# How to use this template

Use the text in this template as a guide and then replace it with your own text and delete these instructions too. Please do not change the formatting properties and style of this template.

The template details the sections that can be used in a manuscript. The section titles given are for **Research articles**. Review articles and other article types have a more flexible structure.

For any questions, please refer to [Author guidelines](https://ajbms.knu.edu.af/index.php/ajbms/Author-Guidelines), and if the answer is not there, please contact the editorial office of the Afghanistan Journal of Basic Medical Sciences.

Review articles do not need to follow this template but just include an INTRODUCTION section to start and a CONCLUSION section to end the main text.

Double spacing should be used throughout the manuscript, left alignment of the text except in the title page

**Abbreviations and symbols**

Abbreviations should be defined on their first appearance in the text; those not accepted by international bodies should be avoided. Use only standard abbreviations, i.e., most frequently used and widely accepted abbreviations. Avoid abbreviations in the title and abstract.

**Citing references in the text**

References should be numbered consecutively in the order in which they first appear in the text. They should be indicated by a numeral or numerals in square brackets, e.g., [1] or [2,3], or [4-6]. See the end of the document for further details on references (Vancouver style).

Running title (up to 60 characters)

Title

**Firstname Lastname 1, Firstname Lastname 2, Firstname Lastname 1,2\*** (all the authors, affiliations, emails and ORCID IDs have to be submitted during the online submission procedure)

1Department, Institution, City, Country

2Department, Institution, City, Country

**\*Corresponding author:** Firstname Lastname, Department, Institution, Address (Street and Number), City, ZIP Code, Country. E-mail: [e-mail@e-mail.com](mailto:e-mail@e-mail.com).

**Conflicts of interest:** Declare any conflict of interest or state “Authors declare no conflicts of interest.”

(Authors must identify and declare any personal circumstances or interest that may be perceived as inappropriately influencing the representation or interpretation of reported research results. Any role of the funders in the design of the study; in the collection, analyses or interpretation of data; in the writing of the manuscript, or in the decision to publish the results must be declared in this section. If there is no role, please state “The funders had no role in the design of the study; in the collection, analyses, or interpretation of data; in the writing of the manuscript, or in the decision to publish the results”.)

**Funding:** Include any sources of funding of your study if applicable or state “Authors received no specific funding for this work”.

# ABSTRACT

A single paragraph of about 250 words. The abstract should not be structured, i.e., should not contain the subheadings; nevertheless, it should place the question addressed in a broad context and it must highlight the objective(s) of the study or investigation; describe briefly the main methods (selection of study subjects or laboratory animals; observational and analytical methods); summarize the main results (giving specific data and their statistical significance, if possible); and indicate the principal conclusions or interpretations. It should emphasize new and important aspects of the study or observations. The abstract should be an objective representation of the article, it must not contain results which are not presented in the main text and should not exaggerate the main conclusions.

**KEYWORDS:** Keyword 1; keyword 2; keyword 3; keyword 4; keyword 5; keyword 6

(The abstract should be followed by a list of 3 to 10 keywords or short phrases, which will assist the cross-indexing of the article. The first keyword is sentence case and the rest are lowercase; different keywords are separated by semicolons)

# INTRODUCTION

The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be reviewed carefully and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, briefly mention the main aim of the work and preferably highlight the principal conclusions. As far as possible, please keep the introduction comprehensible to scientists outside your particular field of research.

# MATERIALS AND METHODS

Materials and Methods should be described with sufficient details to allow others to replicate and build on published results. Please note that publication of your manuscript implicates that you must make all materials, data, and protocols associated with the publication available to readers. Please disclose at the submission stage any restrictions on the availability of materials or information. New methods and protocols should be described in detail while well-established methods can be briefly described and appropriately cited.

Research manuscripts reporting large datasets that are deposited in a publicly available database should specify where the data have been deposited and provide the relevant accession numbers. If the accession numbers have not yet been obtained at the time of submission, please state that they will be provided during review. They must be provided prior to publication.

Interventional studies involving animals or humans, and other studies require ethical approval must list the authority that provided approval and the corresponding ethical approval code.

If applicable, separate subsections describing patients, ethical statement, experimental procedures, statistical analysis, etc. using appropriate subheadings, as illustrated below:

## Ethical statement

For all manuscripts reporting data from studies involving human participants or animals, formal review and approval, or formal review and waiver, by an appropriate institutional review board or ethics committee is required and should be described in this subsection. For those investigators who do not have formal ethics review committees, the principles outlined in the Declaration of Helsinki should be followed.

## Statistical analysis

Replace this with your text.

## Data availability

Please provide a Data Availability statement under this subsection. Certain data types must be deposited in an appropriate public structured data, and the accession number(s) provided in the manuscript. At publication, full access is required. If full data access is required for peer review, authors must make it available.

# RESULTS

This section should provide a concise and precise description of the experimental results. It may be divided by subheadings as illustrated below.

## Subtitle

Replace this with your text.

## Subtitle

Replace this with your text.

# DISCUSSION

Authors should discuss the results and how they can be interpreted in the perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Limitations and future research directions may also be highlighted.

# CONCLUSION

This section is optional, with one or two paragraphs. Alternatively, one or several concluding sentences can be stated in the Discussion.

# ACKNOWLEDGMENTS

In this section you can acknowledge any support given, including funding. This section may also include administrative and technical support, or donations (e.g., materials used for experiments).

# REFERENCES

References must be numbered consecutively in the order in which they first appear in the text (including citations in tables and legends) and listed individually at the end of the manuscript. We recommend preparing the references with a bibliography software package, such as EndNote, ReferenceManager or Zotero to avoid typing mistakes and duplicated references.

Citations and References in Supplemental data are permitted provided that they also appear in the reference list here.

**In the text**, reference numbers should be placed in square brackets [ ], and placed before the punctuation; for example [1], [1-3] or [1,3].

**In the reference list**, references should include the names of all authors when six or fewer; when seven or more, list only the first six names and add et al. References should also include full title and source information ***(Vancouver style)***. Journal names should be abbreviated as in MEDLINE.

**For detailed information about how to cite different sources see:** [CITING MEDICINE, 2nd edition: The NLM Style Guide for Authors, Editors, and Publishers](https://www.ncbi.nlm.nih.gov/books/NBK7256/)

### Standard journal article

Tashiro H, Shimokawa H, Sadamatu K, Yamamoto K. Prognostic significance of plasma concentrations of transforming growth factor-beta in patients with coronary artery disease. Coron Artery Dis 2002;13(3):139-43.

### More than six authors

Yetkin E, Senen K, Ileri M, Atak R, Tandogan I, Yetkin Ö, et al. Comparison of low-dose dobutamine stress echocardiography and echocardiography during glucose-insulin-potassium infusion for detection of myocardial viability after anterior myocardial infarction. Coron Artery Dis 2002;13(3):145-9.

### Books

Heger JW, Niemann JT, Criley JM. Cardiology, 5th ed. Philadelphia: Lippincott, Williams & Wilkins; 2003.

### Chapter in a book

Braunwald E, Perloff JK. Physical examination of the heart and circulation. In: Braunwald E, Zipes DP, Libby P (eds). Heart disease; a textbook of cardiovascular medicine, 6th ed. Philadelphia: WB Saunders; 2001, pp. 45-81.

**Personal communications and unpublished work** should not feature in the reference list but should appear in parentheses in the text. Unpublished work accepted for publication but not yet released should be included in the reference list with the words 'in press' in parentheses beside the name of the journal concerned. References must be verified by the author(s) against the original documents.

# TABLES AND FIGURES WITH LEGENDS

All tables and figures should be cited in the main text as Table 1, Figure 1, etc.

Provide the tables and figures at the end of the manuscript, below the title TABLES AND FIGURES WITH LEGENDS. Number the tables and figures according to their sequence in the text. The text should include references to all the tables and figures, including supplemental tables and figures. Each table and figure should be assigned an Arabic numeral and if needed placed in round brackets, e.g., (Table 1) or (Figure 1). The supplemental tables and figures are referred to in the text as Table S1, Figure S1, etc.

Tables must be editable cell-based in Microsoft Word or embedded with Microsoft Excel. Do not use empty rows to create spacing. Do not use spaces to create a new line, indent, or justify content. Do not include graphic objects, images, or colored text. Text justification in tables should be left when applicable. Use Times New Roman, font size 11.

Include a brief and self-explanatory title at the top of the table. Provide other explanations essential to the understanding of the table at the bottom of the table. Identify statistical measures of variations, such as standard deviation and standard error of the mean or other where appropriate. Define all abbreviations and symbols at the bottom of the table.

**TABLE 1.** This is a table title

|  |  |  |
| --- | --- | --- |
| Column title 1 | Column title 2 | Column title 3 |
| E 1 | data | data\* |
| E 2 | data | data# |

E 1: Entry 1; E 2: Entry 2

\*Footnote 1; #Footnote 2

Initial submissions do not require high-resolution image files, but images must be of sufficient resolution for referees to properly evaluate the data. We prefer that the figures be incorporated with the manuscript text into a single Word document at initial submission, but separate image files may be supplied if necessary.

Should your manuscript be accepted, you will receive more extensive instructions for final submission of display items. However, some guidelines for the preparation of final figures are provided below if you wish to minimize subsequent revisions and potential delays.

Provide images in RGB color and at a resolution of 300 dpi or high. Use the same typeface (Arial or Helvetica) for all figures. Use symbol font for Greek letters. Use distinct colors with comparable visibility and avoid the use of red and green for contrast. Recoloring primary data, such as fluorescence images, to color-safe combinations such as green and magenta or other accessible color palettes is strongly encouraged. Use of the rainbow color scale should be avoided. Figures are best prepared at a width of 80 mm (single column) and 160 mm (double column) with a maximum height of 170 mm. At this size, the font size should be 5-7pt. A guide to preparing final figures is available here: Figure guidelines.

Blot and gel reporting requirements. The authors have to provide original, uncropped, unadjusted, or otherwise manipulated, images during the peer review process or before the manuscript acceptance. The authors will be contacted by the Editorial office to provide the images by email, or if the files are large, using an appropriate file transfer service.

For more details on the original blot and gel images and reporting the blot/gel results please consult the [PLOS ONE Blot and Gel Reporting Requirements](https://journals.plos.org/plosone/s/figures#loc-blot-and-gel-reporting-requirements) on which the Afghanistan Journal of Basic Medical Sciences policies were built.

**Figure legend** should include a short explanation of what is depicted in the figure (may be the same as in manuscript text). Legends should be detailed enough so that each figure and caption can, as far as possible, be understood in isolation from the main text

|  |  |
| --- | --- |
| C:\Users\martin\Downloads\testFigure.tif  (**A**) | C:\Users\martin\Downloads\testFigure.tif  (**B**) |

**FIGURE 1.** This is a figure title, Schemes follow the same formatting. If there are multiple panels, they should be listed as: (**A**) Description of what is contained in the first panel; (**B**) Description of what is contained in the second panel. ABR 1: Abbreviation; ABR 2: Abbreviation 2

# SUPPLEMENTAL DATA

Provide any supplemental material (e.g., tables, figures, etc.) at the end of the manuscript, after the tables and figures and below the title SUPPLEMENTAL DATA. Each supplemental table and figure should be assigned an Arabic numeral and named as Table S1, Figure S1, etc.

The formatting requirements provided above for the main tables and figures apply to supplemental material.