edu (please use subject line ‘Submission for Abram Hoffer Lecture Series Award’)

All eligible submissions will be subjected to a review process by an expert panel comprised of:

- Dr. John Hoffer, MD, PhD (Professor, Faculty of Medicine, McGill University)
- Mr. Steven Carter (Director, International Society for Orthomolecular Medicine)
- Dr. Jonathan Prousky, ND (Professor and Chief Naturopathic Medical Officer, Canadian College of Naturopathic Medicine)
- Dr. Bob Bernhardt, PhD (President and CEO, Canadian College of Naturopathic Medicine).

The panel will rank and then choose the winning paper among all eligible submissions. The award will be given to the author at the Abram Hoffer Lecture Series event in the Fall of 2018. The winning submission will be published in the Journal of Orthomolecular Medicine.

Possible Submissions

All submissions must have an exclusive orthomolecular focus or will not be eligible for consideration of the award. Orthomolecular medicine is defined as the therapeutic use of substances that occur naturally in the body. Originally defined in the context of treating and preventing psychiatric diseases, the intent of orthomolecular therapy is to provide the optimal molecular environment for the brain and other tissues by altering the intake of nutrients such as vitamins (and their metabolites), minerals, trace elements, macronutrients, as well as other naturally occurring metabolically active substances.

- **Original Research**

Original research manuscripts will be considered. Such articles are papers that report clinically relevant investigations or observations. The abstract should be structured, the text should not exceed 5,000 words, and there should be approximately 20 to 40 references. Figures and tables are encouraged and should be included where possible; however, data should not be repeated in both a table and a figure and accompanying text need not reiterate the information provided in tables and figures.

- **Brief Reports**

Brief reports are condensed articles with a focused message. They should include a

brief abstract of no more than 200 words, text of no more than 1500 words, 5-15 references, and two tables or figures.

- **Case Reports/Series**

Case reports provide a summary of a single case or several cases and give a concise review of the literature. Case reports should present unusual aspects of common problems or novel perspectives upon, or solutions to, clinically relevant issues. They should include a brief abstract of no more than 200 words, text of no more than 3,000 words, and there should be approximately 10-30 references. For further advice on writing detailed case reports, please see the following helpful links: [http://www.bsaci.org/professionals/RCPHow to write a clinical case report.pdf](http://www.bsaci.org/professionals/RCPHow%20to%20write%20a%20clinical%20case%20report.pdf) or [http://japi.org/april 2015/09 aow writing case report contributing.pdf](http://japi.org/april%202015/09%20aow%20writing%20case%20report%20contributing.pdf).

- **Synthesis Papers**

We welcome articles of an academic nature that are educational. We also welcome articles that may be hypothesis generating and may create dialogue within the readership. They should include a brief abstract of no more than 200 words, text of no more than 3,000 words, and there should be approximately 10-30 references.

- **Review Articles**

Review papers provide a synthesis of topics related to clinical aspects of orthomolecular medicine. The text should not exceed 5,000 words and have an abstract that does not exceed 200 words. Review papers can be written as focused systematic reviews or more broadly as narrative reviews.

- **Viewpoint/Opinion Pieces**

Viewpoints are somewhat review in nature; however, they are designed to provide an argument to convince the reader. The text should not exceed 2,000 words and have an abstract that does not exceed 200 words. This type of narrative paper presents the opinions of an author or authors rather than providing a balanced literature review or new experimental data.

- **Educational Articles**

Educational articles are written for a broad audience in order to provide specific instructions on how a specific research methodology can be used or how to best employ a therapy. They should include a brief abstract of no more than 200 words, and text of no more than 3,000 words.

References

Prepare references according to the: *Publication Manual of the American Psychological Association* (6th edition). In-text citations consist of the surname(s) of the author(s) and the year of publication. If there is no author, use the title (or a short form of the title, if it is lengthy) and the year. Titles that are italicized in the reference list are italicized in text; titles that are not italicized in the reference list appear in quotation marks. If there is no date, use "n.d." (without quotation marks) instead.

Example paragraph with in-text citation:

Anxiety disorders in general affect some 18.1% of the population (Kessler, Chiu, Demler, & Walters, 2005), with a fairly significant percentage being comprised of individuals that have social anxiety disorder (SAD). SAD is characterized by persistent and irrational fears related "to the presence of other people," often accompanied by the persistent belief of being judged or evaluated (Davison, Blankstein, Flett, & Neale, 2014, p. 159). Being formally diagnosed means that the afflicted individual has sufficient diagnostic criteria to meet the standard as described in the Diagnostic and Statistical Manual of Mental Disorders (i.e., DSM-5; American Psychiatric Association, 2013).

List references in alphabetical order. Each listed reference should be cited in text, and each text citation should be listed in the References section.

Examples of basic reference formats:

Journal Article:

Kessler, R. C., Chiu, W. T., Demler, O., Walters, E. E. (2005). Prevalence, severity, and comorbidity of 12-months DSM-IV disorders in the national comorbidity survey replication. *Archives of General Psychiatry*, 62(6), 617-627.

Authored Book:

Rogers, T. T., & McClelland, J. L. (2004). *Semantic cognition: A parallel distributed processing approach*. Cambridge, MA: MIT Press.

Book (no author):

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.

Chapter in Book:

Davison, G. C., Blankstein, K. R., Flett, G. L., & Neale, J. S. (2014). Anxiety, obsessive-compulsive, and post-traumatic stress disorders. In *Abnormal psychology*. (5th Canadian ed, pp. 153-192). Mississauga, ON: John Wiley and Sons Canada.

Chapter in an Edited Book:

Gill, M. J., & Sypher, B. D. (2009). Workplace incivility and organizational trust. In P. Lutgen-Sandvik & B. D. Sypher (Eds.), *Destructive organizational communication: Processes, consequences, and constructive ways of organizing* (pp. 53–73). New York, NY: Taylor & Francis.

Tables and Illustrations

Placement in manuscripts should be indicated with a line break and the entry: Place Table/Illustration 1 here. Include illustrations, tables and photographs on separate sheets, identifying each with number referring to manuscript placement. Create tables using column tabs rather than spaces. Legends must accompany each illustration.

Abstracts

For original research provide an abstract of 500 words or less, which must include the following sub-headings: *Background, Objectives, Design, Setting, Intervention, Main Outcome Measures, Results, Conclusions, and Trial Registration*. All other types of papers require abstracts of 200 words or less, and should not follow the abstract format described here for original research papers.

Competing Interest Statement

A competing interest exists when your interpretation of data or presentation of information may be influenced by your personal or financial relationship with other people or organizations. Authors should disclose any financial competing interests but also any non-financial competing interests that may cause them embarrassment were they to become public after the publication of the manuscript. Authors are required to complete a declaration of competing interests. All competing interests that are declared will be listed at the end of published articles. Where an author gives no competing interests, the listing will read “The author(s) declare that they have no competing interests.”

Statement of Human and Animal Rights

Submission of a manuscript implies that all authors have read and agreed to its content, and that any experimental research that is reported in the manuscript has been performed with the approval of an appropriate ethics committee. Research carried out on humans must be in compliance with the Helsinki Declaration, and any experimental research on animals must follow internationally recognized guidelines. A statement to this effect must appear in the Methods section of the manuscript, including the name of the body which gave approval, with a reference number where appropriate. Informed consent must also be documented. Manuscripts may be rejected if the research has not

been carried out within an ethical framework, e.g., if the severity of the experimental procedure is not justified by the value of the knowledge gained.

Statement of Informed Consent

The authors of the articles will respect the patient's' right to privacy. Any identifying information – such as names, initials etc. – should not be published in written material or photographs unless the information is essential for scientific purposes and the patient (parent/guardian) gives written informed consent for publication. However, identifying details should be omitted if they are not essential. Informed consent for this purpose requires that a patient who is identifiable be shown the manuscript to be published. If identifying characteristics are altered to protect anonymity, such as in genetic pedigrees, authors should provide assurance that alterations do not distort scientific meaning.