

Instructions for authors

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Clinical Nutrition Research (CNR), launched in 2012, is the official, open-access, peer-reviewed journal of the Korean Society of Clinical Nutrition. CNR is dedicated to advancing human health and nutrition by disseminating high-quality research that supports clinical application and promotes education in nutrition care. The journal features original articles, reviews, case reports, and research notes related to the field of clinical nutrition, human nutrition, and public health nutrition. It is published quarterly on the last day of January, April, July, and October.

Manuscripts should adhere to the Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals, issued by the International Committee of Medical Journal Editors (ICMJE; <http://www.icmje.org/recommendations/>), unless otherwise specified.

1. ARTICLE PROCESSING CHARGE

There are no author submission fees or other publication-related charges. All costs for the publication process are supported by the Korean Society of Clinical Nutrition.

2. RESEARCH AND PUBLICATION ETHICS

It is available at <https://e-cnr.org/policy/ethics.php>.

3. PUBLISHING POLICIES

It is available at <https://e-cnr.org/policy/policies.php>.

4. COPYRIGHT AND OPEN ACCESS

It is available at https://e-cnr.org/about/open_access.php.

5. MANUSCRIPT PREPARATION

A. General requirements

- Language: Manuscripts must be written in English.
- Template-based submission: Authors must use the official journal template for all submissions. All formatting requirements are pre-applied to the template file, which can be downloaded from the journal website (<https://e-cnr.org/authors/authors.php>).
- Cover letter: The cover letter must confirm that all authors approved the final manuscript, that the work is original and not under review elsewhere, and disclose any potential conflicts of interest. It should include the corresponding author's contact information and authorship statements when co-first or co-corresponding authors are listed. Authors must also suggest at least three qualified reviewers. A completed checklist must accompany the cover letter.
- Submission materials: Include a cover letter, the manuscript components (including the title page, abstract, main text, references, and table/figure legends), tables, and figures.
- Anonymization: Submit the title page and manuscript as separate files. The manuscript must be anonymized for double-blind peer review; do not include authors' names or affiliations.
- Units: Use Arabic numerals for amounts and include a space between the number and unit, except when the number is expressed as % or °.
- Terminology: Follow Dorland's Illustrated Medical Dictionary for medical terminology. Use International System of Units (SI units) when reporting data (e.g., mmol/L, g/L); however, conventional units such as mg/dL and mg/mL are acceptable, using L, not l, for liter. Metric units are required for basic measurements (e.g., cm, kg, L, kcal for height, length, weight, volume, and ener-

gy), and the Celsius scale (°C) should be used for temperature.

- Abbreviations: When the term is mentioned for the first time, it should be spelled out completely first, then followed by the abbreviation in parentheses. Thereafter, only the abbreviation should be used. Commonly used abbreviations need not be defined.
- Use of generative artificial intelligence (AI)-assisted technologies: CNR has adopted policies, as specified by the ICMJE, regarding the use of generative AI platforms assisted technologies in the preparation of materials intended for publication in the journal as outlined below:
- Generative AI platforms, such as language models and chatbots, may be used to improve language quality and readability. Authors are not required to disclose the use of AI when it is employed solely for basic language editing, grammar correction, or polishing prose. However, if the statistical analyses were made by AI-assisted technologies, the authors should disclose it with details about the specific tools used, including the model name, version, and manufacturer, along with an explanation of the capacity in which they were utilized. If simulated data or other essential data are generated by AI-assisted technologies, it should be disclosed. Authors should affirm that there is no plagiarism of text or images in materials produced by AI. The authors have responsibility for AI-assisted work. It is not acceptable to cite AI-generated material as a primary source in the References section. AI-generated material used for analysis should be disclosed as a supplementary material.
- Information not explicitly covered in these criteria must be followed by the decisions of the editorial board.

B. Reporting guidelines

For specific study designs, such as randomized controlled trials, diagnostic accuracy studies, meta-analyses, observational studies, and non-randomized studies, authors should follow the relevant reporting guidelines. Recommended sources include the EQUATOR Network (<https://www.equator-network.org/>) and the National Library of Medicine (https://www.nlm.nih.gov/services/research_report_guide.html). CNR requires compliance with the reporting guidelines summarized in **Table 1** for the listed article types.

Table 1. Reporting guidelines for specific study designs

Initiative	Type of study	Source
CONSORT	Randomized controlled trials	https://www.equator-network.org/reporting-guidelines/consort/
TREND	Non-randomized controlled studies	https://www.cdc.gov/hivpartners/php/trend-statement/index.html
STROBE	Observational studies	https://www.equator-network.org/reporting-guidelines/strobe/
STARD	Diagnostic/prognostic studies	https://www.equator-network.org/reporting-guidelines/stard/
PRISMA	Systematic reviews and meta-analyses	https://www.equator-network.org/reporting-guidelines/prisma/
CARE	Case reports	https://www.equator-network.org/reporting-guidelines/care/

C. Article type

CNR publishes four categories of publications: original articles, reviews, case reports, and research notes. Other publication types are negotiable with editorial office.

• Original articles

Organize your manuscript file as follows:

Title page: upload separately

Manuscript file: (1) abstract & keywords, (2) main text, (3) references, (4) tables, (5) figure legends (upload figures in separate files)

Supplementary materials: upload separately

Title page

This section should include the type of manuscript; manuscript title; running title; full names and affiliations of all authors; full name of institutional affiliation, postal address, and email of the corresponding author; ORCID; authors' contributions; any conflict of interest; any financial assistance; data availability; and acknowledgments.

Title: The title should be a single declarative statement that is brief, informative, and focused on the results presented in the manuscript. It should have the first letter of each major word capitalized, including prepositions and conjunctions of four letters or more.

Running title: Less than 50 characters

Author names: Names of authors should be given in full without abbreviation. In the listing of author names, any degree or professional title, such as MD or PhD, should not be included.

Affiliations: Departments and institutions of the authors. If from multiple institutions, use superscript numbers (1, 2, 3, etc.) to indicate specific affiliations.

Corresponding author: Full name, institutional affiliation, postal address, and email address.

Co-first authors and co-corresponding authors may be designated when applicable. Such designations must be explicitly stated on the title page and reflected consistently throughout the manuscript and submission system. When more than two co-first authors or co-corresponding authors are designated, an appropriate authorship statement should be provided.

ORCID: Providing ORCIDs for all authors is recommended (<https://orcid.org/>).

Authors' contributions: Describe contributions using the Contributor Roles Taxonomy (CRediT; <https://credit.niso.org/>). Contributors must meet at least one core role (conceptualization, methodology, software, validation, formal analysis, investigation, data curation) and one writing role (original draft preparation, review, and editing). Authors who do not meet these requirements will not qualify for authorship.

Conflicts of interest: Disclose any potential conflicts of interest, including employment, consultancy, ownership, or close relationships with organizations affected by the manuscript.

Funding: Funding for the research should be detailed here. Provision of a FundRef ID is recommended, including the name of the funding agency, country, and (if available) the number of the grant provided by the funding agency. If the funding agency lacks a FundRef ID, please ask that agency to contact the FundRef registry (email: fundref.registry@crossref.org).

Data availability: Include a statement indicating where the data supporting the article's results can be found, with hyperlinks to publicly archived datasets if applicable.

Data sharing: Based on the 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.

Acknowledgments: List individuals who contributed to the work but do not meet authorship criteria, and specify their contributions (e.g., technical assistance, data collection, analysis, or editorial support). Disclose any writing assistance and the entity that funded it.

Supplementary materials: Supplemental material refers to files related to a specific article, provided by the authors for publication alongside their article. These materials typically include additional content that could not be included in the print version, such as appendices or extra tables. All supplemental materials will be available online alongside the full-text article. Include a listing of supplementary materials at the end of the manuscript file, and ensure they are cited consecutively in the text of the manuscript

Abstract & keywords

Abstract: For original articles, provide a structured abstract of less than 250 words with the following headings: Objective, Methods, Results, and Conclusion.

Keywords: Two to five keywords must be prepared at the bottom of the abstract. Using the medical terminology from Index Medicus (MeSH; <https://www.nlm.nih.gov/mesh/>) is recommended. If there is no appropriate match to a new concept at present, the authors can use their choice of expression.

Main text

The main text of an original article should contain the following subheadings: Introduction, Methods, Results, and Discussion consisting of no more than 5,000 words (excluding the Abstract, References, Table and Figure legends).

Introduction: The background of the study and its objective must be stated clearly in the Introduction. Describe pertinent findings of others and include the specific questions addressed by the investigation.

Methods: Methods should be written in detail, and the statistics used for data analysis must be indicated as well. For a more specific description, refer to the specific reporting guidelines corre-

sponding to the study design (**Table 1**).

Ethics statement: For studies involving human participants or human-derived materials, include the institutional review board (IRB) approval number and a statement of informed consent from all participants. For animal studies, describe adherence to national or institutional research committee guidelines. If an IRB number is not available, consult the editor.

Study design: Specify the study design (e.g., descriptive analysis, randomized controlled trial, cohort study, case-control study, or meta-analysis).

Materials and/or participants: Provide sufficient detail on the materials used to enable reproducibility. For purchased materials, list the source or manufacturer. Describe research participants with relevant characteristics such as age, sex, region, school, country, intervention period, or occupation. Explain the inclusion criteria, reasons for participant selection, and reasons for excluding particular groups. Non-English questionnaires may be submitted as supplementary materials.

Methods: Refer to appropriate reporting guidelines when describing analytic methods. Cite established methods with references and indicate any modifications. Describe novel methods in sufficient detail for replication. If necessary, provide complex statistical analyses in the supplementary materials. Clearly describe the duration of observation, survey, intervention, analysis, or follow-up.

Statistical analysis: Describe the statistical analyses in sufficient detail to allow replication. Specify the software used, including the program name, manufacturer, and version. Report measurement error or uncertainty, such as confidence intervals, in addition to P-values.

Reporting of Sex, Gender, Race, and Ethnicity: 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.

Results: 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 they are explained in detail through the tables and figures. Emphasize or summarize important observations at the end of this section.

Discussion: Discussion should emphasize concisely the novel and important aspects of the study and avoid unrelated references and statements. The summary and conclusion should be brief, written in the context of the research purpose.

References

All references should be listed in the order of citation in the text, with corresponding numbers. The reference limits are 30 for original articles, 50 for review articles, and 15 for case reports and research notes.

- Identify references in the main text by listed Arabic numerals in brackets and numbered in consecutive order, as they appear in the main text. Use “-” when there are more than 3 references to be cited; for example, [4-7].
- List all authors’ names for a reference with up to 6 authors; list first 3 authors’ names followed by ‘et al.’ if more than 6 authors.
- Use the abbreviated journal title according to MEDLINE, available at <https://www.ncbi.nlm.nih.gov/journals>. For example, “Clinical Nutrition Research” should be written as Clin Nutr Res. Other types of references not described below should follow Citing medicine: the NLM style guide for authors, editors, and publishers (<https://www.ncbi.nlm.nih.gov/books/NBK7256/>).

Journal articles

1. Jung DH, Moon G, Lee CK, et al. Changes in nutritional status through low-lactose processed milk consumption in Korean adults with lactose intolerance. *Clin Nutr Res* 2025;14:30-40.
2. Gard CN, Freigeh GE, Janssen EM. Allergic manifestations of actinopathies: a review. *J Allergy Clin Immunol* 2025;156:1456-64.
3. Sultan T, Brustad N, Kyvsgaard JN, et al. Dominance of IL-5 and CCL17 in nasal cytokine profiles of children with type 2 inflammation. *J Allergy Clin Immunol* 2025 Dec 4 [Epub]. <https://doi.org/10.1016/j.jaci.2025.11.009>

Entire book and book chapter

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

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

Abstract or supplement

- Addicott M, Saldana S, Ip E, Oliveto A, Daughters S, Beckham J. Effects of recent smoking and daily hassles on mood and craving during a cigarette quit attempt [abstract]. *Drug Alcohol Depend* 2005;267 Suppl 1:111422.

Online sources

- Korean Statistical Information Service (KOSIS). Prevalence of obesity [Internet]. KOSIS; 2024 [cited 2025 Dec 18]. Available from: <https://kosis.kr/eng/>

Tables and Figures

The total number of tables and figures should not exceed 6 for original and review articles, and 2 each for case reports and research notes.

Tables

Each table should begin on a new page, with the table number and title above the table and explanatory notes below. Table numbers must correspond to the order in which they are cited in the main text. Tables should be self-explanatory, and the data presented should not be duplicated in the main text or figures.

- For footnotes, use lowercase letters followed by a parenthesis in alphabetical order: ^{a), b), c)}, etc or asterisks (*) for statistical significance.
- Avoid unnecessary longitudinal lines.
- If using previously published tables, the original source must be cited in the footnote. For copyrighted materials, authors are responsible for obtaining official permission from the copyright holder.

Figures

- Color and grayscale images should be at least 300 dpi. Line drawings must be high-quality black on white graphics.
- Each figure should be submitted as a single file in PPT, JPG, or GIF, PDF format.
- Figure numbers should correspond to the order in which they are mentioned in the main text.

- Figure legends should be listed after the reference list in the manuscript file. Legends should provide a brief but comprehensive explanation of all figure information. Include the name of the stain and magnification for light microscopic photographs.
- If the figure has been previously published, cite the source in the legend. For copyrighted materials, authors are responsible for obtaining official permission from the copyright holder.

Videos

Video files must be compressed to the smallest possible size while maintaining high resolution and quality. Video submissions should be in MPEG4, AVI, WMV, or ASF format. Include a video legends page with a brief description of the content of each video, beginning on a new page after the figure legends page.

• Review articles

Review articles focus on a specific topic and may include theoretical perspectives, critical summaries, or updates on current knowledge. Reviews are usually invited by the editors and should have a main text of 5,000–8,000 words, excluding the abstract, keywords, references, tables, and figures. The unstructured abstract should not exceed 250 words. The number of references is limited to 50, and the total number of tables and figures should not exceed 6. However, systematic reviews should be accompanied by a structured abstract, and up to 100 references are permitted.

• Case reports

CNR publishes case reports that can be either (1) rare cases of clinical nutrition care that are significant to advancing the field, or (2) illustrative cases that provide educational value for researchers. Case reports should have a main text of no more than 3,000 words, excluding the unstructured abstract (within 250 words), keywords, introduction, case, discussion, references (up to 15), tables, and figures. The number of tables and figures should not exceed 2 each. It should be described according to CARE statement in **Table 1**.

• Research notes

Research notes should be 2,000–5,000 words in length, excluding abstract, keywords, main text, references, tables, and figures. The abstract should be no more than 250 words. The number of references is limited to 15, and the number of tables and figures should not exceed 2 each.

Table 2 summarizes each publication type's key features and word count limit.

Table 2. Key features and word count limits of publication type^{a)}

Type of article	Abstract (words)	Text (words)	References	Tables and figures
Original article	Structured, 250	5,000	30	6 in total
Review article ^{b)}	Unstructured, 250	5,000–8,000	50	6 in total
Case report	Unstructured, 250	3,000	15	2 (for each)
Research Note	Unstructured, 200	2,000–5,000	15	2 (for each)

^{a)}The limits on word count, references, tables, and figures may be exceeded at the discretion of the editor in chief when justified;

^{b)}Systematic reviews should be accompanied by a structured abstract, and up to 100 references are permitted.

6. MANUSCRIPT SUBMISSION, PEER REVIEW PROCESS & POST-PUBLICATION DISCUSSIONS

A. Online submission

Authors should submit manuscripts via the online submission system for CNR (<https://mc04.manuscriptcentral.com/clinnutr>). After registering and logging into your account, the online system will guide you through the submission process step-by-step. For assistance, please contact us via email at kscn@korscn.or.kr.

B. Peer review process

It is available at <https://e-cnr.org/policy/ethics.php>.

C. Post-publication discussions

It is available at <https://e-cnr.org/policy/policies.php>.

Contact Us

Editor-in-Chief

Eunju Park

Kyungnam University, 7 Kyungnamdaehak-ro, Masanhappo-gu, Changwon 51767, Korea

E-mail: pej@kyungnam.ac.kr

Editorial Office

Korean Society of Clinical Nutrition

Health Sciences Building, Kyungnam University,

7 Kyungnamdaehak-ro, Masanhappo-gu, Changwon-si, Gyeong-sangnam-do 51767, Korea

Tel: +82-55-249-2218

E-mail: kscn@korscn.or.kr