

# Instructions for Authors

## 1. Aims and Scope

Clinical Nutrition Research (Clin Nutr Res or CNR), which was launched in 2012 as the official journal of the Korean Society of Clinical Nutrition (KSCN), strives for academic advancement by stimulating research activities in the clinical nutrition research field. The CNR is published quarterly on the last day of January, April, July, and October, one volume per year. The CNR aims to contribute to human health and nutrition by exerting education effect, which can be practically applied in clinical nutrition care. Total or a part of the articles in this journal are abstracted in PubMed Central, Science Central, Directory of Open Access Journal, Google Scholar, and Crossref.

The journal features original research articles, reviews, case reports, and notes related to the field of clinical nutrition, human nutrition, and public health nutrition. It publishes manuscripts on nutrition interventions contributing to disease prevention and health promotion, nutrient physiology and metabolism, human nutrition related to growth and development, nutritional assessments, and quality management of clinical nutrition, community nutrition, dietary behavior, nutritional epidemiology, nutrition education, food culture and other studies related to the promotion of human health. It also publishes animal experiments of which findings are applicable to human nutrition or diseases.

The CNR follows the Open Access Journal policy. All contents are freely available through <https://e-cnr.org>. Digital files can be read, downloaded, and printed freely.

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## 2. Editorial Board and Obligations

The KSCN has a Permanent Editorial Board which takes care of editing the CNR and of other academic events related to the Journal promotion. The Editorial Board has more than 20 reading editors, including the Editor in Chief (Editor). Board members are chosen based on the journal's need for representation from a particular subject area in conjunction with the individual's commitment to maintaining high journal standards as illustrated in objective and prompt reviews. An Editorial Office Team is also appointed by the publication committee to directly assist the editors and editorial board members.

- The President of the KSCN shall appoint, upon the recommendations of the members of the Editorial Board, including the Editor and the Associate Editors, from among regular members of affiliate academic societies. Those appointed shall have excellent research capability in their respective fields as well as a firm grasp of the affiliate academic society and academic trend. In addition, they shall have editorial experience of academic journals.
- Reflecting the opinion of the Editorial Board, the Editor may appoint, in consultation with the President of the KSCN, foreign scholars (including Korean scholars abroad) having excellent academic achievement, as the editorial board in charge of foreign affairs relating to the Journal.
- To maintain a high level of professionalism and fairness in the process of reviewing individual articles submitted, the Editor shall select two independent reviewers from among the regular members of the affiliate academic societies or foreign scholars in relevant fields, or from among members of the Editorial Board itself, entrusting them with the review work in consultation with the Editorial Board members relevant in terms their respective academic fields.

### 3. Manuscript Submission

Authors should submit manuscripts via the online submission system for CNR, <https://mc04.manuscriptcentral.com/clinnutr>. The revised manuscript should be submitted through the same web system under the same identification numbers.

### 4. Manuscript Review and Publication

Review procedures, acceptance, and publication order will be decided according to the rules and regulations of the KSCN. The journal provides English proofreading service and expenses will be charged to the corresponding author(s). An alternative source of proofreading could be accepted only through a verification form submitted. All manuscripts will undergo the following steps of review.

**Step 1:** The editor-in-chief will perform a preliminary review and decide whether the manuscript can be published by the CNR.

**Step 2:** Two independent reviewers appointed by the associate editors-in-chief will review the manuscript in detail according to the procedures based on the CNR review guidelines. The associate editor-in-chief then makes an initial decision (revision or rejection) based on the reviewers' comments and notifies the corresponding author of the decision. Then, authors of a revised manuscript must describe on a line-by-line basis how the manuscript was revised according to the instructions of the referees. If the authors fail to resubmit the revised manuscript within 4 weeks of the editorial decision, it was regarded as a withdrawal.

**Step 3:** The associate editor-in-chief can appoint one additional reviewer if the two reviewers' recommendations (acceptance/rejection) are not in agreement.

**Step 4:** The editor-in-chief forward a final decision on acceptance or rejection for publication to the corresponding author. The finally accepted manuscript will be reviewed by manuscript editor for the consistency of the format and the completeness of references. The manuscript may be revised according to the style guides of the journal.

**Step 5:** Before publication, the galley proof will be sent via email to the corresponding author for approval. Galley changes must be returned within 48 hours. Changes

should be limited to those that affect the accuracy of the information presented.

### 5. Authorship Criteria and Contributions

All authors must have participated sufficiently in the research to take public responsibility for appropriate portions of the content. The authors should take responsibility for the integrity of the work as a whole, from inception to published article. According to the guidelines of the International Committee of Medical Journal Editors (ICMJE), authorship credit must meet all of the following qualifications: (1) substantial contributions to conception and design, or acquisition of data, or analysis and interpretation of data; and (2) drafting the article or revising it critically for important intellectual content; and (3) final approval of the version to be published. Acquisition of funding, collection of data, or general supervision of the research group, alone, does not justify authorship.

The corresponding author will serve on behalf of all coauthors as the primary correspondent with the editorial office during the submission and review process. The corresponding author must affirm in the cover letter at the time of submission that none of the material in the manuscript is included in another manuscript, has been published previously, or is currently under consideration for publication elsewhere. Ethical guidelines were followed by the investigator in performing studies and should be described in the paper. The approval of the institutional review board of ethics committee must be cited in the Methods. If the manuscript is accepted, the corresponding author will review an edited typescript and proof. The corresponding author is responsible for ensuring that the Acknowledgment section of the manuscript is complete and the conflict of interest disclosures are accurate, up-to-date, and consistent.

### 6. Copyright and Ethical Issues

**1) Copyright:** The published article in the CNR is copyrighted by the KSCN, and may not be reproduced without the written permission from the editorial board. The KSCN

holds the copyright on all material published in the Journal or on the Journal's website. All authors must sign and date this statement that transfers their article's copyright to the KSCN and submit it with their manuscript. Authors are permitted to reuse portions of their KSCN-copyrighted work for lecture purposes, provided that the proper citation and copyright information is given.

**2) Informed consent:** All research involving human participants must have been approved by the institutional review board (IRB) at the authors' institution that board must be named by the authors in the manuscript. For research involving human participants, informed consent must have been obtained (or the reason for lack of consent explained, e.g. the data were analyzed anonymously) and all clinical investigation must have been conducted according to the principles expressed in the Declaration of Helsinki. Authors should be able to submit, upon request, a statement from the research ethics committee or institutional review board indicating approval of the research as well as a sample of a patient consent form. Approval by the IRB with the appropriate informed consent from the study subjects should be written in the Materials and Methods.

**3) Conflict-of-interest:** A conflict of interest may exist when an author has financial or personal relationships or affiliations that could influence the author's decisions, work, or manuscript. All authors are required to disclose all potential conflicts of interest, including specific financial interests and relationships and affiliations relevant to the subject of their manuscript. Financial relationships with industry are usually considered to be the most important conflicts of interest. However, conflicts can occur for other reasons, such as personal relationships or academic competition. Authors must disclose any possible conflicts of interest regarding authorship and financial support in the paper clearly and specifically. Authors without conflicts of interest, including specific financial interests and relationships and affiliations relevant to the subject of their manuscript, should include a statement of no such interests. Failure to include this information in the manuscript may delay the review of the manuscript. The conflict of interest must be included in the cover letter for the submitted manuscript. If a conflict of interest exists, the corresponding author must

identify such in the acknowledgments section.

**4) Originality and duplicate publication:** All submitted manuscripts should be original and should not be considered by other scientific journals for publication at the same time. No part of the accepted manuscript should be duplicated in another scientific journal without permission by CNR Editorial Board. If duplicate publications related to the papers of this journal are detected, sanctions against authors range from requesting their institutions to assess the facts, requesting a Letter to the Editor-in-Chief acknowledging the error and voluntarily withdrawing a paper, to a ban on publication in CNR up to 3 years.

**5) Plagiarism:** Authors must obtain permission to reproduce any copyright material, and include an acknowledgment of the source in their articles. Authors should be aware that the unreferenced use of the published and unpublished ideas, writing or illustrations of others, from whatever source (including research grant applications), or submission of a complete paper under 'new' authorship in the same or a different language, constitutes plagiarism.

## 7. Instructions for Manuscript Preparation

The manuscript represents original, unpublished material that is not under editorial consideration elsewhere. Manuscripts should be prepared in accordance with the "Uniform Requirements for Manuscript Submitted to Biomedical Journals: Writing and Editing for Biomedical Publications" (<http://www.icmje.org/>). The entire manuscript should be written in English in standard font preferably Times New Roman with font size of 11. The manuscript component should be double spaced and have an inch (2.5 cm) margin on all sides. Page number should start with the Abstract as page 1. The type of the manuscript (original articles, reviews, case reports, or notes) should be indicated on the upper left corner of the title page. A running title of fewer than 50 characters should be included in the title page. Arabic numerals for amounts and centimeter-gram-second (C.G.S.) system for unit of measurements should be used (see Units of Measure for details). There should be a space between each number and unit except number expressed as %. Information not indicated in the

criteria must be followed by the decisions of editorial board. Submission items include a cover letter, manuscript (including the title page, structured abstract, manuscript text, references, and table/figure legends), tables and figures.

#### • Cover letter and Checklist

The cover letter should make it clear that the final manuscript has been seen and approved by all authors and that they have taken due care to ensure the integrity of their work and their personal scientific reputation. Any potential conflicts of interest should be declared, in addition to any information on prior or duplicate publication.

Cover letter must include corresponding author contact information, statement that the manuscript has not been submitted elsewhere for publication, and a statement that all authors have contributed to the work and agree to submit it for consideration to CNR. In case of more than two co-first authors or co-corresponding authors, appropriate authorship statements should be described. In addition, authors should provide the name, fields of interest, addresses, telephone, and e-mail addresses of 3 or more unbiased and qualified potential reviewers in cover letter.

A checklist, which is found on the website, must accompany the cover letter.

#### • Original Research Article

The text of an original research article must be arranged as follows: Abstract, Introduction, Materials and Methods, Results, Discussion, Conclusion, (Acknowledgments), and References. Subheadings are allowed without numbers. Page numbers must be added at lower right corner of each page.

##### 1) Title Page

- A running head summarizing the original title should be on top of the original title (no more than 50 characters).
- The title is composed as a single declarative statement. It should be brief, informative, and focused on the results presented in the manuscript.
- The title of the article, names of all authors, and their affiliations with the first letter of each word capitalized.
- The names of authors must be written in full names. In case of more than two authors, "," should be written between names. It should be marked "+" at the end of the names of the corresponding author. The affiliations must

include the name of the department and institution those authors belong to, the name of the city, postal code and country name. Authors with different affiliations, place an Arabic number as a superscript after the author's last name and in front of the affiliation.

<Example> Kyung Mi Kim<sup>1†</sup>, Young Sook Lee<sup>2</sup>

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<sup>2</sup>Department of Food and Nutrition, Kyungnam University, Changwon, Korea

- The ORCID iDs of authors must be written.
- The name, mailing address, telephone, fax numbers, and e-mail address of the corresponding authors must be written at the bottom of the title page.
- The co-first authors and co-corresponding authors may be indicated.
- Sources of research support must be identified as follows.  
<Example> This research was supported by grants from National Research Foundation of Korea (KRF-2010-001-C00001).

##### 2) Abstract

A single paragraph of comprehensive abstract should be provided and not exceed 250 words. Two to five key words in English must be prepared at the bottom of the Abstract. Using the medical terminology from Index Medicus (MeSH, Medical Subject Heading: <http://www.nlm.nih.gov/mesh/>) is recommended. An accurate list of key words will ensure correct indexing of your paper and increase its visibility in search engines. If there is no appropriate match to a new concept at present, the author can use his/her choice of expression.

##### 3) Abbreviations

When the word is mentioned for the first time, it should be spelled out completely first, then followed by the abbreviation in parentheses. Common abbreviations need not be defined.

##### 4) Text

Texts should contain the Introduction, Materials and Methods, Results, Discussion, and Conclusion consisting of no more than 5,000 words (the number of words in the Abstract, References, Table and Figure legend excluded). The

background of the study and its objective must be stated clearly in the Introduction. The Materials and Methods should be written in detail, and the statistics used for data analysis must be indicated as well. The results must be presented in the same logical sequence of tables and figures in the text. Do not repeat the results in the text when it is explained in detail through the tables and figures. The most important results should be emphasized in the Summary. The Discussion should emphasize concisely the novel and important aspects of the study and avoid unrelated references and statements. The Conclusion should be drawn directly from the Results and Discussion in accord with the study objective stated earlier in the Introduction.

#### - Clinical Trials

##### Obligation to register

Clinical trials are recommended to be registered to the primary registry before the recruitment process. CNR accepts the registration in any of the primary registries that participate in the WHO International Clinical Trials Portal, NIH ClinicalTrials.gov, ISRCTN Register, or the Clinical Research Information Service (CRIS), Korea CDC. The clinical trial registration number shall be published at the end of the abstract.

##### Data sharing statement

Based on the International Committee of Medical Journal Editors (ICMJE) recommendations for data sharing statement policy (<http://icmje.org/icmje-recommendations.pdf>), all manuscripts reporting the results of clinical trials should submit a data sharing statement to fulfill the ICMJE guidelines after February 25, 2019.

#### - Gender issues

Ensure correct use of the terms sex (when reporting biological factors) and gender (identity, psychosocial or cultural factors). Unless inappropriate, report the sex and/or gender of study participants. If the study was done involving an exclusive population, for example in only one sex, authors should justify why, except in obvious cases (e.g., prostate cancer). Authors should define how they determined race or ethnicity and justify their relevance.

#### - Units of Measure

Metric units are required (e.g., cm, kg, L, kcal for height, length, weight, volume, and energy, respectively), as is the Celsius scale (°C). For reporting data, use of SI units (le Systeme Internationale d'Unites) is preferred (e.g., mmol/L, g/L) but not mandatory. Conventional units such as mg/dL and mg/mL are acceptable, using L, not l, for liter. Use units for the same analyte/compound consistently manuscript, tables, and figures. Placing an alternate unit parenthetically in the text or giving conversion factors in table footnotes or figure legends is acceptable. Units should not be pluralized (e.g., wk, not wks) or followed by a period.

Useful websites are:

- SI conversions: <http://www.onlineconversion.com/>
- SI conversions: [http://en.wikipedia.org/wiki/Conversion\\_of\\_units](http://en.wikipedia.org/wiki/Conversion_of_units)
- Clinical SI conversions: <http://www.unc.edu/~rowlett/units/index.html>
- Clinical SI conversions: <http://dwjay.tripod.com/conversion.html>

### 5) Tables and Figures

- The total number of tables and figures is limited to 6.
- Vertical lines in tables should not be used.
- Location of Tables and Figures: Each table and figure in a separate page must be located at the end of the text in consecutive order and indicate its location in the text. When it is cited, use "Table 1" or "Figure 1" in the text.
- Location of the names of Tables and Figures: The names of the tables should be written on top of the table. The name of the figure should be written at the bottom of the figure.
- For footnotes, the following symbols should be used in this order: \*, †, ‡, §, ||, ¶, \*\*, ††, ‡‡, etc. The contents of footnotes must be indicated at the bottom.

### 6) Acknowledgments

The acknowledgments are the general term for the list of contributions (brief statements of technical or editorial assistance), funding/financial support, disclosures, credits, and other information included at the end of the text of a manuscript but before the references. All other persons who have made substantial contributions to the work

reported in the manuscript (eg, data collection, analysis, and writing or editing assistance) but who do not fulfill the authorship criteria should be named with their specific contributions in an Acknowledgment in the manuscript.

## 7) Author Contribution

What each author has done for the study should be described in this section. To qualify for authorship, all contributors must meet at least one of the seven core contributions by CRediT (conceptualization, methodology, software, validation, formal analysis, investigation, data curation), as well as at least one of the writing contributions (original draft preparation, review, and editing). Authors may also satisfy other remaining contributions; however, satisfying these alone will not qualify them for authorship. Author contributions will be published with the final article, and they should accurately reflect contributions to the work. The submitting author is responsible for completing this information at submission, and it is expected that all authors would have reviewed, discussed, and agreed to their individual contributions ahead of this time.

## 8) References

### (1) References in "the text"

References must be identified in the text by listed Arabic numerals in brackets and numbered in consecutive order, as they appear in the text. Use "-" when there are more than 3 references to be cited; for example, 4-7.

### (2) References in "References"

The total number of References is limited to 30. References must be listed in the order of citation in the text and list all the authors' names. Abbreviations of the journal names should be written according to Index Medicus or Medline (computerized database) available at: <http://www.ncbi.nlm.nih.gov/journals>. The name of the journals should be expressed in abbreviations. For example, "Clinical Nutrition Research" should be written as Clin Nutr Res. List all authors' names for a reference with up to 5 authors; list first 5 authors' names followed by 'et al.' if more than 5 authors:

#### Journal

1. Matsuo T, Sato A, Kudo K, Sadzuka Y, Tomita T. Ap-

propriate usage of food thickening agents to prevent non-disintegration of magnesium oxide tablets. Sci Rep 2020;10:16089.

2. Israel E, Chervinsky PS, Friedman B et al. Effects of montelukast and beclomethasone on airway function and asthma control. J Allergy Clin Immunol 2002;110:847-54.

#### Book

Murray PR, Rosenthal KS, Kobayashi GS, Pfaller MA. Medical microbiology. 4th ed. St. Louis: Mosby; 2002.

#### Chapter in a book

Meltzer PS, Kallioniemi A, Trent JM. Chromosome alterations in human solid tumors. In: Vogelstein B, Kinzler KW, editors. The genetic basis of human cancer. New York: McGraw-Hill; 2002. p. 93-113.

#### Abstract or supplement

Lofwall MR, Strain EC, Brooner RK, Kindbom KA, Bigelow GE. Characteristics of older methadone maintenance (MM) patients [abstract]. Drug Alcohol Depend. 2002;66 Suppl 1:S105.

#### Internet Source

Korean National Statistical Office. The statistics of mortality and the causes. Available from <http://www.kostat.go.kr> [cited 2010 March 15]. 2007.

#### • Review Articles

Review articles are focused on a specific topic and include theory, statement, special report, and information. Reviews are usually solicited by invitation of the editors and they must contain no more than 5,000-8,000 words including abstract, keyword(s), text, references, tables, and figures. Reviews will be allowed to contain no more than 50 references.

#### • Case Reports

The CNR publishes case reports that can be either 1) a rare case of clinical nutrition care which can be regarded as significant to the advancement of the field as a report itself, or 2) a good example of clinical nutrition care that can be educational to other

researchers.

Case reports must contain no more than 3,000 words including abstract, keyword(s), Introduction, Case, Discussion, References (up to 15), tables, and figures. The number of tables and figures should be two or less, for each.

- **Research Note**

Research note must contain no more than 2,000–5,000 words including abstract, keyword(s), text, references, tables, and figures. The abstract should be less than 200 words. The number of references should be 15 or less, and the number of tables and figures should be two or less, for each..

## 8. Publication and Reprints

- 1) Charges: The authors will be charged for publication per page and the design.
- 2) Acceptance and the order of appearance in the journal will be decided according to the editorial regulations, and accepted manuscripts will not be returned unless determined inappropriate for publication.
- 3) Once the review process is completed, the manuscript cannot undergo any modifications in their contents or changes/additions of the authors. The modifications made by the editors for style, grammar and readability may not be changed by the authors unless scientific meaning has been compromised.
- 4) Reprints: Reprints are provided to the authors. The cost of reprints will be added to the total publication charge.

## 9. Any information NOT indicated in the criteria will be decided according to the review of the editorial board.

Enacted in July 10, 2012.

Revised in January 20, 2014.

Revised in October 10, 2014.

Revised in June 18, 2015.

Revised in July 31, 2016.

Revised in February 14, 2017.

Revised in February 25, 2019.

Revised in March 24, 2024.

Most recently revised in September 11, 2024.

Manuscript Title: \_\_\_\_\_

☐ Original article

☐ Review

☐ Case report

☐ Note

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1. The manuscript represents truthful and original work without fabrication, fraud, or plagiarism.
2. All authors have made an important scientific contribution to the study and take responsibility for the content of the manuscript.
3. The manuscript has not been previously published and is not currently under consideration for publication elsewhere, nor will be submitted for publication elsewhere until a final decision by 「Clinical Nutrition Research」

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