

Publishing in Academic Medicine: A Few Pearls to Enhance Success

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Overview

- Overview of JAMA IM
- Selecting a Journal: Finding the Match
- Preparing the submission
- Pearls #1: Common Pitfalls to Avoid
- What Editors and Reviewers Want
- Pearls #2: Responding to Reviewer Comments



Overview of JAMA IM

About JAMA Internal Medicine: The Stats



- **Journal Impact Factor (2023) of 22.5**, the highest ranking among general internal medicine journals (AIM at 19.6)
- **Broad reach** through related commentary, author audio interviews, podcasts, email alerts, multimedia, and more than 245,000 social media followers
- **More than 16 million** annual article views and downloads
- **International audience:** 46% of submissions come from outside the US
- **Extensive press coverage**, with over 17,500 media mentions in 2023 and 2024 in outlets such as *The Washington Post*, CNN, the BBC, and Forbes
- **Top Altmetric scores**—*JAMA Internal Medicine* published 26 of the top 50 articles among internal medicine journals, including the No. 1 article of 2023
- **Cascading to other journals in the JAMA network**—JNO, JAMA specialty journals (JHF, JAMA Onc, JAMA Card, etc)



JAMA IM Mission Statement

To advance the equitable, person-centered, and evidence-based practice of internal medicine through publication of scientifically rigorous, innovative, and inclusive research, review, and commentary that informs dialogue and action with clinical, public health, and policy impact.



What does an Editor in Chief do?

- Multi-faceted position: “jack of all trades”, 7-day a week job
- Drive vision for the journal: clinical relevance and impact
- Major role: produce a weekly on-line issue and monthly “print” issue. Each monthly issue has 8-10 original articles, along with 3-5 research letters, 4-5 Viewpoints, and 1 clinical (CRE) piece
- Mentor and supervise team of editors (N=2 DE, 14 AE/SE, 1 ME); run manuscript meeting
- Review all articles, podcasts, and other content
- Handle questions, errors, problems, appeals—from all directions. Work with managing editor on day-to-day
- Attend meetings with JAMA, other EICs, and our Ed Board



Preparing For Submission

Selecting the Appropriate Journal

- Finding the best match, reaching the audience you want to reach. Talk to mentors, colleagues
- Reputation and reach (impact factor, specific field, society journal)
- Audience (clinical, public health, policy, global, methods)
- Do you like the journal?
- Read the journal! Do they publish papers like yours?
- Open access fees?
- Cascading to other journals?
- Is it worth it to reach high? Consider timing, being rejected



Preparing Your Submission

- Follow ALL instructions for authors (abstract, length, pre-prints)
- Include requested checklists and flow diagrams
- Declare any possible prior publications, pre-prints, websites, over-lapping pubs.
- Declare all potential conflicts of interest
- Pre-submission inquiry – some journals responsive – send abstract
- Follow ICMJE authorship criteria
 - Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work; AND
 - Drafting the work or revising it critically for important intellectual content; AND
 - Final approval of the version to be published; AND
 - Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.
- If English is not your first language, have manuscript edited by native English writer proficient in medical science



Mantra: Highlight the Major Theme of Article!!!!

- What are your 2 most important points?
- Emphasize in results section of abstract
- Conclusion of the abstract should reflect these points
- Highlight in results section of paper
- Emphasize in tables
- Highlight in first paragraph of conclusion



Cover Letter

- Addressed to the correct individual; mention if you communicated with an editor
- 2-3 paragraphs
- Why manuscript is appropriate for that specific journal
- Suggest potential reviewers!



Abstract: Vital Importance

- 90% of editors/readers read **ONLY** the abstract.
- Most journals require a structured abstract.
- Concise (300-400 words).
- Keep abbreviations to a minimum.
- Include data:
 - Make sure the numbers are correct.
 - Beware data-less abstracts.
- Conclusions should follow from the data.



Introduction

- Concise and focused
- 3-4 paragraphs
- Cite prior work and guidelines
- Take care in criticizing prior work
- Do not exaggerate the importance of topic
- Conclude with statement of goal, specific aims, hypothesis
- General to specific
- No more than 250 words!!!



Methods

- Increasingly important (issue of reproducibility)
- Others should be able to replicate based on the methods
- Adhere to reporting guidelines (CONSORT, STROBE, PRISMA)
- Use commonly accepted methodological terms
- Some details maybe relegated to a supplement (check journal requirements)
- What version of a questionnaire, database, or statistical program was used
- Include a statement related to ethics/human subjects – individuals should never decide for themselves if a study is ethical



Results

- First paragraph – describe the sample
- Next paragraph – summarize findings on primary outcome based upon initial hypotheses
- Additional paragraphs should describe secondary and exploratory outcomes
- Explanatory text should be kept to a minimum (reserve for discussion)
- “Numbers” must match **exactly** with figures, tables, abstract
- No need to describe an entire figure or table, cover the key elements; highlight major points (“walk the reader through”)



Statistics: The Essentials

- Describe statistical approaches in an understandable way
- In both Abstract and main text, report the overall sample size for the primary analysis.
- Provide an assessment of missing data and participants lost to follow-up.
- For comparative studies, report absolute numbers, rates and/or means for the main outcome in both the Abstract and main text. Report measures of association (i.e. relative differences, risk ratios) and measures of uncertainty (e.g., confidence intervals).



Discussion

- First paragraph should summarize major findings (focus on primary outcome)
- Second paragraph – compare and contrast to previous studies
- Third paragraph – highlight strengths and limitations
- Concluding paragraphs
 - Implications: How do the findings advance the field – clinical, public health implications
 - How do results inform the current literature and how can future research build on these observations
- ***Avoid overstating findings***



Title

- Needs to help someone find it in search engines.
- Don't make it declarative (i.e., giving the study results in title)
- Do include the study design if it is an *RCT*, *meta-analysis*, *systematic review*.
- Check the journal's requirements (word count, details)



Pearls #1: Common Pitfalls to Avoid

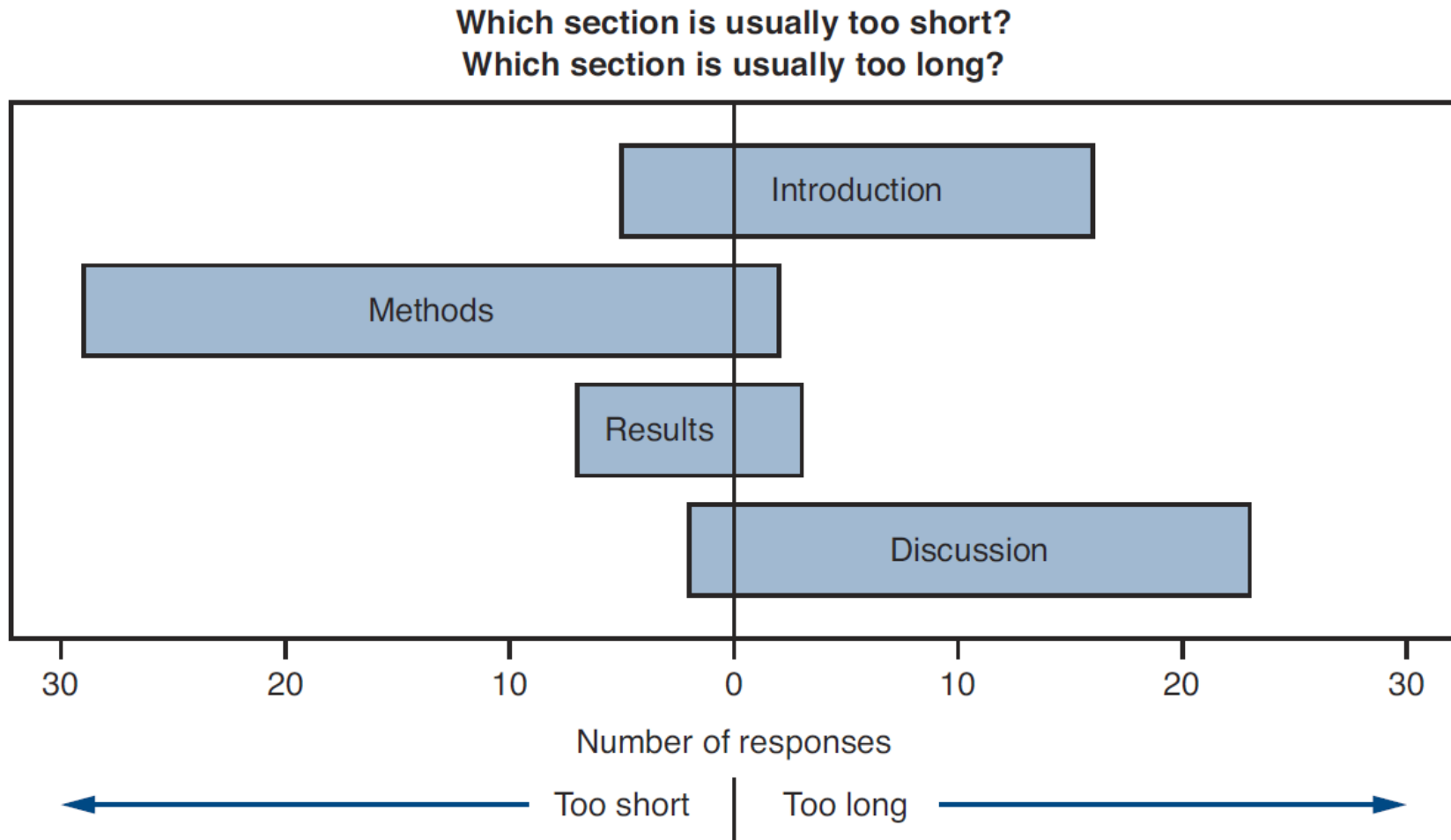


FIGURE 12.1. Sections of a manuscript that are too long and too short. From questions 5 and 6 of the Peer Review Questionnaire (Appendix B). $P < .001$ based on a chi-square test.

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What do journal editors want in an original article?

- Research question/topic that is highly innovative and significant
 - Likely to be widely read and cited
- Strong data source and methodology
- Clear and concise writing
- Adherence to reporting guidelines e.g, CONSORT, STROBE, PRISMA, SQUIRE (<http://www.equator-network.org/>)
- RCT: Close adherence to study protocol
- Measured interpretation of results—balanced, not over-stated
- Clear articulation of strengths and limitations
- Discussion section makes clear the significance of the findings



Pearls for Clinical Trials

- Highly attractive to journals
- Preregistration essential (ClinicalTrials.gov)
 - Includes educational and other non-clinical trials
- Must have study protocol submitted.
- Must report ALL pre-specified primary outcomes.
- Negative trials are important if addressing an important question—but clearly state that this is a negative trial



Pearls for Cohort studies

- Motivating research question should be crystal clear. Major flaw is lack of clear rationale or no biological basis: Why should we care if factor X is related to condition Y?
- Lack of adequate description of data source and justification:
 - What are the limitations of data including representativeness, diversity, quality of data.
- Inadequate justification for selection criteria.
- Inadequate adjustment for confounding. Provide rationale and details. Consider whether trial emulation might be appropriate
- Failure to employ tests for effects of confounding such as: negative controls, sensitivity analyses, propensity matching, etc.



Pearls for Meta-analyses and Systematic Reviews

- Rationale for new meta-analysis (many topics have dozens) needs to be very clear
 - Many new studies
 - Limitations of prior MAs
- Does the systematic review or meta-analysis adequately address the heterogeneity of outcomes/results, and diversity of the populations studied among the included studies?



Pearls for Prognostic / AI Studies

- Lack of justification for use (Does the world need another cardiovascular risk index, or predictors of poor outcome with COVID?)
- Reliance on AUCs without reporting predictive values.
- Failure to compare performance to other models.
- Lack of external validation
- No evaluation/discussion of feasibility and clinical workflow integration
- Evaluation of potential harms or costs.
- Address limitations of data source, outcomes, issues of equity



What Editors and Reviewers Want

Common reasons for initial rejection without review (AKA triage, desk-reject)

- Manuscript not well matched to journal (e.g., pediatric or Ob-Gyn)
 - Last week: case report of pediatric gout
- Incorrect format
- Not clearly written
 - Research question not clearly described and followed throughout paper
 - Material presented in wrong sections
 - Sections of manuscript not “tightly linked”
- Too little or too much detail
- Lack of rigorous methods, or description of methods
- Discussion section unnecessarily long/meandering and fails to adequately address limitations; overstates findings



Triage decision: Lower priority for JAMA IM

- Not novel (>200,000 papers on COVID) or significant
- Surveys, especially with poor response rates (<50%) or no denominator stated.
- Older data (>4 years old).
- Lack of direct clinical implications (e.g., some biomarker studies; some drug policy studies).
- Multiple, narrow “slices” such as for large database studies (e.g., UK Biobank)
- Small single site clinical trials



What Do Reviewers Look for?

- Importance and novelty of the research question.
- Clarity.
- Rigor in design and analysis.
- Should review abstract, text, tables, figures, references, acknowledgements/support, COI.
- Make *recommendation* to editor; opinions of reviewers are not binding.
- Usually provide comments to authors and separate comments to editors.



Pearls #2: Responding to Reviewer Comments

Responding to reviewer comments

- High art-form – need mentorship
- Answer completely, politely, and with evidence
 - Do not be argumentative
- Most times reviewer/editor are correct
- If reviewers provide conflicting suggestions – ask editor
- You do not have to agree with every issue, but must explain why not
- Make it easy for the editor – e.g., number responses, indicate changes in manuscript and where they can be found
- Modify the text – avoid long explanations in response letter
- **Note:** If well-revised, the majority of revised manuscripts are accepted for publication



NIDUS Webinar: Responding to reviewer comments

- Please see my previous NIDUS Webinar about responding to reviewer comments at NIDUS University!
- **<https://deliriumnetwork.org/webinar-being-truly-responsive-how-to-win-over-your-reviewers/>**



Common Reasons for Rejection after R&R

- **Response letter –not responsive or argumentative.**
- Abstract – mistakes, mismatch, no data.
- Relative vs absolute differences.
- Too many messages and comparisons.
- Inconsistencies.
- Lack of clarity; not edited for language syntax, style and flow.
- Exaggeration of findings (conclusion must match data) – spin.
- Methodological/statistical issues.
- RCT: won't say negative trial (for primary outcome)



Academic Publishing

- Hope this talk will help you in your journey in publishing your work
- Publishing can be challenging, and there is a steep learning curve
- Seek mentorship and don't give up!
- Don't take the rejections personally...keep going
- Work with seasoned, successful mentors, and they will help guide you on your way.



Questions?

