

# **Journal of Cachexia, Sarcopenia and Muscle (JCSM)**

## **AUTHOR GUIDELINES**

### **AIMS AND SCOPE**

The Journal of Cachexia, Sarcopenia and Muscle is a peer-reviewed international journal dedicated to publishing materials that are related to cachexia and sarcopenia, as well as to body composition and its physiological and pathophysiological changes during the lifespan and in response to different illnesses from all fields of the life sciences.

The term cachexia describes involuntary weight loss that is observed in the course of many chronic diseases, and is one of the most debilitating and life-threatening aspects of various illnesses at advanced stages. Cachexia, wasting syndromes and sarcopenia are becoming a concerning challenge for an increasing number of patients, their relatives and the medical teams caring for them. The Journal of Cachexia, Sarcopenia and Muscle aims to offer a reliable resource to all professionals who are interested in related research or who are involved in the clinical care of affected patients, for example those suffering from AIDS, cancer, chronic heart failure, chronic lung disease, liver cirrhosis, chronic kidney failure, rheumatoid arthritis, or sepsis.

Alterations in body composition, particularly those affecting skeletal muscle, are key elements in the ageing process and in the pathophysiology of several chronic illnesses. Sarcopenia, i.e. loss of functional muscle mass without weight loss, is part of the ageing process and may play a role in reduced physical performance, falls, and disability. Studies on the functional importance of fat tissue and mechanisms leading to lipolysis are equally of interest as are studies on mechanisms of muscle wasting.

The pathophysiology of cachexia involves a complex interaction between disease and body. Consequently, numerous potential therapeutic approaches are being considered and developed. Diagnostic and assessment approaches also involve researchers and clinicians seeking better screening and evaluation options and enhanced biomarkers through validated complementary investigations. This makes the Journal of Cachexia, Sarcopenia and Muscle a reliable resource of information for physicians, biochemists, biologists, dieticians, pharmacologists, and students dealing with cachexia, wasting and sarcopenia in various diseases.

### **PRE-SUBMISSION**

#### **Pre-submission Resources**

##### **Author Services**

Prior to submission, we encourage you to browse the 'Author Resources' section of the Wiley Author Services website: <http://authorservices.wiley.com/bauthor/author.asp>.

This site includes useful information on copyright matters, ethics, electronic artwork guidelines, and how to optimise your article for discovery by search engines.

##### **Pre-submission English-language Editing**

Authors for whom English is a second language are advised to consider having their manuscript professionally edited before submission to improve the English, and to ensure the paper is clearly written in standard, scientific English language appropriate to the discipline.

This can be undertaken by a service such as the Wiley English Language Editing Service, at <http://wileyeditingservices.com>. Please note that using the Wiley English Language Editing Service does not guarantee that your paper will be accepted by this journal, and all services are paid for and arranged by the author.

## **Manuscript Submission**

Submission of a manuscript implies: that the work described has not been published before; that it is not under consideration for publication anywhere else; that its publication has been approved by all co-authors, if any, as well as by the responsible authorities – tacitly or explicitly – at the institute where the work has been carried out. The publisher will not be held legally responsible should there be any claims for compensation.

## **Permissions**

Authors wishing to include figures, tables, or text passages that have already been published elsewhere are required to obtain permission from the copyright owner(s) for both the print and online format and to include evidence that such permission has been granted when submitting their papers. Any material received without such evidence will be assumed to originate from the authors.

Please be aware that some publishers do not grant electronic rights for free and that Wiley will not be able to refund any costs that may have occurred to receive these permissions. In such cases, material from other sources should be used.

## **Online Submission**

Authors should submit their manuscripts online. Electronic submission substantially reduces the editorial processing and reviewing times and shortens overall publication times. Please follow the hyperlink “Submit an article” on the left and upload all of your manuscript files following the instructions given on the screen.

## **Title Page**

The title page should include:

- The name(s) of the author(s)
- A concise and informative title. Ideally, the title should include maximum 120 characters or 15 words.
- The affiliation(s) and address(es) of the author(s)
- The e-mail address, telephone and fax numbers of the corresponding author

## **Abstract**

Please provide a structured abstract with a maximum of 400 words which should be divided into the following sections:

- Background
- Methods
- Results
- Conclusions

## **Keywords**

Please provide 4 to 6 keywords which can be used for indexing purposes.

## **Text**

### **Text Formatting**

Manuscripts should be submitted in Word.

- Use a normal, plain font (e.g., 10-point Times Roman) for text.
- Use italics for emphasis.
- Use the automatic page numbering function to number the pages.
- Do not use field functions.
- Use tab stops or other commands for indents, not the space bar.
- Use the table function, not spreadsheets, to make tables.
- Use the equation editor or MathType for equations.
- Save your file in docx format (Word 2007 or higher) or doc format (older Word versions).

Manuscripts with mathematical content can also be submitted in LaTeX.

## **Headings**

Please use no more than three levels of displayed headings.

## **Abbreviations**

Abbreviations should be defined at first mention and used consistently thereafter.

## **Footnotes**

Footnotes can be used to give additional information, which may include the citation of a reference included in the reference list. They should not consist solely of a reference citation, and they should never include the bibliographic details of a reference. They should also not contain any figures or tables.

Footnotes to the text are numbered consecutively; those to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data).

Footnotes to the title or the authors of the article are not given reference symbols.

Always use footnotes instead of endnotes.

## **Acknowledgments**

Acknowledgments of people, grants, funds, etc. should be placed in a separate section before the reference list. The names of funding organizations should be written in full.

## **References**

### **Citation**

Reference citations in the text should be identified by numbers in square brackets. Some examples:

1. Negotiation research spans many disciplines [3].
2. This result was later contradicted by Becker and Seligman [5].
3. This effect has been widely studied [1-3, 7].

## Reference list

The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text. Do not use footnotes or endnotes as a substitute for a reference list.

The entries in the list should be numbered consecutively.

- Journal article

Smith JJ. The world of science. *Am J Sci.* 1999;36:234–5.

- Article by DOI

Slifka MK, Whitton JL. Clinical implications of dysregulated cytokine production. *J Mol Med.* 2000; doi:10.1007/s001090000086

- Book

Blenkinsopp A, Paxton P. Symptoms in the pharmacy: a guide to the management of common illness. 3rd ed. Oxford: Blackwell Science; 1998.

- Book chapter

Wyllie AH, Kerr JFR, Currie AR. Cell death: the significance of apoptosis. In: Bourne GH, Danielli JF, Jeon KW, editors. *International review of cytology.* London: Academic; 1980. pp. 251–306.

- Online document

Doe J. Title of subordinate document. In: *The dictionary of substances and their effects.* Royal Society of Chemistry. 1999. [http://www.rsc.org/dose/title of subordinate document](http://www.rsc.org/dose/title%20of%20subordinate%20document). Accessed 15 Jan 1999.

Always use the standard abbreviation of a journal's name according to the ISSN List of Title Word Abbreviations, see [ISSN.org LTWA](http://www.issn.org/LTWA)

## Please note:

References with more than 6 authors should list the first 6 authors followed by et al.

## TABLES

- All tables are to be numbered using Arabic numerals.
- Tables should always be cited in text in consecutive numerical order.

- For each table, please supply a table caption (title) explaining the components of the table.
- Identify any previously published material by giving the original source in the form of a reference at the end of the table caption.
- Footnotes to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included beneath the table body.

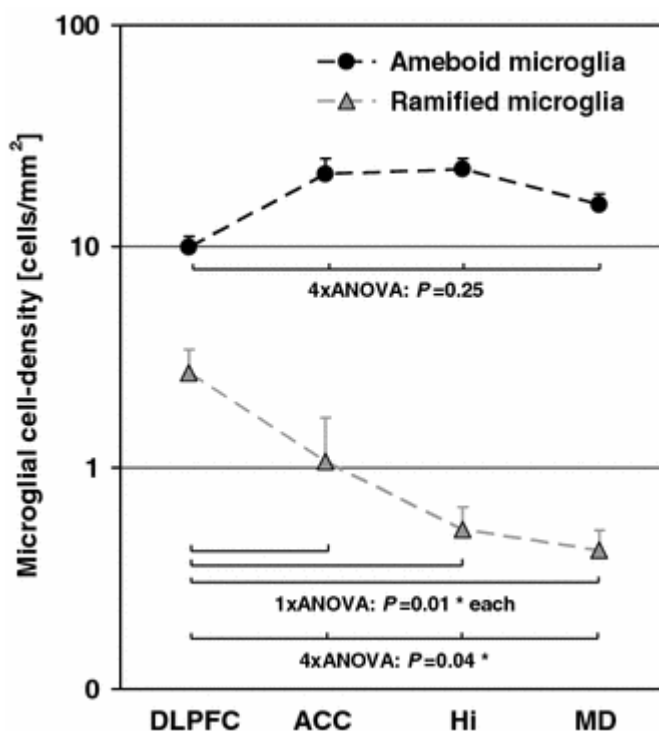
## ARTWORK AND ILLUSTRATIONS GUIDELINES

For the best quality final product, it is highly recommended that you submit all of your artwork – photographs, line drawings, etc. – in an electronic format. Your art will then be produced to the highest standards with the greatest accuracy to detail. The published work will directly reflect the quality of the artwork provided. For further information, please visit <http://authorservices.wiley.com/electronicartworkguidelines.pdf>

### Electronic Figure Submission

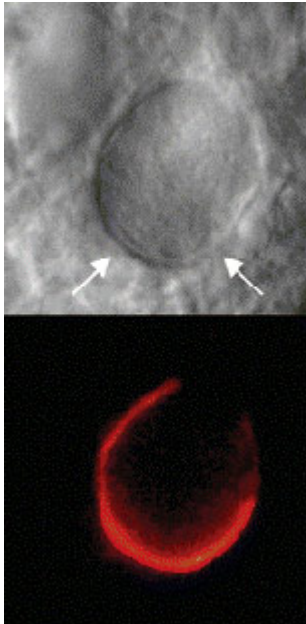
- Supply all figures electronically.
- Indicate what graphics program was used to create the artwork.
- For vector graphics, the preferred format is EPS; for halftones, please use TIFF format. MSOffice files are also acceptable.
- Vector graphics containing fonts must have the fonts embedded in the files.
- Name your figure files with "Fig" and the figure number, e.g., Fig1.eps.

### Line Art



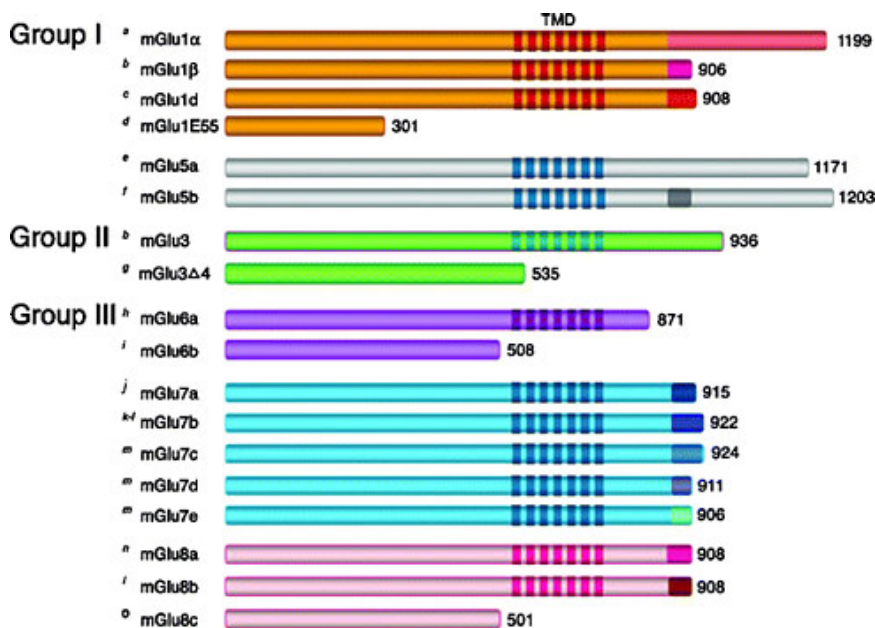
- Definition: Black and white graphic with no shading.
- Do not use faint lines and/or lettering and check that all lines and lettering within the figures are legible at final size.
- All lines should be at least 0.1 mm (0.3 pt) wide.
- Scanned line drawings and line drawings in bitmap format should have a minimum resolution of 1200 dpi.
- Vector graphics containing fonts must have the fonts embedded in the files.

### Halftone Art



- Definition: Photographs, drawings, or paintings with fine shading, etc.
- If any magnification is used in the photographs, indicate this by using scale bars within the figures themselves.
- Halftones should have a minimum resolution of 300 dpi.

### Combination Art



- Definition: a combination of halftone and line art, e.g., halftones containing line drawing, extensive lettering, color diagrams, etc.
- Combination artwork should have a minimum resolution of 600 dpi.

### **Color illustrations**

Online publication of color illustrations is free of charge.  
Color illustrations should be submitted as RGB (8 bits per channel).

### **Figure Lettering**

- To add lettering, it is best to use Helvetica or Arial (sans serif fonts).
- Keep lettering consistently sized throughout your final-sized artwork, usually about 2–3 mm (8–12 pt).
- Variance of type size within an illustration should be minimal, e.g., do not use 8-pt type on an axis and 20-pt type for the axis label.
- Avoid effects such as shading, outline letters, etc.
- Do not include titles or captions within your illustrations.

### **Figure Numbering**

- All figures are to be numbered using Arabic numerals.
- Figures should always be cited in text in consecutive numerical order.
- Figure parts should be denoted by lowercase letters (a, b, c, etc.).
- If an appendix appears in your article and it contains one or more figures, continue the consecutive numbering of the main text. Do not number the appendix figures,

"A1, A2, A3, etc." Figures in online appendices (Electronic Supporting Information) should, however, be numbered separately, e.g. Figure S1, Table S1.

### **Figure Captions**

- Each figure should have a concise caption describing accurately what the figure depicts. Include the captions in the text file of the manuscript, not in the figure file.
- Figure captions begin with the term Fig. in bold type, followed by the figure number, also in bold type.
- No punctuation is to be included after the number, nor is any punctuation to be placed at the end of the caption.
- Identify all elements found in the figure in the figure caption; and use boxes, circles, etc., as coordinate points in graphs.
- Identify previously published material by giving the original source in the form of a reference citation at the end of the figure caption.

### **Figure Placement and Size**

- When preparing your figures, size figures to fit in the column width.

## **Accessibility**

In order to give people of all abilities and disabilities access to the content of your figures, please make sure that

- All figures have descriptive captions (blind users could then use a text-to-speech software or a text-to-Braille hardware)
- Patterns are used instead of or in addition to colors for conveying information (colorblind users would then be able to distinguish the visual elements)
- Any figure lettering has a contrast ratio of at least 4.5:1

## **SUPPORTING INFORMATION**

Supporting information is not essential to the article but provides greater depth and background and may include tables, figures, videos, datasets, etc. This material should be submitted at the same time as the main manuscript, and will appear online, without editing or typesetting. Guidelines on how to prepare this material and which formats and file sizes are acceptable can be found at <http://authorservices.wiley.com/bauthor/suppmat.asp>.

Please note that supporting information will be assessed critically by reviewers and editors and will only be accepted if it adds value to the paper. Supporting information should not contain data that are critical to the paper.

## **Submission**

- Supply all supporting information in standard file formats.
- Please include in each file the following information: article title, journal name, author names; affiliation and e-mail address of the corresponding author.
- To accommodate user downloads, please keep in mind that larger-sized files may require very long download times and that some users may experience other problems during downloading.

## **Audio, Video, and Animations**

- Always use MPEG-1 (.mpg) format.

## **Text and Presentations**

- Submit your material in PDF format; .doc or .ppt files are not suitable for long-term viability.
- A collection of figures may also be combined in a PDF file.

## **Spreadsheets**

- Spreadsheets should be converted to PDF if no interaction with the data is intended.
- If the readers should be encouraged to make their own calculations, spreadsheets should be submitted as .xls files (MS Excel).



## **Specialized Formats**

- Specialized format such as .pdb (chemical), .wrl (VRML), .nb (Mathematica notebook), and .tex can also be supplied.

## **Collecting Multiple Files**

- It is possible to collect multiple files in a .zip or .gz file.

## **Numbering**

- If supplying any supporting information, the text must make specific mention of the material as a citation, similar to that of figures and tables.
- Refer to the supporting information files as “Supporting Information”, e.g., "... as shown in the animation (Supporting Information Movie S3)", "... additional data are given in Supporting Information Appendix S4”.
- Name the files consecutively, e.g. “Supporting Information\_Movie S3.mpg”, “Supporting Information\_Appendix S4.pdf”.

## **Captions**

- For each piece of Supporting Information, please supply a concise caption describing the content of the file.

## **Processing of Supporting Information**

- Supporting Information will be published as received from the author without any conversion, editing, or reformatting.

## **Accessibility**

In order to give people of all abilities and disabilities access to the content of your Supporting Information files, please make sure that

- The manuscript contains a descriptive caption for each piece of Supporting Information
- Video files do not contain anything that flashes more than three times per second (so that users prone to seizures caused by such effects are not put at risk)

## **Post-submission**

### **Author Services**

Online production tracking is available for your article through Wiley's Author Services. Author Services enables authors to track their article, once it has been accepted, through the production process to publication. Authors can check the status of their articles online and choose to receive automated e-mails at key stages of production. The corresponding author will receive a unique link that enables them to register and have their article automatically added to the system. Please ensure that a complete e-mail address is provided when submitting the manuscript.

Visit <http://authorservices.wiley.com/bauthor/default.asp> for more details on online production tracking and for a wealth of resources including FAQs and tips on article preparation, submission and more.

## **Open Access Agreements**

If your paper is accepted, the author identified as the formal corresponding author for the paper will receive an email prompting them to login into Author Services; where via the Wiley Author Licensing Service (WALS) they will be able to complete the license agreement on behalf of all authors on the paper.

As an Open Access journal, JCSM offers the corresponding authors a choice of the following Creative Commons License Open Access Agreements (OAA):

Creative Commons Attribution Non-Commercial License OAA

Creative Commons Attribution Non-Commercial -NoDerivs License OAA

To preview the terms and conditions of these open access agreements please visit the Copyright FAQs hosted on Wiley Author Services [http://authorservices.wiley.com/bauthor/faqs\\_copyright.asp](http://authorservices.wiley.com/bauthor/faqs_copyright.asp) and visit <http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright--License.html>.

If your research is funded by The Wellcome Trust and members of the Research Councils UK (RCUK) you will be given the opportunity to publish your article under a CC-BY license supporting you in complying with Wellcome Trust and Research Councils UK requirements. For more information on this policy and the Journal's compliant self-archiving policy please visit: <http://www.wiley.com/go/funderstatement>.

### [Creative Commons Attribution License OAA](#)

To preview the terms and conditions of these open access agreements please visit the Copyright FAQs hosted on Wiley Author Services [http://authorservices.wiley.com/bauthor/faqs\\_copyright.asp](http://authorservices.wiley.com/bauthor/faqs_copyright.asp) and visit <http://www.wileyopenaccess.com/details/content/12f25db4c87/Copyright--License.html>.

## **Proof Corrections**

The corresponding author will receive an e-mail alert containing a link to a website. A working e-mail address must therefore be provided for the corresponding author. The proof can be downloaded as a PDF (portable document format) file from this site.

Acrobat Reader will be required in order to read this file. This software can be downloaded (free of charge) from the [Adobe website](#). This will enable the file to be opened, read on screen, and any corrections to be added in. Further instructions will be sent with the proof.

The purpose of the proof is to check for typesetting or conversion errors and the completeness and accuracy of the text, tables and figures. Substantial changes in content, e.g., new results, corrected values, title and authorship, are not allowed without the approval of the Editor.

After online publication, further changes can only be made in the form of an Erratum, which will be hyperlinked to the article.

### **Early View (Online Publication Prior to Print)**

Early View articles are complete full-text articles published online in advance of their publication in an issue. Early View articles are the version of record and are complete and final. They have been fully reviewed, revised and edited for publication, and the authors' final corrections have been incorporated. As they are in final form, no changes can be made after online publication. Early View articles are given a Digital Object Identifier (DOI), which allows the article to be cited and tracked before it is allocated to an issue. After issue publication, the DOI remains valid and can continue to be used to cite and access the article.

### **Ethical standards**

All authors must certify in their manuscript that they comply with the Ethical guidelines for authorship and publishing in the Journal of Cachexia, Sarcopenia and Muscle:

von Haehling S, Morley JE, Coats AJS, Anker SD. Ethical guidelines for authorship and publishing in the Journal of Cachexia, Sarcopenia, and Muscle: update 2015. *J Cachexia Sarcopenia Muscle*. 2015;6:315-6.

Manuscripts submitted for publication must contain a statement to the effect that all human and animal studies have been approved by the appropriate ethics committee and have therefore been performed in accordance with the ethical standards laid down in the 1964 [Declaration of Helsinki](#) and its later amendments.

It should also be stated clearly in the text that all persons gave their informed consent prior to their inclusion in the study. Details that might disclose the identity of the subjects under study should be omitted.

These statements should be added in a separate section before the reference list. If these statements are not applicable, authors should state: The manuscript does not contain clinical studies or patient data.

The editors reserve the right to reject manuscripts that do not comply with the above-mentioned requirements. The author will be held responsible for false statements or failure to fulfil the above-mentioned requirements.

### **Conflict of Interest**

When an author or the institution of the author has a relationship, financial or otherwise, with individuals or organizations that could influence the author's work inappropriately, a conflict of interest may exist. Examples of potential conflicts of interest may include but are not limited to academic, personal, or political relationships; employment; consultancies or

honoraria; and financial connections such as stock ownership and funding. Although an author may not feel that there are conflicts, disclosure of relationships and interests that could be viewed by others as conflicts of interest affords a more transparent and prudent process. Each individual author must disclose any current or potential conflict of interest.

## **OTHER INFORMATION**

### **Reprints**

As this is an open access journal, you have free, unlimited access to your article online. However, if you wish to obtain printed reprints, these may be ordered online: <http://offprint.cosprinters.com> (Email: [offprint@cosprinters.com](mailto:offprint@cosprinters.com))

### **Author Material Archival Policy**

Please note that unless specifically requested, Wiley will dispose of all hardcopy or electronic material submitted two months after publication. If you require the return of any material submitted, please inform the [production editor](#) as soon as possible.

### **Contact the Editorial Office**

**Monika Diek / Corinna Denecke**, Charité - Universitätsmedizin Berlin, Campus Virchow-Klinikum, Augustenburger Platz 1, 13353 Berlin, Germany, Email: [jcsm.editorialoffice@wiley.com](mailto:jcsm.editorialoffice@wiley.com), Tel: +49 (0)30-450 553 407.