Aims and Scope
The International Journal of Obesity is a multidisciplinary forum for basic, clinical and applied studies of the biochemical, physiological, genetic, molecular, metabolic, nutritional, psychological and epidemiological aspects of obesity and related disorders.

Topics Covered
Molecular, cellular, animal, human experimental and clinical studies, which address issues related to the development and treatment of obesity, and the functional impairments associated with the obese state. The problems of obesity are multifactorial, and the International Journal of Obesity will expect to publish articles with biological, psychological, clinical, sociological and environmental approaches to these problems.

Due to the high volume of submissions that the Journal receives, the following manuscripts will be deemed low priority:
- Simple prevalence studies involving a single country at a single time-point.
- Studies that merely confirm established facts from previous publications and that contain little new information. For example, it is hard to justify publication space for studies that report obesity is associated with known health risks. Therefore, studies that replicate the findings of previously published papers will tend to have a lower priority. If similar data are already published, it will be critical for authors to explain the novelty of their manuscript in the covering letter to the editor.
- Those that involve co-morbidities of obesity (e.g. diabetes, cardiovascular disease), without having obesity-specific components to them. Recent examples include manuscripts that look at associations between inflammatory markers and diabetes or cardiovascular disease. This information is clearly of medical relevance, but it is not necessarily a high priority for a journal devoted to obesity research.
- Those that report the absence of links between obesity and a specific genotype or polymorphism; it is possible that such work could be considered in the form of a Short Communication, but a full manuscript is not justified.
- Those that describe anthropometric indices of obesity that might correlate with plasma markers of co-morbidities, but do not include any data relating to outcome of the co-morbidities.
- Retrospective studies, secondary analyses of data that arise from studies that were not primarily concerned with obesity or body weight, or clinical “audits” (for example of surgical interventions) that were not designed as appropriately controlled clinical research interventions, unless there is particularly novel information presented that is of importance to the medical literature.
- Those that claim to be pediatric articles but which do not deal specifically with children and adolescents up to the age of 18 years.
- Case reports that do not describe a critical finding or major addition to the literature.

If authors wish to submit articles to the International Journal of Obesity in the above areas, they would need to state clearly in the covering letter and introduction to the manuscript what is novel and informative about the study and why is it a valuable addition to the scientific literature.

Journal Details
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regard to the duration of such trials, the following will apply:

1. Diet / lifestyle / nutraceutical interventions. The total duration (weight loss plus weight maintenance) must be at least 1 year. Anything less than this is of little practical value and is highly unlikely to reveal any novel mechanistic findings. The only exception would be if a shorter period of intervention was accompanied by a truly novel mechanistic approach. Even then the study should be at least 3 months in duration and such papers normally would be submitted as Short Communications.

2. Surgery Short term, post-surgery studies are of minimal value as many are likely to be in the rapid phase of weight loss and unlikely to achieve a state of weight maintenance. Thus, surgical studies should be 1 year or more in duration and linked with novel mechanistic/physiological measurements. The only exceptions would be if a shorter period of intervention were accompanied by a truly novel mechanistic approach and such papers normally would be submitted as Short Communications.

3. Drug studies 1 year or longer studies with truly novel agents are unrealistic. However, a 3 month study with a truly novel agent would not normally deserve to be published as a full paper and should be submitted as a Short Communication if it is of less than 1 year duration. Any established drug being applied to obesity (e.g., the recent application of anti-depressants to an obesity target) or any obesity drug which has already produced publications demonstrating efficacy in humans MUST be studied for at least 1 year.

In addition to these trials of new therapeutic approaches, the *International Journal of Obesity* is also interested in publishing systematic reviews of weight loss and weight maintenance interventions in human subjects. However, these reviews and any associated meta-analyses should only be concerned with studies that are of a duration at least 1 year.

See the Editorial Policy section for further information on requirements when submitting a clinical trial.

### Special Issues

Special issues are comprised of a group of high quality, peer-reviewed manuscripts about a single specific theme / topic. Although the individual manuscripts are stand alone, they collectively make an important point by offering a comprehensive view, or by providing a diverse perspective. The number of manuscripts in a special issue is determined on case by case basis. Special Issues are commissioned only by invitation or upon consultation with IJO editorial staff. Please contact the Editor, Special Issues, Nikhil Dhurandhar (nikhil.dhurandhar@pbrc.edu) for preliminary inquiries about special issues. Usually, a person willing to be the Guest Editor of special issue should initiate this process. This Guest Editor will act as the point of contact between IJO and the individual authors submitting manuscripts.

### PREPARATION OF ARTICLES

Please note that original articles must contain the following components. Please see below for further details.

- **Cover letter**
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- **Abstract**
- **Introduction**
- **Materials (or Subjects) and Methods**
- **Results**
- **Discussion**
- **Acknowledgements**
- **Conflict of Interest**
- **References**
- **Figure legends**
- **Tables**
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**Cover Letter:** The uploaded covering letter must state the material is original research, has not been previously published and has not been submitted for publication elsewhere while under consideration. If the manuscript has been previously considered for publication in another journal, please include the previous reviewer comments, to help expedite the decision by the Editorial team. Add note about including conflict of interest statement.

**Title Page:** The title page should bear the title of the paper, the full names of all the authors and their affiliations, together with the name, full postal address, telephone and fax numbers and e-mail address of the author to whom correspondence and offprint requests are to be sent (this information is also asked for on the electronic submission form). The title page must also contain a Conflict of Interest statement (see Editorial Policy section).

- **The title should be brief, informative, of 150 characters or less and should not make a statement or conclusion.**
- **The running title should consist of no more than 50 letters and spaces. It should be as brief as possible, convey the essential message of the paper and contain no abbreviations.**
- **Authors should disclose the sources of any support for the work, received in the form of grants and/or equipment and drugs.**
- **If authors regard it as essential to indicate that two or more co-authors are equal in status, they may be identified by an asterisk symbol with the caption ‘These authors contributed equally to this work’ immediately under the address list.**

**Abstract:** Original Articles must be prepared with a structured abstract designed to summarise the essential features of the paper in a logical and concise sequence under the following mandatory headings:

- **Background/Objectives:** What was the main question or hypothesis tested?
- **Subjects/Methods:** How many subjects were recruited, how many dropped out? Was the study randomised, case-controlled etc? Interventions/methods used and duration of administration.
- **Results:** Indicate 95% confidence intervals and exact P value for effects.
- **Conclusions:** Answer (significant or not) to main question.
**Introduction:** The Introduction should assume that the reader is knowledgeable in the field and should therefore be as brief as possible but can include a short historical review where desirable.

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**Acknowledgements:** These should be brief, and should include sources of support including sponsorship (e.g. university, charity, commercial organisation) and sources of material (e.g. novel drugs) not available commercially.

**Conflict of Interest:** Authors must declare whether or not there are any competing financial interests in relation to the work described. This information must be included at this stage and will be published as part of the paper. Conflict of interest should be noted in the cover letter and also on the title page. Please see the Conflict of Interest documentation in the [Editorial Policy](#) section for detailed information.

**References:** Only papers directly related to the article should be cited. Exhaustive lists should be avoided. References should follow the Vancouver format. In the text they should appear as numbers starting at one and at the end of the paper they should be listed (double-spaced) in numerical order corresponding to the order of citation in the text. Where a reference is to appear next to a number in the text, for example following an equation, chemical formula or biological acronym, citations should be written as (ref. X) and not as superscript. Example. “detectable levels of endogenous Bcl-2 (ref. 3), as confirmed by western blot”

All authors should be listed for papers with up to six authors; for papers with more than six authors, the first six only should be listed, followed by et al. Abbreviations for titles of medical periodicals should conform to those used in the latest edition of Index Medicus. The first and last page numbers for each reference should be provided. Abstracts and letters must be identified as such. Papers in press may be included in the list of references.

Personal communications must be allocated a number and included in the list of references in the usual way or simply referred to in the text; the authors may choose which method to use. In either case authors must obtain permission from the individual concerned to quote his/her unpublished work.

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**Correspondence:**

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Authors should submit supplementary information files in the FINAL format as they are not edited, typeset or changed, and will appear online exactly as submitted. When submitting SI, authors are required to:

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Video summaries
The International Journal of Obesity allows authors to include video presentations as part of their submission in order to support and enhance their scientific research. Authors should include these videos as ‘Supplementary Material’ uploaded upon submission and can refer to these within the body of the text. This can be done in the same way you would upload any other supplementary information and the file should be clearly labelled ‘Video Presentation’. Please take note of the technical requirements listed below. Videos supplied will be published online in the electronic version of your article, therefore please note that since they cannot be included in the print version of the journal, that you include text at the end of the article stating that ‘Supplementary information is available on the International Journal of Obesity’s website’.

Tips for presentation:
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2) Videos should be uploaded as Supplementary Material when submitting
3) Please include a sentence or two to describe the file. This will accompany your video on the website
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7) Include figures, slides, video clips of the experiment, etc. to help explain your methods and results. Please try to include a mixture of you talking to the camera and slides – it is nice for viewers to see your face at times
8) Keep figures simple; don’t show raw data and ensure any text is legible. Do not include lots of small text or data that won’t be legible in a small video player that’s the size of a smartphone screen.
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When reporting experiments on human subjects, please indicate whether the procedures were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) or with the Helsinki Declaration of 1975 (as revised in 1983). Include Institutional Review Board or Animal Care and Use Committee approvals.

All clinical trials must be registered in a public registry prior to submission. The journal follows the trials registration policy of the ICMJE ([www.icmje.org](http://www.icmje.org)) and considers only trials that have been appropriately registered before submission, regardless of when the trial closed to enrolment. Acceptable registries must meet the following ICMJE requirements:

- be publicly available, searchable, and open to all prospective registrants
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