**Appendix I.**

The details about the various sessions within the workshop are as follows:

1. ***Why articles are rejected- views from a reviewer***

This session was presented by the Chief Editor of the Journal of Nepal Health Research Council. The session touched on the importance and utility of publication, primarily its impact on the communication of the findings of the researcher along with the types of research that are published in Nepal. The reasons for rejection were then focused on. Factors such as lack of expertise of the “researcher” in scientific writing, lack of validity and reliability of the research methodology, poorly planned study design were described as the main factors contributing to rejection. Similarly, plagiarism was highlighted as another major ethical breach along with poorly written and formatted papers; copious, unsolicited use of technical jargon was another reason for non-acceptance of articles.

1. ***Writing an abstract for research articles and conferences***

This topic focused on describing the significance, format, and tips on writing an effective abstract for research papers. An abstract is the succinct version of the entire manuscript that parallels the structure of the paper, defining in brief the aims, methods, major findings along with the conclusion. Conference organizers rely on abstracts to make decisions about the presentation and use them to relay necessary information to the participants. Abstracts are often limited to a few hundred words, written in the past tense and are either structured or unstructured. Further, the abstract should be composed with proper grammar, and be free of abbreviations, and jargon.

1. ***Writing an original research article***

The session which aptly followed the writing of an abstract focused on the details of writing an entire research article, presented by the chief editor of the Journal of KIST medical college and teaching hospital. An original research article describes comprehensively the background, hypothesis or research question aimed at filling the knowledge gap, the methods of investigation, the results and significance of the study carried out by the researcher/s. The article is structured in a manner that allows for the telling of a good story. It begins with the “Introduction/ Background” section that brings to attention the knowledge that is available from earlier studies, the knowledge gap, the research question and the objectives of the study. Then follows the “Methods” section that discusses the study design, sampling method, data collection device or the experiment along with data analysis methods or statistical tools. The “Results” section that comes next highlights all the findings of the study. The next section -“Discussion” describes the significance of the results, comparing and contrasting them with results from research by other authors. This is often the section that requires the most effort. Finally, the “Conclusion” summarizes the primary inferences of the research and if needed the direction towards future work in the form of recommendations.

1. ***Tips for scientific writing***

This session focused on various methods to enhance the quality of a scientific manuscript.

Firstly, the presenter focused on the “ten commandments” of effective scientific writing listed by Prof. Colin Binns and Dr. MiKyung Lee from the Curtin University of Technology in Australia22. Some of these rules are:

1. The midnight rule: The paper should have an easily understood flow of ideas and organization as it would make it easier for reviewers to review it, especially taking into account their busy schedules.
2. The boyfriend/ girlfriend rule: As a means of communication of scientific findings, the paper should be sensible to laypeople as well as experts in the field.
3. The grandmother rule: It is better to leave printed copies of the scientific writing and safe-keep backups with one’s “grandmother” to avert loss of data in case the digital records are lost due to unforeseen factors.
4. The first and last rule: As is the case with general writing, readers (and reviewers) focus on the first and last points/ sentences of every section; thus, it would be wise to pay special emphasis to these strategic locations.
5. The pillow rule: The entire paper should focus on the research/study objectives defined at the beginning. One should sleep with the objectives “under the pillow” to be mindful of them while writing.
6. The nursery rhyme rule: The paper should be unequivocal and free from slang, exaggerations and unnecessary words.
7. Time waits for no man: Proper planning helps in allowing the writer not to waste time in writing and editing a good paper.

The author of the scientific paper should focus on clarity, simplicity and repeated editing to make sure the paper along with its illustrations is easily understandable and visually pleasing.

1. ***Group work on abstract writing***

The participants were divided into three groups and were given sample articles, with the introduction, methods, results, discussion, and conclusion sections. Then, they were assigned the task of formulating an abstract. At the end of the designated time, two representatives from each team were invited to present their abstracts. This was followed by a short discussion with the members of the audience and the resource persons on the strengths and areas of improvement in the presented abstracts.

1. ***Literature search with HINARI***

HINARI is one of the five programs in the Research4Life group (a global assemblage of international non-governmental organizations, academic institutions, and publication houses) that provides personnel in the developing countries with access to scientific literature for free or at a low cost. It represents the largest repository of knowledge about biomedical and health sciences. The presenter in this session elucidated the steps to get access to HINARI and the login process. Various search engines can be used to access scientific literature, including Google Scholar, PubMed and SUMMON search, and the Boolean operators such as AND can be used to optimize the literature search. Furthermore, the literature sources can be managed using software such as Mendeley, EndNote, Zotero, and Refworks. HINARI provides access to more full texts. HINARI gives access to all Pubmed journals and articles which are cited in other databases.

1. ***Formatting articles according to journal requirements***

This session was presented by the chief editor of the journal of Nepal medical association. The presenter highlighted firstly the various kinds of research work, from observational studies to experimental studies and clinical appraisals. It was followed by the guidelines and requirements for the submission of manuscripts. Journals have specific guidelines on manuscript formatting and following such guidelines improves the chances of publication. Authors are thus advised to read and implement such guidelines, including but not limited to the language format, font and font size, specific sections of the article, correspondence details, ethical approval and style of reference.

**Appendix II**

The resource persons of the various sessions were as follows:

1. Dr. Ganesh Dangal - Chief editor of Journal of Nepal Health Research Council
2. Dr. Rupesh Mukhia - Chief editor of Journal of KIST Medical College
3. Dr. P Ravi Shankar – Editor and editorial board member for many journals and Professor, Pharmacology
4. Mr. Anil Jha – Librarian, for HINARI
5. Dr Angel Magar, Journal of Nepal Medical Association.

**Appendix III**

**Questionnaire used in the study**

**“SciPub – 019**” **– “Getting your article published in scientific journals”**

Profession: Gender: Number of publications:

**For the following statements score using the following key (1 = strongly disagree with the statement, 2= Disagree with the statement, 3= Neutral, 4= Agree with the statement, 5= strongly agree with the statement).**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. | Articles are often rejected due to lack of clear expression and problems with language and grammar. | 1 | 2 | 3 | 4 | 5 |
| 2. | There is no necessity for articles to be prepared according to the journal instructions. | 1 | 2 | 3 | 4 | 5 |
| 3. | Problems with the use of statistics can lead to rejection of a paper. | 1 | 2 | 3 | 4 | 5 |
| 4. | The abstract is the most read part of a scientific paper. | 1 | 2 | 3 | 4 | 5 |
| 5. | The abstract is the first part of a paper to be written. | 1 | 2 | 3 | 4 | 5 |
| 6. | Abstract is often available free of charge. | 1 | 2 | 3 | 4 | 5 |
| 7. | Writing a research article is a systematic process. | 1 | 2 | 3 | 4 | 5 |
| 8. | The Methods section is often the first part of a paper to be written. | 1 | 2 | 3 | 4 | 5 |
| 9. | Research papers should be written in flowery English. | 1 | 2 | 3 | 4 | 5 |
| 10. | The Profs’ Ten Commandments provide a guide for scientific writing. | 1 | 2 | 3 | 4 | 5 |
| 11. | Language and grammar play an important role in the readability of a paper. | 1 | 2 | 3 | 4 | 5 |
| 12. | Passive voice is better for writing a research article. | 1 | 2 | 3 | 4 | 5 |
| 13. | HINARI offers both band A and B access with Nepal coming under band B. | 1 | 2 | 3 | 4 | 5 |
| 14. | HINARI provides access to e-books in addition of full texts of scientific articles. | 1 | 2 | 3 | 4 | 5 |
| 15. | I am confident about accessing HINARI to help with my research. | 1 | 2 | 3 | 4 | 5 |