**Requirements for Manuscripts Submitted to**

**“ULYANOVSK MEDICO-BIOLOGICAL JOURNAL”**

**1. About the Journal.** Founder: Ulyanovsk State University.

Editor in Chief: Vladimir I. Midlenko, MD, Professor, Honored Worker of Higher Education of the Russian Federation, Member of the Russian Academy of Natural Sciences, Director of the Institute of Medicine, Ecology and Physical Education, Ulyanovsk State University.

Registration: Federal Service for Supervision in the Sphere of Communications, Information Technology and Mass Communications (Roskomnadzor); № ФС77–77594. ISSN — 2227-1848 (Print); 2687-1637 (Online). Subscription Index: 44070 - Federal Agency on Press and Mass Communication of the Russian Federation «Pressa Rossii».

The Journal is in the list of peer-reviewed scientific publications, in which the basic results of thesis research must be published. Order of the Ministry of Education and Science № 793, July 25, 2014; amended by the order of the Ministry of Education and Science of Russia № 560, June 3, 2015.

**2. Types of Articles Accepted.** The Journal publishes the results of scientific research in the fields of medicine and biology. The Journal is published 4 times a year. Editorial Board accepts scientific reviews, papers, original scientific reports, methodological papers, reviews and chronicle of events.

The Journal publishes papers in the following areas:

Agroculture, Biology & Enviromental Science: Biology; Environment/Ecology;

Clinical Medicine: General & Internal Medicine; Cardiovascular & Respiratory Systems; Environmental Medicine & Public Health; Neurology; Oncology; Pediatrics; Reproductive Medicine; Surgery;

Life Science: Experimental Biology; Cell & Developmental Biology; Microbiology; Neurosciences & Behavior; Physiology.

**3. Author Statement.** All the authors mentioned in the manuscript must sign the Author Statement and send it to the Editorial Board. Application form is available at our website. The Author Statement must have a visa of business unit manager where the work was carried out. Submitting the manuscripts, the authors confirm that they agree with provisions and principles listed below.

**4. Ethics in research involving human or animal subjects.** Research involving animal or human subjects should meet the principles of international ethics. The Editorial Board is guided by WMA Declaration of Helsinki - Ethical Principles for Medical Research Involving Human Subjects, adopted in 1964 more detailed information is available at: [WMA Declaration of Helsinki – Ethical Principles for Medical Research Involving Human Subjects](https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects/). [Directive 2010/63/EU of the European Parliament and of the Council of 22 September 2010 on the protection of animals used for scientific purposes](https://eur-lex.europa.eu/eli/dir/2010/63/2019-06-26). The Editorial Board consults Dispute Commission report on the conduct of the trial if needed.

**5. Authorship.** As a general guideline, persons listed as authors should have contributed substantially to 1) the conception and design of the study, acquisition of data, or analysis and interpretation of data; 2) drafting of the article or revising it for important content; and 3) final approval of the version to be published. The names of other people who contributed directly to the research but who didn’t contribute enough to be co-authors may be mentioned in Acknowledgements.

After the manuscript has been processed and accepted for publication, authors’ names are not subject to any change (addition, deletion or rearrangement of authors’ names in the authorship list). While submitting the final version to the Editorial Board, please, make sure that the authorship list is complete and correct.

More detailed information on Defining the Role of Authors and Contributors is available at: <http://www.icmje.org/recommendations/browse/roles-and-responsibilities/defining-the-role-of-authors-and-contributors.html> (International Committee of Medical Journal Editors).

**6. Conflict of Interest.** All authors are requested to disclose any actual or potential conflict of interest including any financial, personal or other relationships with other people or organizations within three years of beginning the submitted work that could inappropriately influence, or be perceived to influence, their work. Form to disclose any potential Conflict of Interest is contained in the Author Statement.

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The Editorial Board reserves the right to verify all the manuscripts for plagiarism.

The works printed in other journals or submitted to other journals may not be submitted to the Editorial Board. Submitting a manuscript, authors should inform the Editorial Board about any coincidence with the relevant materials and publications (e.g., conference proceedings, presentations, previously published articles, books, and drawings).

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**9. Research and Publications Funding.** If the research and/or preparation of the manuscript had financial support, the funding source should be specified.

**10. Reviewing Manuscripts.** A copy of a manuscript, having passed the registration, is submitted according to the research profile for “two-sided blind” review to specialists, selected by the Editorial Board and published after a positive response of a reviewer and the members of the Editorial Board. More information about manuscripts selection and publication is available at: [Order of the direction, reviewing and publication of articles](http://medbio.ulsu.ru/index.php/en/order-of-the-direction-reviewing-and-publication-of-articles).

The Editorial Board reserves the right to reduce, edit or make stylistic changes to the text without affecting the content of the manuscript, without the consent of the author(s). The Editorial Board reserves the right to reject the materials, which do not meet the remit of the Journal or its requirements. The date of the manuscript receipt is the time of the final (processed) version receipt in case of its revision after review.

**11. Submission of Manuscripts.** Manuscripts and accompanying documents can be submitted to the Editorial Board in one of the following ways:

- by e-mail using contact information provided at the Journal's website (Microsoft Office Word 2007-2019; file name – last name of the first author (e.g., Ivanov.doc, Petrov.docx). Scanned supporting documents with original signatures are attached to the letter as separate files, they should also include the last name of the first author (e.g., Ivanov.Application.pdf, Ivanov.Application.jpg);

- by regular mail (1 printed copy of the manuscript with the mandatory application of the electronic version (Microsoft Office Word 2007-2019), and the signed originals of all required supporting documents).

**12. Supporting Documents.** Supporting documents include:

- Author Statement (available at provided at the journal's website);

- copy of Dispute Resolution Commission report (if necessary);

- expert report on the possibility of open publication (if necessary).

**13. Instructions for Authors**

**Manuscript template**

**PAPER TITLE [ALL CAPITAL LETTERS, TIMES NEW ROMAN, 14, BOLD, center justification]**

**I.I. Ivanov1, P.P. Petrov2 [Times New Roman, 14, bold, center justification]**

*1Ulyanovsk State University, Ulyanovsk, Russia [Times New Roman, 14, italics, center justification]*

*2Moscow State University, Moscow, Russia [Times New Roman, 14, italics, center justification]*

*If there are several authors from different institutions, each affiliation should reflect their current and primary employment with a corresponding digital index. If all the authors of the manuscripts belong to one institution, separate indication of their workplace is not necessary; the institution is indicated only once. If a person works in different places, he/she should have multiple affiliation in the manuscript.*

*Abstract (200-250 words) [Times New Roman, 14, italics, full justification].*

*The abstract section should state only the essential facts. For original research papers the abstract should be structured as follows: Introduction, Aim, Materials and Methods, Results, Conclusions. The Aim should not repeat the title of the manuscript. Description of methods should be concise and illustrative of approaches and research methodology. Documentation of statistical methods should be included. The Results section should also be concise and clear. Please reduce it to essential theoretical and experimental results of the research, newly discovered scientific facts, correlations, and dependencies.*

*Avoid repeating the information from the title in the Abstract. It is not recommended to use excessive parenthetical phrases such as "the paper covers…"*

*The word limit for the Abstract section is strictly 200 to 250 words.*

*Key words: [Times New Roman, 14, italics, full justification]. The Abstract section should be followed by key words or phrases (no more than 8) relevant to the paper subject to help databases create the most accurate search results. Key words should be separated by commas; there is a final period at the end of the list.*

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References are cited in the text by square brackets, i.e. [1]. If several sources are cited at the same time then references may be put in one set of brackets: [1, 3, 5–9, 25]. Please arrange the list of references by the order they appear in the full-text.

The acceptable file format is Microsoft Office Word 2007-2019 (.doc or .docx). The file name should begin with the last name of the first author (e.g., Ivanov.doc, Petrov.docx).

The recommended volume of the paper including tables, figures, and references should not exceed 40 pages for reviews and 20 pages for other manuscripts. Papers of a larger volume may be published only by agreement with the Editorial Board.

**Languages of publication** are English and Russian.

Manuscripts of foreign authors submitted in English are published by the decision of the Editor-in-Chief without translation into Russian (except for the title, full name of the authors, abstract and keywords. Translation is carried out by the editors).

**Article Writing Format.** The manuscript of an **original article** should comprise the following sections: Title; Authors, Affiliation; Abstract; Key words; Introduction (reflecting the state-of-the-problem); Aim; Materials and Methods; Results; Conclusions; Information on Financial Support; Grants, Acknowledgements; Conflict of Interest, References.

**Materials and Methods.** The Methods section should give readers enough information so that they can repeat the experiments.

When submitting materials, authors must keep with international ethical standards and rules for conducting human research and animal study. In addition to the type, gender and number of animals, the authors must indicate the methods of pain management and sacrifice.

The Editorial Board is guided by WMA Declaration of Helsinki - Ethical Principles for Medical Research Involving Human Subjects, adopted in 1964 more detailed information is available at: [WMA Declaration of Helsinki – Ethical Principles for Medical Research Involving Human Subjects](https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects/). [Directive 2010/63/EU of the European Parliament and of the Council of 22 September 2010 on the protection of animals used for scientific purposes](https://eur-lex.europa.eu/eli/dir/2010/63/2019-06-26).

Modern methods of statistical data processing should be used during the research. Documentation of statistical methods should be described in the Materials and Methods section. It is necessary to indicate whether the given numerical values are primary or derivative, to list the limits of accuracy, reliability, data validity, reliability of estimates, recommendations, accepted or rejected hypotheses, discussed in the article.

The manuscript of a **review** should comprise the following sections: Title; Authors; Affiliation; Abstract; Key words; Introduction (reflecting the state-of-the-problem); Aim; Conclusions; Information on Financial Support; Grants, Acknowledgements; Conflict of Interest, References.

It is desirable that the reviews correspond to international standards for literature searching. Detailed information on reviews can be found in the PRISMA manual (Preferred Reporting Items for Systematic reviews and Meta-Analyses), available at: <http://prisma-statement.org/>

Standards. All terms and definitions must be scientifically valid, their spelling (both English and Latin) should correspond to accepted standards. Drugs should be given only in international nonproprietary names, which go first. Then, if necessary, several trade names are given. Enzymes should be spelled in accordance with the Enzyme Nomenclature.

The manuscript may be accompanied by a glossary of terms (vague, likely to cause the difficulty while reading). In addition to the common abbreviations of units, physical, chemical and mathematical values and terms (e.g., DNA) abbreviations phrases often repeated in the text are allowed. All letter symbols and abbreviations should be explained in the text at their first occurrence. Reduction of simple words is not allowed, even if they occur frequently. The doses of drugs and units of physical quantities should be given in SI units.

**Results, Discussion (Results and Discussion).** Tables and figures. Tables and figures should be presented as a part of the text. Whenever a table or a figure is mentioned in the text, please, provide a reference in standard brackets (for example, (Table 1), (Fig. 1)).

Tables should be numbered with Arabic figures (for example, Table 1) and preceded by a descriptive title/heading. If a table is placed on the separate page, please indicate its location. Table heading should be consistent with its content. Both number and title are placed above the table. The number of the table should be right-aligned, and the title should be centered. Small tables may be presented in the text without placing them on individual pages. All numbers in tables should be consistent with those in the text. Please, avoid using abbreviations in tables. If it is necessary to use abbreviations, please, provide appropriate explanations in a note right below the table.

Example:

Table 1

**Headline/title**

|  |  |  |
| --- | --- | --- |
| Parameter | Control group (n=8) | Experimental group (n=8) |
| VO2, ml/min kg | 9.0 ± 0.4 | 105.9 ± 5.8\* |
| VE, l/min | 2.1 ± 0.2 | 34.2 ± 1,8\* |
| VCO2, ml/min kg | 8.1 ± 0.4 | 115.6 ± 6\* |
| SaO2, % | 95.6 ± 0.1 | 91.6 ± 0.5\* |
| SvO2, % | 73.0 ± 1.3 | 55.1 ± 1.1\* |

Note. \* - differences are significant compared to the control group (р≤0,05).

**Figures.** All illustrations in the manuscript (such as schemes, charts, drawings, diagrams, plots, maps, photographs, etc.) are referred to as Figures. All Figures should be numbered consecutively with Arabic numerals. Each Figure should be followed by a caption providing its number, title, and legend if necessary. Centered captions are placed below the figure. Captions of micro-photographs should include the description of staining method and magnification.

It is acceptable to present computer graphic images with a resolution of 600 dpi (dots per inch) minimum. If necessary, mark details on figures with Arabic numerals or lowercase Latin letters, but be sure to provide an explanation in the legend. For plots and graphs with coordinate axes please give axis notations and units (for example, X axis – culture time, days; Y axis – enzyme activity, mL/min).

A font size of all lettering in figures and tables should be at least 12pt (font sizes smaller than 12pt should not be used).

Example:

***Fig. 1.*** Headline/title.

\* - the differences are significant compared to the control group (p≤0.05).

Formulas and Equations. Formulas and equations should be presented as an ordinary editable text, not as images, and consecutively numbered. Variables should be given in italic.

**Conclusions.**

**Information on financial support** (grants, acknowledgments). Information is filled in when acknowledging the support. If the research and/or preparation of the manuscript had financial support, the funding source should be specified.

**Conflict of interest.** All authors are requested to disclose any actual or potential conflict of interest (similar to the one selected in the Author Statement):

1. The authors declare that there is no conflict of interest.

2. The author(s) declare(s) financial interest related to the biomedical equipment techniques, pharmaceuticals, etc. described in the manuscript (financial support, grants, scholarships);

3. The author(s) declare(s) financial interest related to the company, which produces the equipment, pharmaceuticals, etc. described in the manuscript (as an investor);

4. The author(s) declare(s) contributions (for the last three years) in accordance with consultancy contract related to biomedical equipment, techniques, pharmaceuticals, etc.;

5. The author(s) declare(s) financial interest related to marketing of the described biomedical equipment, techniques, pharmaceuticals, etc. (Manufacturer Employee).

**Author contributions:**

Research concept and design: Ivanov I.I., Petrov P.P.

Participation in the research study, data processing: Ivanov I.I., Sidorov S.S.

Statistical data processing: Ivanov I.I., Petrov P.P.

Data analysis and interpretation: Ivanov I.I., Petrov P.P.

Text writing and editing: Ivanov I.I., Petrov P.P., Sidorov S.S.

**References.**

**References and Quotations.** Correct reference description is essential for citation and indexing. Original research papers should make reference to 20 sources minimum, review papers – to 50, and other materials – to 15 sources. At least half of cited sources should be works and papers published within the last 5 years. Please arrange the list of references by the order they appear in the full-text.

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Online links to the sources cited must be reliable and durable. As a minimum, the full URL should be given and the date when the reference was last accessed. It is recommended to provide any additional information if available: DOI, authors' names, dates, publication sources, etc.

**Examples of Reference List:**

Books

*Borg G.A.* Borg’s perceived exertion and pain scales. Champaign, IL: Human Kinetics; 1998. 208.

Book chapters

*Morgan W.P.* Physical activity, fitness and depression. In: C. Bouchard, R.J. Shephard, T. Stephens (Eds.), Physical activity, fitness, and health. Champaign, IL: Human Kinetics; 1994: 851-867.

Journal papers

*Margaretten M., Julian L., Katz P., Yelin E.* Depression in patients with rheumatoid arthritis: description, causes and mechanisms. Int. J. Clin. Rheumtol. 2011; 6 (6): 617-623.

Conference Proceedings

*Harnden P., Joff e J.K., Jones W.G., eds.* Germ cell tumours V: Proceedings of the 5-th Germ cell tumour conference. 2001, sept. 13-15; Leeds; UK. New York: Springer; 2001: 128-133.

Patents

*Stepanov G.A.* Patent RF № 2100008; 1997

Internet Sources

*Benjamin Bowe, Yan Xie, Hong Xian, Sumitra Balasubramanian, Ziyad Al-Aly* Low levels of high-density lipoprotein cholesterol increase the risk of incident kidney disease and its progression. URL: <http://www.sciencedirect.com/science/article/pii/S0085253816002222> (accessed: 16.02.2016) [DOI:10.1016/j.kint.2015.12.034](http://dx.doi.org/10.1016/j.kint.2015.12.034).

**Information about the authors.** The list of references should be followed by authors' information: full name, degree, affiliation, e-mail.

Ivan. I. Ivanov, PhD, MD, Professor, Department of Human Anatomy, Ulyanovsk State University, 432017, Russia, Ulyanovsk, 42, Lev Tolstoy Str. e-mail: ivanovii@ulsu.ru, ORCID ID: <http://orcid.org/0000-0001-5145-5556>

Petr P. Petrov, PhD in Biology, Professor, Department of Ecology, Moscow State University, 119991, Russia, Moscow, 1, Lenin’s Hills. e-mail: petrovpp@mail.ru, ORCID ID: http://orcid.org/0000-0000-000-000Х

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**16. Contact Information:**

**Phone numbers:**

8 (8422) 32-29-80 Vladimir I. Midlenko, editor-in-chief;

8(8422) 37-24-51 Mikhail V. Balykin, vice editor-in-chief;

8 (8422) 55-27-08 Aleksandr M. Shutov, vice editor-in-chief;

8(8422)37-24-51 Igor V. Antipov, assistant editor.

**e-mail:** ulsubook@yandex.ru

**Postal Address:** Mikhail V. Balykin, Institute of Medicine, Ecology and Physical Education, Ulyanovsk State University, Lev Tolstoy Str., 42., Ulyanovsk, Russia. 432017.