

## PHARMACEUTICAL PERIODICAL DOSIS – AUTHORS' GUIDE

Dosis is the only scientific Finnish-language pharmacy journal. It publishes **original research studies, reviews** and **reviews of dissertations** in the area of pharmacy and related fields. In addition, it welcomes **scientific commentaries** on subjects of interest to the field and articles describing the **development of operations** based on scientific methods. Dosis's Publication Forum (JUFO) level is 1. Dosis mainly publishes articles in Finnish, but also accepts manuscripts in English for evaluation.

The principles presented in this document should be followed when writing for Dosis. A summary of the submission guidelines is presented in **Table 1**. Manuscripts that do not conform to the guidelines provided below may be returned to the author for revision even before evaluation.

All manuscripts submitted to the journal for publication are subjected to two peer reviews. The reviews are performed anonymously. The editor-in-chief reviews all manuscripts and may request/suggest revisions. The final decision on the publication of a manuscript is made by the editor-in-chief.

**Table 1.** Abridged instructions for authors.

	<b>Original research study</b>	<b>Development of operations</b>	<b>Review</b>	<b>Dissertation review</b>	<b>Scientific commentary</b>
Sections and headings	Cover page <sup>a</sup> Title Authors <sup>b</sup> Abstract Keywords Introduction Materials and methods Results Discussion Conclusions Tiivistelmä <sup>c</sup> Conflicts of interest Acknowledgments References Appendices	Cover page <sup>a</sup> Title Authors <sup>b</sup> Abstract Keywords Introduction and background Implementation Results Assessment of results Conclusions Tiivistelmä <sup>c</sup> Conflicts of interest Acknowledgments References Appendices	Cover page <sup>a</sup> Title Authors <sup>b</sup> Abstract Keywords Free choice of subheadings <sup>d</sup> Tiivistelmä <sup>c</sup> Conflicts of interest Acknowledgments References Appendices	Cover page <sup>a</sup> Title Author <sup>b</sup> Summary <sup>g</sup> Keywords Free choice of subheadings Tiivistelmä <sup>h</sup> Key points Conflicts of interest Acknowledgments References Appendices	Cover page <sup>a</sup> Title Authors <sup>b</sup> Abstract Keywords Free choice of subheadings Tiivistelmä <sup>c</sup> Conflicts of interest Acknowledgments References Appendices
Length	3,000 words <sup>d</sup>	2,500 words <sup>d</sup>	3,500 words <sup>e</sup>	2,500 words <sup>d</sup>	2,000 words <sup>d</sup>
Length of abstract	300 words	300 words	300 words	300 words	300 words
Figures and tables	Maximum of 6 in total	Maximum of 6 in total	Maximum of 6 in total	Maximum of 4 in total	Maximum of 4 in total
Keywords	4–8	4–8	4–8	4–8	4–8
References	Max. 40 references	Max. 30 references	Max. 40 references <sup>f</sup>	Max. 30 references	Max. 30 references
Appendices	Max. 2	Max. 2	Max. 2	Max. 2	Max. 2

<sup>a</sup> The title, type of manuscript, authors' details, corresponding author's email address, number of words in the manuscript and abstract, as well as research ethics and the authors' conflicts of interest. If there are no conflicts of interest, enter "No conflicts of interest".

<sup>b</sup> In addition to the authors' names, indicate their titles, academic degrees and affiliations. Enter the place of research as the authors' affiliation. Mark the corresponding author by an \* and include their email address in the author's details. Add the explanatory note "\*Correspondence" under the names of the authors. The person marked as the correspondent can also enter their current affiliation in their address information. If two authors have made an equal contribution, mark them with \*\* and add the explanatory note "\*\*Equal contribution" under the correspondence entry.

<sup>c</sup> "Tiivistelmä" (an abstract) in Finnish, which contains the following items: otsikko, kirjoittajat, kirjoittajien tittelit, oppiarvot ja toimipaikat, tiivistelmä ja avainsanat suomeksi (title, authors, titles and degrees of authors, affiliations of authors at the time of research, the summary itself and keywords in Finnish). Mark the corresponding author with \* and provide their email address. Add the explanatory note "\*Kirjeenvaihto" after the authors' details. The person in charge of correspondence can also enter their present affiliation, if different than at the time of the research.

<sup>d</sup> A systematic review follows the structure of an original research study.

<sup>e</sup> The abstract, list of sources, tables and captions are not counted in the length.

<sup>f</sup> A systematic review may include more references. Their number is determined by the number of studies published on the topic.

<sup>g</sup> At the beginning of the abstract, indicate the following: the author of the dissertation; the title of the dissertation; the university and faculty where the dissertation was examined; the date of the dissertation's public defence; the opponent's and custos's details; as well as the publication details and a link to the electronic dissertation.

<sup>h</sup> Finnish abstract (Tiivistelmä) of the dissertation, which includes the following information: otsikko, kirjoittaja, kirjoittajan titteli, oppiarvo ja toimipaikka (title, author, title and academic degree, affiliation). Start the actual Finnish summary with the following information: Kenen väitöskirja; väitöskirjan otsikko; yliopisto ja tiedekunta, jossa väitöskirja on tarkastettu; väitöspäivämäärä; vastaväittäjän ja kustoksen tiedot; sekä julkaisutiedot ja linkki sähköiseen väitöskirjaan (the author of the dissertation; the title of the dissertation; university and faculty where the dissertation was examined; the date of the dissertation's public defence; the opponent's and custos's details; as well as the publication details and a link to the electronic dissertation).

## DESCRIPTION OF PUBLICATION CATEGORIES

**An original research study** is a scientific work based on empirical data and using either quantitative or qualitative research methods. Systematic and exploratory literature surveys and meta-analyses are also original research studies.

**An article on the development of operations** describes and critically evaluates a development project, usually a local one, that has been implemented in practice. The article must include original empirical data, but this can typically be small in scale or obtained from a pilot project. The study has been conducted with scientific methods and the manuscript drawn up systematically and in accordance with the principles of scientific writing.

A **review article** presents a scientific and critical expert opinion on a subject, based on previously published research. Systematic and exploratory literature surveys are considered to be original research studies, however.

A **scientific commentary** provides a new and/or unique perspective to existing problems, basic concepts or prevailing conceptions. A commentary can also draw attention to progress made on a subject or plot out future development paths. The commentary can include original material and/or present the expert's personal opinion, which must nevertheless be based on scientific research. A scientific commentary can comment on a recent publication in Dosis or another scientific journal. If the scientific commentary concerns an article published in Dosis, the editors will afford the author of the original article the opportunity to respond to the commentary.

A **review of a dissertation** aims to describe the theoretical background of a phenomenon studied in the dissertation, as well as the dissertation's key findings and their significance. It is also essential to describe the avenues of further research opened by the dissertation and the practical applications of the information in it. The review should also describe the study's connections with the wider body of research.

## STRUCTURE AND LENGTH OF THE MANUSCRIPT

An electronically submitted manuscript must be finalised. Add a separate cover page to the beginning of the manuscript. The cover page must include the items listed in point <sup>a</sup> of **Table 1**. The manuscript must follow the structure and subheadings described in **Table 1**. The subheadings of reviews, scientific commentaries, letters and responses can be chosen freely. However, the use of subheadings is also recommended in such texts as it improves their legibility. Headings deviating from the guidelines of **Table 1** may be used in original research studies and dissertation reviews for a justified reason. You should justify your choice of headings in the message accompanying your manuscript.

The permitted length of the manuscript varies according to the text type (see **Table 1**). The length of the abstract is always 300 words, irrespective of the type of manuscript. The manuscript may also include appendices, but not more than two.

## **NAMING OF THE MANUSCRIPT**

Name the manuscript using the surnames of the (first three) authors and the manuscript's topic/title. E.g. Nieminen\_Savolainen\_Mäkinen\_authors\_guidelines.

## **ABSTRACT**

The abstract can follow a structured form and use the following subheadings: Original research study: Introduction, Materials and Methods, Results, and Conclusions. Article on the development of operations: Introduction and Background, Implementation, Results, and Conclusions. The abstract of a dissertation review should also include the dissertation's details (see detailed instructions in **Table 1**).

## **INTRODUCTION**

The introduction should describe the purpose and theoretical background of the study. Its purpose is to introduce the study to all readers, even those unfamiliar with its topic. The introduction can discuss the current relevance of the topic, along with its theoretical significance and relation to science and practice. The introduction must explain why the study is necessary. State the objectives of the study at the end of the introduction.

## **MATERIALS AND METHODS / IMPLEMENTATION**

The "Materials and Methods" section presents the study design, study material and the grounds for its selection, and explains the study methods and the grounds for their selection. Commonly known, established methods or measures can be described in a non-exhaustive manner, as long as other researchers can repeat the study using the method described if necessary.

In an article describing the development of operations, describe the development project's context and implementation, as well as the collection and analysis of the study materials, under the heading "Implementation".

## **RESULTS**

Present the results in the text, tables and figures. The text should not repeat what is expressed in tables or figures. The permitted numbers of figures and tables are given in **Table 1**.

## **TABLES AND FIGURES**

The maximum numbers of figures and tables are given in **Table 1**. Figures and tables are an important way of illustrating the theoretical key points, design features and main findings of the study. They can also help to emphasise important issues in review articles.

Number the tables consecutively using Arabic numerals. Tables and their text should be readable and comprehensible without referring to the actual text. A good table is logical,

unequivocal and easy to read. Place the table's title above the table. Refer to tables with bold font in the text (e.g. **Table 1**).

Number figures and their captions consecutively using Arabic numerals. The figures and their captions must be in English. The purpose of figures is to complement and clarify the text of the article, not to repeat it. Figures and captions should be readable and comprehensible without referring to the actual text. Place captions below the figure. Refer to figures with bold font in the text (e.g. **Figure 1**).

Place the figures and tables where you want them in the manuscript. This ensures correct placement during layout. The layout staff will nevertheless choose the best placement for the final layout, following the authors' original placement as closely as possible.

Submit figures as separate, editable files, for example in Excel or PPT format. Name separate appendices according to the same principles as the manuscript itself (e.g. first three authors\_Figure1). Submit figures also as JPG or PNG files in at least 240 dpi resolution. Name the files as above.

#### *Figures and tables published elsewhere*

Figures and tables should be reconstituted if possible. We can publish previously published figures in slightly edited form, however. Translating the figure or table into English is deemed sufficient editing. In such cases, write "edited + source (from which the figure or table was edited) in the caption." If you intend to publish a figure or table exactly as previously published (in a dissertation or scientific article), you need to present your copyright for publishing it when submitting the manuscript to Dosis. You must also state the copyright in the caption of the figure or table (original reference and published with the permission of XXX).

## **DISCUSSION**

The "Discussion" section of an original research study presents conclusions on the significance and applicability of the results. It discusses the reliability of the study results and their relationship with previous observations. The strengths and weaknesses of the study carried out are also critically assessed in this section. You should not repeat the study results in the discussion.

In an article describing the development of operations, the critical assessment of results and comparison to previous studies should be placed under the "Discussion" heading. This section should also include a critical assessment of the study's strengths and weaknesses. You can also present avenues and needs for further research in the "Discussion" section.

## **CONCLUSIONS**

The "Conclusions" section describes your conclusions on the studied phenomenon based on the results and answers the study questions presented in the objectives.

We also recommend writing a “Summary” or “Conclusions” section at the end of a review or dissertation review, summarising the research value of the review or dissertation and linking it to a broader context and future prospects (for example, follow-up studies, practical applications and societal significance).

## **YHTEENVETO**

The summary (Yhteenveto) is written in Finnish and is based on the abstract. Also translate the title and authors of the manuscript into Finnish. Also include the dissertation's details in the “Yhteenveto” of a dissertation review (see detailed instructions in **Table 1**). In the accompanying message of the submitted manuscript, the authors must state whether the “Yhteenveto” has been proofread. The text can be proofread by a native Finnish speaker or someone else, for example one of the authors, with sufficient mastery of the language.

## **KEYWORDS**

Include 4 to 8 keywords associated with the manuscript's content in the manuscript. You can look for suitable keywords in the FinMeSH terminology base, for example, at <https://finto.fi/mesh/en/> (MeSH = Medical Subject Headings). You can also use terms not included in the FinMeSH terminology base if they have become established in the field of study. Append 4 to 8 keywords in Finnish to the Finnish summary. You can search for these too in FinMeSH.

## **KEY POINTS**

Key points can be appended to a dissertation review in a separate text box summarising 3 to 5 key points in separate sentences.

## **ETHICS AND DATA PROTECTION**

Describe matters related to research ethics and data protection in the “Materials and Methods” (in original research studies) or “Implementation” (in articles describing the development of operations) sections. Also mention the study's ethical review in this section or justify why it has not been carried out. You can also reflect on matters involving ethics or data protection in the “Discussion” section.

## **ARTIFICIAL INTELLIGENCE**

Dosis only accepts the use of responsible and ethical artificial intelligence applications in its articles. You must disclose and describe the use of artificial intelligence in your manuscript.

## **ACKNOWLEDGEMENTS**

In the acknowledgements, you can mention, for example, the sponsors of the study, persons who have participated in study's technical performance, mentors, and those who have commented on the manuscript. The “Acknowledgements” section is not compulsory.

## CONFLICTS OF INTEREST

In accordance with the general practices of international and national biomedical scientific journals, authors published in Dosis must declare any significant economic interests or other conflicts of interests associated with the article to be published for the previous three years. The authors are responsible for drafting the text for the "Conflicts of Interest" section. Authors can use, for example, the ICMJE form (<http://www.icmje.org/conflicts-of-interest/>) to declare their conflicts of interest.

Conflicts of interest to be declared include:

- consultation fees received from pharmaceutical or healthcare companies;
- recurring lecture or planning fees paid by pharmaceutical or healthcare companies;
- congress trips paid by pharmaceutical or healthcare companies;
- grants or other research funding associated with the manuscript from pharmaceutical or healthcare companies or their funds. Alternatively, research funding can be mentioned in the "Acknowledgements" section;
- shareholding in pharmaceutical or healthcare companies giving the owner significant control;
- roles in the bodies or management of pharmaceutical or healthcare companies or patient organisations; and
- patents and patent applications associated with the article.

Conflicts of interest that are evident from the authors' affiliations stated on the cover page do not need to be declared separately. Participation in free training events or acting as an invited lecturer at individual events organised by, for example, a health centre or association with financial support from a pharmaceutical or healthcare company does not constitute conflicts of interest.

Conflicts of interest are published at the end of each article. Declaring conflicts of interest does not affect publication decisions, which are made on substantive, qualitative and editorial grounds.

## REFERENCES

The permitted numbers of references are indicated in **Table 1**. You can deviate from these numbers for a justified reason, which must be presented in the message accompanying your manuscript submission.

Include all references mentioned in the text, and no others, in the list of literature. Authors are responsible for the accuracy of their references. A source can be entered in the list of references if it has been at least accepted for publication. Dosis follows the Vancouver style of referencing (with Finnish as the default language). Number and list the sources in the order in which they occur in the text. If there are more than six authors, write the names of the first six authors followed by *et al.* Use the Index Medicus system for the abbreviated names of journals. The official abbreviations for journals can be found in the NLM Catalog database (<http://www.ncbi.nlm.nih.gov/nlmcatalog>).



Mark references in the text as numbers in brackets (1,2) in the order they occur. If more than two consecutive references apply to the same entry, write the first and last numbers separated by an en dash (1–4).

### **EXAMPLES OF THE FORMATTING OF DIFFERENT TYPES OF REFERENCES**

#### *Article in a publication series*

Dunvald ACD, Søltoft K, Sheetal E, Just SA, Frederiksen IEB, Nielsen F, *et al.* Cytochrome P450 activity in rheumatoid arthritis patients during continuous IL-6 receptor antagonist therapy. *Eur J Clin Pharmacol.* 2023;79(12):1687–98.

Kauppi K, Hätönen H, Adams CE, Välimäki M. Perceptions of treatment adherence among people with mental health problems and health care professionals. *J Adv Nurs.* 2015;71(4):777–88.

The authors can include the DOI (Digital Object Identifier) in the reference if they like. It makes the publication easy to find online, regardless of any changes in address.

Tran Minh M, Haapa T, Liljeström E, Lipponen A, Mäkinen M, Repo M, *et al.* Tutkimusraadit parantavat tutkimuksen laatua – kokemuksia HUSista. *Sosiaalilääket Aikakausi.* 2022;59(4):473–7. <https://doi.org/10.23990/sa.117122>

#### *Book*

Hirsjärvi S, Remes P, Sajavaara P. Tutki ja kirjoita. 15th edition. Helsinki: Kustannusosakeyhtiö Tammi; 2009.

#### *Chapter in a book*

Turunen J. Kyselytutkimus. In: Hämeen-Anttila K ja Katajavuori N, eds. Yhteiskunnallinen lääketutkimus – ideasta näyttöön. Helsinki: Palmenia; 2008, s. 54–79.

#### *Part of a publication series*

Manninen S. Fish and *Camelina sativa* oil: effects on fatty acid composition of blood lipid fractions, lipoprotein subclasses and pro- and anti-atherogenic lipoprotein functions. Kuopio: University of Eastern Finland; 2019. Publications of the University of Eastern Finland. Dissertations in Health Sciences 538.

Oravalahti T, Härkönen U, Kiviniemi V. Aksikabtageenisiloleuseeli (yescarta) aikuisten suurisoluisten b-solulymfomien hoidossa. Helsinki: Finnish Medicines Agency Fimea; 2018. Fimea kehittää, arvioi ja informoi -julkaisusarja 16.

#### *Online (Internet) publications and multimedia*

The basic structure of references mainly follows the format of printed sources. Indicate the publication/updating date of online materials and give a www address (only include “<http://>” if the address does not include “www”). If you do not know the publication/updating date, indicate the date when the information was accessed on the internet.

Eteisvärinä. Käypä hoito –suositus. Suomalaisen Lääkäriseuran Duodecimin ja Suomen Kardiologisen Seuran asettama työryhmä. Helsinki. Suomalainen Lääkäriseura Duodecim [Internet] 2021 (accessed on 3 March 2023). Available at: [www.kaypahoito.fi](http://www.kaypahoito.fi)

Färkkilä M. Migreeni. Lääkärin käsikirja. Kustannus Oy Duodecim. [Internet] (accessed on 5 May 2023). Available at: [www.terveysportti.fi](http://www.terveysportti.fi)

Duodecim lääketietokanta. [Internet] (accessed on 29 August 2023). Available at: [www.terveysportti.fi](http://www.terveysportti.fi)

Finnish Medicines Agency Fimea. Lääkebarometri. [Internet] (accessed on 9 February 2024). Available at: <https://fimea.fi/kehittaminen/tutkimus/laakebarometri>

### *References to legislation and regulations*

References legislation and regulations are marked in the text like all other references, with numbers in brackets in the order of occurrence.

Sairausvakuutuslaki (1224/2004) Helsinki: Ministry of Social Affairs and Health.

### *Unpublished observations*

Refer to unpublished observations only in the text in brackets, for example (Ritala A, unpublished observation 2022) or (Ritala A, personal communication 2023). Unpublished observations are not included in the list of literature.

If a manuscript has been accepted for publication, it is entered in the list of literature as follows: Svala A, Foulon V, Koskinen H, Chen TF, Saastamoinen LK, Bell JS. Impact of regulatory safety warnings on the use of antidepressants among children and adolescents in Finland. *J Child Adolesc Psychopharmacol*. 2024 (in print).

## **SUBMISSION OF MATERIAL**

Submit text (including figures, tables and appendices in their correct places) for review both as an editable Word document and as a PDF file. Submit manuscripts to the editor-in-chief by email at [dosis@farmasialiitto.fi](mailto:dosis@farmasialiitto.fi). Write “Dosis manuscript” and the name of the manuscript file as the subject of the email.

Submit figures as separate, editable files, for example in Excel or PPT format. Name separate appendices according to the same principles as the manuscript itself (e.g. first three

authors\_Figure1). Submit figures also as JPG or PNG files in at least 240 dpi resolution. Name the files as above. Name separate appendices according to the same principles as the manuscript itself (e.g. first three authors\_Appendix1).

If the structure or some other aspect of the manuscript deviates from the guidelines, indicate this and the reasons for it in the accompanying message and. If the corresponding author is someone else than the sender of the email, indicate their details – name, affiliation and email address – in the accompanying message.

## **AUTHOR CONTRACT**

The author(s) and the publisher sign a publication contract, which defines the utilisation and distribution rights to the text. The publication contract is made in the manuscript layout phase. The text cannot be published without a publication contract. Publication of the study in a language other than English in another scientific publication series does not prevent its publication in English in Dosis. The author(s) are responsible for ensuring that they have the right to submit the article for reissue. The reissue of an article published in Dosis in another journal/publication series requires permission from the editorial team of Dosis.

## **SELF-ARCHIVING**

Articles published in Dosis may be self-archived in, for example, university databases after they have been published in Dosis. Self-archived articles must include a clear reference to the original publication in Dosis. Example of self-archiving:

<https://erepo.uef.fi/handle/123456789/24409>

## **SPECIAL ISSUES**

The editorial team of Dosis welcomes proposals for publications and special issues. Proposals submitted to the editorial team should state the proposed theme for the special issue and the reasons why the theme is relevant at the moment.

The person suggesting a theme should also submit a preliminary draft for the contents of the special issue (article titles and possible authors). A special issue usually contains 1 to 3 editorials and 4 to 6 original research studies/reviews. The preliminary table of contents and list of authors are sent to Dosis's editor-in-chief ([dosis@farmasialiitto.fi](mailto:dosis@farmasialiitto.fi)) for discussion at the editorial team meeting. The editorial team decides on the contents and contacts the authors. Alternatively, guest editors may be named for the special issue. Guest editors work in close cooperation with the editor-in-chief and editorial team. The peer review of articles for a special issue follows the procedure used for individual manuscripts.