

Systematic Review Manuscript Template (Althea Medical Journal)

Standard Original Article checklist and template for authors

We cannot process your article until you can meet the following criteria:



I HAVE READ THE INSTRUCTIONS FOR AUTHORS

This important information presents details on preparing your submission.



I HAVE ETHICAL APPROVAL (If any)

All manuscripts must have **an ethical approval** from Research Ethics Committee.



ALL AUTHORS (MINIMUM HAVE APPROVED THE SUBMISSION SIGNING A DECLARATION LETTER)

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PLEASE SAVE YOUR TEMPLATE WITH THE FOLLOWING FORMAT:

Manuscript should be typed **double-spaced** on A4 size paper

Margins: Left= 4cm, Top= 3 cm, Bottom=3 cm, Right=3cm

Font: Times New Roman, 12pt

The length of the article should not exceed 25 pages/3500 words

All pages are numbered in the center below of every page



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Title Page

Title: (Concise, informative, aligned with objective and results)
Authors/Co-Authors Name
Affiliation (Department/Faculty/Research Center/Hospital.....)

Author(s)

1st author

Full Name (with Academic degree(s)):

Affiliation:

Institution Address:

Phone:

Email:

ORCID iD (if available):

2nd author

Full Name (with Academic degree(s)):

Affiliation:

Institution Address:

Phone:

Email:

ORCID iD (if available):

(if you have more co-author(s), please continue with the same format as above)

Corresponding author:

Word Count:

Abstract:

Text (Introduction to Discussion):

Number of Tables/Figures:

Abstract (≤250 words, structured)

Background: Brief context and rationale; identify the knowledge gap.

Objective: State the main aim or research question.

Methods: Mention databases, search period, inclusion/exclusion criteria, and analysis method.

Results: Summarize the number of included studies and major findings.

Conclusion: Highlight the main conclusion and implications for health, aging, or wellness.

Keywords: 3–5 keywords in alphabetical order (MeSH terms preferred)

1. Introduction

Present the background and rationale for the review. Define the clinical or research problem clearly, cite the most relevant and recent literature, and end with a clear objective or research question (preferably using PICO/PECO format).

Example closing line: “This systematic review aimed to evaluate the effect of Vitamin D supplementation on markers of aging and inflammation among elderly adults.”

2. Methods

(Past tense; follow PRISMA 2020 checklist)

2.1. Protocol and Registration

State whether the review was registered (e.g., PROSPERO ID).

2.2. Eligibility Criteria

Define inclusion and exclusion criteria (participants, intervention, comparator, outcomes, study design, publication date, language).

2.3. Information Sources and Search Strategy

List all databases (e.g., PubMed, Scopus, Cochrane, Google Scholar). Include date of last search, search terms, and Boolean operators.

2.4. Study Selection

Explain the selection process, ideally with a PRISMA flow diagram (number of identified, screened, excluded, and included studies). Please describe how the authors select each studies and how conflicts in the selection process were resolved.

2.5. Data Extraction

Describe how data were extracted and verified (e.g., two independent reviewers, standardized form).

2.6. Quality Assessment / Risk of Bias

Specify tools used (e.g., Cochrane RoB 2.0, JBI Critical Appraisal, Newcastle-Ottawa Scale).

2.7. Data Synthesis

Explain whether a qualitative synthesis or meta-analysis was conducted. For meta-analysis, mention software used, statistical model, heterogeneity tests, and subgroup analyses.

3. Results

3.1. Study Selection

Summarize screening results (supported by PRISMA flowchart). Please describe how many studies were initially found, reasons for exclusion, and how many were included in the final result.

3.2. Study Characteristics

Describe key characteristics (population, intervention, outcome, study design, sample size). Insert Table 1: Characteristics of Included Studies.

3.3. Risk of Bias

Summarize results of quality assessment. Insert Table 2: Risk of Bias Summary.

3.4. Findings from Included Studies

Summarize major findings according to outcomes. Include forest plots and heterogeneity results if meta-analysis performed.

4. Discussion

Summarize the main findings in relation to the objective. Compare with previous systematic reviews or clinical guidelines. Discuss biological or clinical implications, especially in relation to aging, wellness, or chronic disease prevention. Identify limitations (publication bias, heterogeneity, study quality). Suggest future research directions.

5. Conclusion

Concise restatement of the overall evidence and implications for clinical practice or policy, emphasizing the contribution to healthy aging and lifestyle medicine.

Acknowledgments

Mention contributors, institutions, or funding bodies (if any).

Conflict of Interest

Declare any potential conflicts of interest.

Example: "The authors declare no conflict of interest."

Funding

State funding sources or write: "No specific funding was received for this work."

Data Availability Statement

Example: "All data generated or analyzed during this study are included in this published article and its supplementary files."

References

References must be written in Vancouver style and numbered according to the order of appearance in the text. Authors are encouraged to include Digital Object Identifiers (DOIs) for all references where available.

For **systematic reviews and meta-analyses**, no strict limitation on publication year is applied. Authors are expected to include all relevant and high-quality studies, including seminal or foundational publications, to ensure comprehensive coverage of the topic. Nevertheless, recent literature (the last 10 years) should still be prioritized where appropriate.

Figures and Tables

Maximum total: 6 (combined tables and figures). Example: "Table 1. Characteristics of Included Studies (n = 12). Abbreviations: BMI, body mass index; SD, standard deviation."