

# Instructions to authors

BRAZILIAN JOURNAL OF PAIN



GUIDE FOR AUTHORS

## SCOPE & JOURNAL INFORMATION

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BRAZILIAN JOURNAL OF PAIN®, printed version: ISSN 2595-0118 and electronic version: ISSN 2595-3192, is the official publication of the Brazilian Society for the Study of Pain® (Sociedade Brasileira para o Estudo da Dor - SBED®). SBED® publishes original research on the nature, mechanisms, assessment and treatment of pain and provides a multidisciplinary forum for the dissemination of research in both basic and applied pain research.

The BrJP is directed towards all health professionals, including biologists, biomedical professionals, dentists, physical educators, nurses, pharmacists, pharmacologists, physiologists, physiotherapists, doctors, veterinary doctors, nutritionists, psychologists, occupational therapists, etc., and all professionals in any area of knowledge interested in the study and treatment of pain, members or not of the SBED.

The authors are fully responsible for the articles. The periodicity is quarterly and since May 2020 the articles have also been published in the modality of advanced publication or Ahead of Print (AOP). All papers submitted are peer-reviewed and the journal complies with the Uniform Requirements of Manuscripts Submitted to Biomedical Journals (URM - The International Committee of Medical Journal Editors - ICMJE).

Articles received are sent to 3-5 reviewers, who are asked to inform whether or not they accept the review within 3 days. After accepting to review the article, the evaluation must be returned in up to 15 days. The articles that require adjustments are returned to the authors. After the authors response, the articles are reevaluated by the same reviewers who did the first evaluation or by reviewers chosen by the Editor.

BrJP accepts the submission of articles with a maximum of 3500 words (excluding title page, abstract, references, tables, figures and legends). A total of six illustrations (tables and/or figures) are allowed.

Articles with no response from the authors after six months will be rejected, but may be resubmitted. There will be as many reviews as necessary, being the final approval decision made by the Editor. The authors shall guarantee that none of the material infringes any existing copyright or a third party right.

BrJP follows the Editorial Policy Statements of the Council of Science Editors (CSE). Additional information on ethical aspects and misconduct can be found on the website (<http://www.dor.org.br>) and the online submission system. The evaluation process is very rigorous and anonymity between authors and reviewers is protected. The journal does not charge authors for the articles submission. Manuscripts submitted to the BrJP are subject to evaluation through tools in order to detect plagiarism, duplication or fraud, and whenever these situations are identified, the Editor will contact the authors and their institutions. If such situations are detected, authors should be prepared for an immediate refusal of the manuscript. If the Editor is not aware of this situation prior to publication, the following issue will bring a disclaimer. The authors will have open access through the <https://sbed.org.br/publicacoes-publicacoes-bjp> portal.

The BRAZILIAN JOURNAL OF PAIN web site can be found at <https://brjp.org.br/>.

### Contact details for submission

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All manuscripts must be submitted online at <https://www.gnpapers.com.br/brjp/default.asp>.

Questions may be directed to the Editorial Office at [brjp-contato@dor.org.br](mailto:brjp-contato@dor.org.br).

### INTRODUCTION

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#### Conditions for submission

The author: (1) assures that the manuscript is an original study that has not been previously published; (2) assures that the manuscript is not under consideration by any other publisher; (3) accepts full responsibility for the accuracy of all content, including findings, citations, quotations, and references contained within the manuscript; (4) releases and assigns all rights for the publication of the manuscript to the SBED and the publisher; (5) discloses in the acknowledgement section and on the title page any conflicts of interest related to the research or the manuscript; (6) discloses on the title page any previous presentation of the research, manuscript, or abstract; (7) \* assures that authorship has been granted only to those individuals who have contributed substantially to the research or manuscript; (8) discloses in the methods section of the manuscript that any investigation involving human subjects or the use of patient data for research purposes was approved by the committee on research ethics at the institution in which the research was conducted in accordance with the Declaration of the World Medical Association ([www.wma.net](http://www.wma.net)) and that any informed consent from human subjects was obtained as required; (9) discloses in the methods section of the manuscript that any investigation involving animals for research purposes was approved by the animal care committee on research ethics at the institution; (10) attaches documents showing all relevant permissions to publish quotations, text, tables, or illustrations from copyrighted sources; (11) discloses in the manuscript references and/or table/figure footnotes the full citation and permission of the copyright owner as required.

The journal will only consider publication of work that includes information that is sufficient to permit replication by other laboratories. Manuscripts reporting data from novel chemical probes will not be considered unless the structure and pharmacological characterization,

including selectivity and relevant formulation, are reported or directly described in a prior peer-reviewed publication.

\*Authors' role: BrJP abides by the Authorship Criteria as set by the International Committee of Medical Journal Editors (ICMJE). Please visit <http://www.icmje.org/index.html> to review the criteria and determine whether contributors should be listed as authors or listed in the acknowledgements. Attributing authorship to those who do not meet the requirements set forth by the ICMJE is not acceptable. Similarly, it is unacceptable to exclude individuals meeting the requirements for authorship. Each person listed as an author is expected to have participated in the preparation of the manuscript in a significant way. Although BrJP endorses the ICMJE authorship requirements, the Editorial Board is not in a position to adjudicate disputed authorship issues. These must be resolved by the authors or by the institution responsible for the research. Should further guidance be needed, authors should consult the Committee on Publication Ethics (COPE) guidelines for authorship disputes at <https://bit.ly/3Ef2MJw>.

## **SUBMISSION OF ARTICLES**

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Articles should be submitted online through the platform <https://www.gnpapers.com.br/brjp/default.asp>, including the Copyright Assignment document, available in the publications folder of the portal <https://sbed.org.br/publicacoes-publicacoes-brjp>, duly signed by the author(s). A Submission Letter should be sent along with the manuscript's files, containing information regarding originality, conflict of interests, sponsoring sources, indication of three potential reviewers, as well as confirmation that the article is not under evaluation by another journal and has not been previously published. This letter should also confirm that the article, if accepted, will be entitled to exclusive publication in the BrJP, and that it respects ethical aspects, in the case of studies involving animals or humans. The articles may be sent in Portuguese or English. The printed publication will be in Portuguese and the electronic publication in both Portuguese and English. Authors have the responsibility to declare conflict of interests in the manuscript itself, as well as to acknowledge financial support when appropriate. BrJP considers the duplicate or fragmented publication of the same research an ethical infraction and is careful in using mechanisms to find text similarities and detect plagiarism.

## **SUBMISSION CHECKLIST**

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In anticipation, you are invited to use this list to perform an initial verification and final review of your material before submitting it to the BrJP for consideration. Check the relevant section in these instructions for authors for more details.

Ensure that the following items are present in your files before submitting your manuscript:

Title page

- Title
- Abbreviated title

- Key-words
- Complete name of authors, their affiliations (department, institution, city/state/country, e-mail address) and ORCID numbers.
- Corresponding author with contact details: complete name and e-mail address
- Wordcount
- Declaration of conflict of interest

### **Manuscript**

- Main text (according to guideline recommended in the section of 'type of study')
- Ethical information (number of approval, name of Ethics Committee, more information as needed)
- References (following standardized rules of BrJP)
- Figures (with legends, in grey scale, and appropriately cited in the text)
- Tables (with title, legends and/or footnotes, and appropriately cited in the text)
- Source of support
- Acknowledgment (people, institutions and/or funding agencies)
- Supplemental files (when needed)

### **More verifications are recommended:**

- Manuscript has been 'spell checked' and 'grammar checked'
- Report guideline as indicated for any type of study was considered and presented at the end of the manuscript as a checklist
- All references mentioned in the Reference List are cited in the text, and vice versa
- Permission has been obtained for the use of copyrighted material from other sources (including the internet) or authors assume the responsibility for elaborating all illustrations contained in the manuscript
- A competing interests statement is provided, even if the authors have no competing interests to declare
- Journal policies detailed in this guide have been reviewed
- Referee suggestions and contact details (e-mail address) provided, based on journal requirements

### **ETHICAL/LEGAL CONSIDERATIONS**

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## **Author rights**

Authors keep the author rights and grant brjp magazine and SBED the right of first publication, and the work is simultaneously licensed under CC BY, which allows the sharing of work with recognition of the authorship of the work and initial publication in this journal. Upon acceptance of an article, the authors will be asked to complete a Journal Publishing Agreement to assign to the Brazilian Society for the Study of Pain (SBED) the copyright of the manuscript and any tables, illustrations or other materials submitted for publication as part of the manuscript in all forms and media (now known or later developed), worldwide, in all languages, for the full term of copyright, from when the article is accepted for publication. An email will be sent to the corresponding author confirming receipt of the manuscript along with a Publication Agreement form or a link to the online version of this agreement.

## **Authorship and changes to authorship**

All authors should have made substantial contributions to all of the following:

1. the conception and design of the study, or acquisition of data, or analysis and interpretation of data;
2. drafting the article or revising it critically for important intellectual content;
3. final approval of the version to be submitted.

To recognize individual author contributions, reducing authorship disputes and facilitating collaboration, authors are required to mention the contribution(s) of each author in the title page based on CRediT (Contributor Roles Taxonomy) author statement. Main activities correspond to Conceptualization, Methodology; Software; Validation; Formal analysis; Investigation; Resources; Data Curation; Writing - Original Draft; Writing - Review & Editing; Visualization; Supervision; Project administration; Funding acquisition whose definition can be seen at <https://www.elsevier.com/authors/policies-and-guidelines/credit-author-statement>.

Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been published and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Requests that are not sent by the corresponding author will be forwarded by the Journal Manager to the corresponding author, who must follow the procedure as described above. Note that: (1) Journal Managers will inform the Journal Editors of any such requests and (2) publication of the accepted manuscript in an online issue is suspended until authorship has been agreed. Changes will only be done before the accepted manuscript is published in an online issue.

## **Declaration of interest**

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding.

Authors must disclose any interests in two places:

1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare, then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted.
2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches.

### **Verification of originality and validity of manuscript**

Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service Crossref Similarity Check at <https://www.crossref.org/services/similarity-check/>. Although the editors and referees make every effort to ensure the validity of published manuscripts, the final responsibility rests with the authors, not with BrJP, its editors, or the publisher.

### **Role of the funding source**

You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

### **Copyright**

The copyright transfer agreement and the ICMJE Conflict of Interest forms should be filled out and be uploaded by the corresponding author at original submission. Coauthors are required to complete both forms at the revision stage. All authors are required to submit both a Clinical Trial Application (CTA) and an ICMJE Conflict of Interest Form. Once we have received all forms from all authors, your revision will be assigned to the editors. If you have questions about this process, please contact the editorial office at [brjp@dor.org.br](mailto:brjp@dor.org.br).

## **Permissions**

Authors must submit written permission from the copyright owner (usually the publisher) to use direct quotations, tables, or illustrations that have appeared in copyrighted form elsewhere, along with complete details about the source.

## **Informed consent and patient anonymity**

Studies on patients or volunteers require ethics committee approval and informed consent, which should be documented in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals. Written consents must be retained by the author but copies should not be provided to the journal. Only if specifically requested by the journal in exceptional circumstances (for example if a legal issue arises), the author must provide copies of the consents or evidence that such consents have been obtained.

Unless authors have written permission from the patient (or, where applicable, the next of kin), personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.

It is the author's responsibility to ensure that a patient's anonymity is carefully protected. For photographs, author(s) must obtain written and signed permission from the patient if the patient would be recognizable. Author(s) must state in their manuscript that informed consent was sought and granted.

It is also very important to make textual mention of the General Personal Data Protection Law (LGPD) (<https://bit.ly/35r177b>), in an attempt to legally extend the protection of the research subject.

## **Ethics with laboratory animals**

All animal studies must comply with arrive guidelines (see 'type of studies' section) and should be carried out in accordance with the UK Animal Act (Scientific Procedures) (1986), EU Directive 2010/63/EU for animal experiments, National Guide of the Institutes of Health for the Care and Use of Laboratory Animals (NIH Publications No 8023), Federal Law No. 11,794/08 (Arouca Law), a Brazilian practice guideline for the care and use of animals for scientific and teaching purposes (DBPA). The authors should clearly indicate in the article that such guidelines were considered and followed. The sex of the animals should be indicated and, when and if applicable, the possible interference of sex in the results of the study.

## **Use of inclusive language**

Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Content should: 1. make no assumptions about the beliefs or commitments of any reader; 2. contain nothing which might imply that one

individual is superior to another on the grounds of age, gender, race, ethnicity, culture, sexual orientation, disability or health condition; and 3. use inclusive language throughout.

Authors should ensure that writing is free from bias, stereotypes, slang, reference to dominant culture and/or cultural assumptions. We advise to seek gender neutrality by using plural nouns ("clinicians, patients/clients") as default/wherever possible to avoid using "he, she," or "he/she."

We recommend avoiding the use of descriptors that refer to personal attributes such as age, gender, race, ethnicity, culture, sexual orientation, disability or health condition unless they are relevant and valid. These guidelines are meant as a point of reference to help identify appropriate language but are by no means exhaustive or definitive.

## MANUSCRIPT PREPARATION

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BrJP accepts online submission of manuscripts through GNPapers. The site contains instructions and advice on how to use the system, guidance on the creation/scanning and saving of electronic art, and supporting documentation.

All manuscripts must be submitted online via GNPapers, at <https://www.gnpapers.com.br/brjp/default.asp>.

If you have previously submitted to BrJP, you already have an account in the system and can use your same log in credentials or click on "Send Username/Password" if you do not recall your credentials to have them emailed to you. If you have never submitted to BrJP, see instructions for first-time users below.

**Editorial review.** The BrJP Editor-in-Chief, Josimari M. DeSantana, and Section Editors do the initial review of all submissions.

If you experience any problems with Editorial Manager or have any questions, please contact the Editorial Office by clicking on the 'Contact Us' link in the navigation bar or by emailing [brjp-contato@dor.org.br](mailto:brjp-contato@dor.org.br).

## PREPARING THE SUBMISSION

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### Double-blind review

This journal uses double-blind review, which means the identities of the authors are concealed from the reviewers, and vice versa.

To facilitate this, please include a title page separately from the blinded manuscript.

**Title page** (with author details). In the title page, authors should included all author details, ORCID information (see <https://orcid.org/register> if you are not registered yet), correspongin author details, highlights. Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a superscript arabic numerals immediately after the author's name and in front of the

appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author. Also, ORCID information should be informed for each author in a list.

**Corresponding author.** Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. This responsibility includes answering any future queries about Methodology and Materials. Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author. Thus, authors need to provide information as follow: “Correspondence to ‘author’s name’ and ‘email address’”.

**Present/permanent address.** If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript lowered letters are used for such footnotes.

**ORCID.** ORCID (Open Researcher and Contributor ID) is a non-proprietary alphanumeric code for unique identification of scientists and their collaborators, providing persistent identity to humans, similar to what is created for content entities related to digital networks by digital object identifiers (DOIs). Your ORCID number must be entered on the title page. If you do not already have your ORCID, registration can be made in <https://orcid.org/register>.

**Highlights.** Highlights are mandatory for this journal as they help to increase the discoverability of an article via search engines. They consist of a short collection of bullet points that capture the novel results of your research as well as new methods that were used during the study (if any). Highlights should be submitted in a separate page after the title page file. Please use 'Highlights' as a topic in the top of the page. Include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point).

## MAIN STRUCTURE OF ORIGINAL ARTICLES

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**Blinded manuscript** (no author details): main body of the paper (including references, figures, tables and any acknowledgements) should not include any identifying information, such as authors' names or affiliations.

**Abstract.** Abstracts should bring the main important information from the manuscript. Like the paper itself, abstracts should include all of the IMRaC elements: Introduction, Methods, Results, and Conclusion. Initially, on the introduction, authors should provide a broad overview of the entire study, write out the hypothesis or research question or problem it attempts to solve and why the reader should be interested. Two to three phrases may be enough to highlight the main idea, followed by the objective. Then, the methods section must inform the type of study, the procedure for collecting data, including descriptions of variables,

instruments, software, or participants / groups of participants. Timeline measurements and analytical methods should also be presented. Main results should be presented, comparing groups when necessary, and presenting values between parenthesis. The discussion section explains the ultimate conclusion and its ramifications. The discussion section often goes beyond the scope of the project itself, including the implications of the research or what it adds to its field as a whole.

**Key-words.** Immediately after the abstract, provide a maximum of 6 keywords, using American spelling and avoiding general and plural terms and multiple concepts (avoid, for example, 'and', 'of'). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes. Preferably, key-words must be selected from MeSH Database at <https://www.ncbi.nlm.nih.gov/mesh>.

**Introduction.** In this section, authors must sucintamente descrever o escopo e o conhecimento prévio baseado em evidência (state of the art) para o delineamento da pesquisa, tendo como base referências bibliográficas relacionadas ao tema, preferencialmente mais recentes conforme possível. Adicionalmente, a lacuna de conhecimento ou o problema em questão deve ser apresentado. Ao final, deve incluir o objetivo da pesquisa de forma clara e a relevância do assunto estudado.

**Methods.** Specific information about methods can be seen in the section of “Types of Article once each type of manuscript requires distinct items. We must reinforce that report guidelines must be used to any type of article.

**Results.** devem ser descritos de forma objetiva, elucidados por figuras e tabelas quando necessário. Incluir análises realizadas e seus resultados.

**Discussion.** In this section, authors must discuss their results and three different phases to each conjunct of findings should be considered: interpretation of results, use of previous publication to confirm or refute findings and considerations of authors to each topic discussed. Previous information must be appropriately cited. Discussion can be optionally divided into subchapters. Limitations of the study, clinical implications (always when adequate), information about the importance / relevance, and perspectives for future researches are mandatorily required.

**Conclusion.** Conclusions must be concise and directly repond to the objectives of the study. No extra commentaries are needed.

**Acknowledgments.** Collate acknowledgements in a separate section at the end of the article before the references and do not, therefore, include them on the title page, as a footnote to the title or otherwise. List here those individuals who provided help during the research (e.g., providing language help, writing assistance or proof reading the article, etc.).

**Formatting of funding sources.** List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the xxxxxxxxxx [grant numbers xxxx, yyyy]; yyyyyyyyyy [grant number yyyyyyyyyy].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

**References.** References must follow Vancouver style (<http://www.icmje.org>).

**Figures and Tables.** They must be sent in the same file of the main manuscript just after references inserting break page between them.

#### **More information:**

**Summary.** When completing the submission process of their manuscript, authors must enter the text in Portuguese and English in a specific field on the platform, followed by the descriptors (from 3 to 6, which must be included in the Descriptors in Health (DeCs) or MeSH Database).

**Style.** Pattern manuscript style after the American Medical Association Manual of Style (10th edition). Stedman's Medical Dictionary (27th edition) and Merriam Webster's Collegiate Dictionary (10th edition) should be used as standard references.

Keep the layout of the text as simple as possible. Most formatting codes will be removed and replaced on processing the article. In particular, do not use the word processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts, superscripts etc.

Refer to drugs and therapeutic agents by their accepted generic or chemical names, and do not abbreviate them. Use code numbers only when a generic name is not yet available. In that case, supply the chemical name and a figure giving the chemical structure of the drug.

Capitalize the trade names of drugs and place them in parentheses after the generic names. Also, capitalize all equipments and apparatus used in the methods section. To comply with trademark law, include the name and location (city and state and country) of the manufacturer of any equipment mentioned in the manuscript followed by the symbol. Use the metric system to express units of measure and degrees Celsius to express temperatures, and use SI units rather than conventional units.

It is important that the file be saved in the native format of the word processor used. The text should be in single-column format.

When preparing tables, if you are using a table grid, use only one grid for each individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns. The electronic text should be prepared in a way very similar to that of conventional manuscripts. Note that source files of figures, tables and text graphics will be required whether or not you embed your figures in the text. To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check' functions of your word processor.

**Math formulae.** Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).

**Footnotes.** Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors can build footnotes into the text, and this feature may be used. Otherwise, please indicate the position of footnotes in the text and list the footnotes themselves separately at the end of the article. Do not include footnotes in the Reference list.

**Reference style.** Submissions should adhere to the BrJP® reference style, full details of which can be found in the information provided for each article type under section "Article Types" above. Authors are highly recommended to manage their references by using softwares such as Endnote, Mendeley or Zotero.

Cite literature references in the text should be present as a superscript number as follows: "Pain pain pain pain pain pain pain pain<sup>4</sup>." For multiple references in the text, please use the format "Pain pain pain pain pain pain pain pain<sup>4,5</sup>." or "Pain pain pain pain pain pain pain pain<sup>4-7,10</sup>." (with a comma and no spaces).

- All references cited in the text must be listed at the end of the paper. They should be numbered, double spaced, and arranged alphabetically by first author last name.
- All authors must be listed in the references; the use of et al. is not acceptable.
- Journal titles should be abbreviated according to the National Library of Medicine's Index Medicus. Please refer to the NLM website's FAQ on how to find Index Medicus journals: [www.nlm.nih.gov/services/aim.html](http://www.nlm.nih.gov/services/aim.html).
- Unpublished data, personal communications, abstracts that cannot be retrieved by casual readers (e.g., meeting abstracts that require logging into a members-only site), and other inaccessible materials should not be listed as references. Unpublished materials may be cited in parentheses within the text.

**Figures.** BrJP has strict guidelines on image quality. You must ensure your figures follow these rules. Failure to supply files in the format specified below will result in the images being returned to you for re-formatting. This may lead to an associated delay in the review and publication of your manuscript.

#### A) Creating Digital Artwork

Learn about the publication requirements for Digital Artwork: <http://links.lww.com/ES/A42>

Create, Scan and Save your artwork and compare your final figure to the Digital Artwork Guideline Checklist (below).

Upload each figure to Editorial Manager in conjunction with your manuscript text and tables.

## B) Digital Artwork Guideline Checklist

Here are the basics to have in place before submitting your digital art to BrJP:

Artwork should be saved as TIFF, PDF, Word Doc, PPT, or EPS files.

Artwork is created as the actual size (or slightly larger) it will appear in the journal. (To get an idea of the size images should be when they print, study a copy of the journal to which you wish to submit. Measure the artwork typically shown and scale your image to match.)

Crop out any white or black space surrounding the image.

Diagrams, drawings, graphs, and other line art must be vector or saved at a resolution of at least 1200 dpi. If the art is created in an MS Office program, convert to a hi-res PDF. If the PDF creation process is unfamiliar, then submit the MS Office doc.

Photographs, radiographs and other halftone images must be saved at a resolution of at least 300 dpi.

Photographs and radiographs with text must be saved as postscript or at a resolution of at least 600 dpi.

Each figure must be saved and submitted as a separate file by using sequential numbers. Figures should not be embedded in the manuscript text file.

General points:

- Make sure you use uniform lettering and sizing of your original artwork.
- Embed the used fonts if the application provides that option.
- Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
- Number the illustrations according to their sequence in the text, consecutively in your manuscript.
- Number figures in the figure legend in the order in which they are discussed.
- Use a logical naming convention for your artwork files.
- Provide captions to illustrations separately.
- Size the illustrations close to the desired dimensions of the published version.
- Submit each illustration after reference section in the manuscript file.
- Ensure that color images are accessible to all, including those with impaired color vision.

Please do not:

- Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors.
- Supply files that are too low in resolution.

- Submit graphics that are disproportionately large for the content.

**Color figures.** All figures will appear in a grey scale in both online and printed versions, according submitted by authors and approved by the editorial board/reviewers.

**Figure legends.** Legends must be submitted for all figures. Provide each illustration with a title and an explanatory legend. The title should be part of the legend; do not reproduce the title and legend on the figure itself. They should be brief and specific and appear on a separate manuscript page after the references in the same file. Each legend should begin with a brief statement that identifies the figure. Each legend should be numbered consecutively with Arabic numerals (i.e., Fig. 1, Fig. 2, etc.), and should begin with the number of the illustration to which they refer. Explain all symbols and abbreviations used in the figure. Use scale markers in the image for electron micrographs and indicate the type of stain used for tissue, if this is the case.

**Tables.** Tables can be included within the manuscript document on a separate manuscript page after the references in the same file. Do not upload images of tables. All tabular matter must be editable (in Word). An image of a table, such as a scan, is not acceptable for publication. Tables, with their captions and legends, should be intelligible with minimal reference to the text. Tables of numerical data should each be typed (double spaced) on a separate page, numbered in sequence with Arabic numerals (i.e., Table 1, Table 2, etc.), provided with a title/heading, and referred to in the text as Table 1, Table 2, etc. Provide a detailed description of its contents and any footnotes below the body of the table.

**Social media promotion of individual articles.** At the revision stage, authors will be asked to enter a question at re-submission to be used for social media purposes. Please compose a question for which your paper's subject, topic, or title is an answer. We will take your question, attach your paper's web address, and use it for SBED's social media promotion. Example of author composed question: What is the relationship between pain and fear in fibromyalgia patients? The answer is the title of author's paper, such as in this example "Fear is a predictor to increase pain in fibromyalgia patients," which the BrJP® editorial office will translate to a bit.ly URL (a shortened web address) and attach it to the question. The final product, the question, and the shortened web address, is the message we will promote on social media, to boost awareness and drive traffic to the published content. What everyone will see on social media: What is the relationship between pain and fear in fibromyalgia patients?  
<http://bit.ly/vvXvxV>, for example.

## ARTICLE TYPES

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The journal will only consider publication of work that includes information that is sufficient to permit replication by other laboratories or groups. Manuscripts reporting data from novel chemical probes will not be considered unless the structure and pharmacological characterization, including selectivity and relevant formulation, are reported or directly described in a prior peer-reviewed publication.

Brazilian Journal of Pain (BrJP) publishes original research articles, reviews, and brief communications on topics related to distinct areas of pain.

Our Editorial Board is committed to disseminate high-quality research in the field of pain.

BrJP follows principles of publication ethics included in the code of conduct of the Committee on Publication Ethics (COPE).

BrJP accepts submission of manuscripts with up to 4,000 words (excluding title page, abstract, references, tables, figures and legends). Information contained in any appendices will be included in the total number of words allowed for publication.

A total of six (6) either tables and/or figures is allowed.

The following types of study can be considered for publication, if directly related to the journals scope. Click on the article type to see details on manuscript formatting.

The below article types are considered for publication in BrJP.

a) **Intervention studies** (clinical trials): studies that investigate the effect(s) of one or more treatment interventions on outcomes directly related to pain. World Health Organization defines a clinical trial as any research study that prospectively allocates human participants to one or more health-related interventions to evaluate the effect(s) on health outcome(s). Clinical trials include single-case experimental studies, case series, nonrandomized controlled trials, and randomized controlled trials.

Randomized clinical trials (RCTs) must follow Consolidated Standards of Reporting Trials (CONSORT) available at <http://www.consort-statement.org/>. In the manuscript, authors must provide the CONSORT Checklist and the CONSORT Flow Diagram which illustrates the progress of patients through the trial, including all phases, at the end of the manuscript in the same file.

Registration of clinical trials Registration in a public trials registry is a condition for publication of clinical trials in this journal in accordance with International Committee of Medical Journal Editors recommendations. Trials must register at or before the onset of patient enrolment. Clinical trial registration number should be included at the end of the abstract of the article. A clinical trial is defined as any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects of health outcomes.

Moreover, CONSORT-Abstract must be used in an attempt that authors provide a minimum list of items in the abstract section (see <https://bit.ly/3OG1IUS>). For the RCTs, title must consider information from the PICOT strategy (P: population; I: intervention; C: comparison; O: outcome; T: time).

RCTs must provide registration that satisfies the requirements of the International Committee of Medical Journal Editors (ICMJE), e.g. <http://clinicaltrials.gov/> and / or

<http://www.anzctr.org.au>. The complete list of all clinical trial registries can be found at: <http://www.who.int/ictcp/network/primary/en/index.html>. We suggest that all authors register clinical trials prospectively via websites such as <http://www.clinicaltrials.gov> or <https://ensaiosclinicos.gov.br/>. Note: We accept single case studies and series of cases (i.e. clinical trials without a comparison group) in a low proportion if they are really interesting in the area of interest.

Template for Intervention Description and Replication (TIDieR) checklist and guide must also be used to promote a complete description of both pharmacological and non-pharmacological interventions, in an attempt that clinicians and patients can reliably implement interventions that are shown to be useful, and other researchers can replicate or build on research findings. The TIDieR guide provides, for each item, an explanation, elaboration, and examples of good reporting and can be found at <https://www.equator-network.org/wp-content/uploads/2014/03/TIDieR-Checklist-PDF.pdf>. TIDieR checklist must be submitted at the end of the manuscript in the same file.

The resultant 12 item TIDieR checklist is an extension of the CONSORT 2010 statement (item 5). For authors of reports of randomised trials, it is recommended that TIDieR is used in conjunction with the CONSORT checklist: when authors complete item 5 of the CONSORT checklist, they should insert “refer to TIDieR checklist” and provide a separate completed TIDieR checklist.

Sample size must be present in all details in all manuscripts which are clinical trials. P value and confidence interval will be required as well.

In line with the position of the International Committee of Medical Journal Editors, BrJP will not consider results posted in the same clinical trials registry in which primary registration resides to be prior publication if the results posted are presented in the form of a brief structured (less than 500 words) abstract or table. However, divulging results in other circumstances (e.g., investors' meetings) is discouraged and may jeopardise consideration of the manuscript.

b) **Observational studies:** studies that investigate the relationship(s) between variables of interest related to pain. Observational studies include transversal or longitudinal cross-sectional studies, cohort studies, and case-control studies. All observational studies must be reported following the recommendation from Strengthening the reporting of observational studies in epidemiology (STROBE) statement (<http://stroke-statement.org/index.php?id=stroke-home>). STROBE checklist must be submitted at the end of the manuscript in the same file.

c) **Qualitative studies:** studies that focus on understanding needs, motivations, perceptions, opinions, experiences, and human behavior. The object of a qualitative study is guided by in-depth analysis of a topic, including opinions, attitudes, motivations, and behavioral patterns without quantification. All qualitative studies must be reported following the recommendation from Standards for Reporting Qualitative Research (SRQR) statement (<https://www.equator-network.org/reporting-guidelines/srqr/>). SRQR checklist must be submitted at the end of the manuscript in the same file.

d) **Systematic reviews:** studies that analyze and/or synthesize the literature on a topic related to the scope of pain. Systematic reviews that include meta-analysis will have priority over other systematic reviews. Those that have an insufficient number of articles or articles with

low quality in the methods section and do not include an assertive and valid discussion/conclusion about the topic will be evaluated with caution. Authors must follow the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) checklist to present a systematic review. This checklist is available at <http://prisma-statement.org/prismastatement/Checklist.aspx> and must be filled in and submitted with the manuscript. PRISMA checklist must be submitted at the end of the manuscript in the same file.

The risk of bias analysis should be performed, according to the authors' choice, using the Risk Analysis tools of the Cochrane RoB2 Collaboration (<https://bit.ly/31PpnOW>) or PeDro Scale (<https://bit.ly/3zR7FY0>).

GRADE is a systematic approach to classifying the certainty of evidence in systematic reviews and other evidence syntheses and should be used in systematic reviews. The checklist covers the key determinants for each of the five factors (risk of bias, inconsistency, indirect evidence, imprecision, publication bias) that can lead to reduced quality in the system. Check information about GRADE at <https://bit.ly/3qkwwjV>.

e) **Studies on the translation and cross-cultural adaptation of questionnaires or assessment tools:** studies that aim to translate and/or cross-culturally adapt questionnaires from other countries to a language other than that of the original version of existing assessment instruments. Authors must use the checklist (in Appendix) to format this type of paper and adhere to the other recommendations of the BrJP. Answers to the checklist must be submitted with the manuscript at the end of the manuscript in the same file. At the time of submission, authors must also include written permission from the authors of the original manuscript that whose instrument was translated and/or cross-culturally adapted.

f) **Methodological studies:** studies related to the development and/or evaluation of clinimetric properties and characteristics of assessment instruments. Authors are required to use the Guidelines for Reporting Reliability and Agreement Studies (GRRAS) to format methodological papers, in addition to following BrJP instructions, which can be found at <https://bit.ly/3KODxBE>.

g) **Clinical trial protocols:** BrJP welcomes the publication of pain-related clinical trial protocols. We only accept trial protocols that are substantially funded, have ethics approval, have been prospectively registered and of very high quality. We expect that clinical trial protocols must be novel and with a large sample size. Finally, authors have to provide that the clinical trial is on its first stages of recruitment. Authors must use Standard Protocol Items: Recommendations for Interventional Trials (SPIRIT) statement while formatting the manuscript (<http://www.spirit-statement.org>).

h) **Animal pre-clinical studies:** Animal experiments should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, EU Directive 2010/63/EU for animal experiments, or the National Institutes of Health guide for the care and use of Laboratory animals (NIH Publications No. 8023, revised 1978), Federal Law 11.794/08 (Lei Arouca), Brazilian practice guideline for the care and use of animals for scientific and teaching purposes (DBPA). Authors should clearly indicate in the manuscript that such guidelines have been followed. Authors must use Animal Research: Reporting of In Vivo Experiments (ARRIVE) statement while formatting the manuscript (<https://www.equator-network.org/reporting-guidelines/improving-bioscience-research-reporting-the-arrive-guidelines-for-reporting-animal-research/>).

All experiments involving animals should be approved by a local Animal Care Committee and should be in accordance with the guidelines of the corresponding country. If guidelines are not available in the country where the research is being performed, we recommend following the guidelines described by the National Institutes of Health, USA. We propose that the following general guidelines be followed to establish reliability and robustness of the data presented.

**Pharmacological studies.** General pharmacological principles such as dose-response curves and testing an antagonist against its agonist, which indicate receptor-mediated interactions and specificity of the proposed drug, are recommended. In a few cases, there are well-established doses of pharmacological drugs that can be used but these should be justified by appropriate literature. Vehicle control data are needed.

**Behavioral studies.** To perform unbiased studies, it is essential that the following principles be used in behavioral studies: blinding of the behavioral tester (preferably to the condition, but essentially to the drug/genotype/manipulation or vehicle, phenotype, etc.) and also randomization of animals to groups. It is also recommended that when possible behavioral studies should be performed by the same tester, or interrater reliability should be performed and reported between multiple testers. Details on the randomization procedures and blinding should be included in the methods.

**Genetic studies or usage of gene delivery tools.** Studies on genetically-modified mice should employ control mice of the corresponding genetic background as controls. When viral tools are used for gene delivery, virions expressing a functionally-neutral gene, such as GFP, should be included as controls. In RNAi experiments, scrambled/sense/functionally-neutral constructs should be included as controls.

**Animals.** Age, sex, species, and source of animals should be reported. The number of replicates and animals used per experiment and group should be clearly outlined in the methods. We recommend use of both male and female animals in experiments where appropriate and possible.

Sham controls for surgical and other interventions are recommended.

**Drug formulation.** All drugs used in the study should be listed with the vendor for which it was purchased, dosing, how the drug was dissolved, site (city, state and country, route of administration and symbol of trade mark).

**Studies involving molecular profiling data, i.e. 'Omics'.** Descriptive data from Omics approaches on animal models or clinical groups, such as transcriptomics, genomics, proteomics, microRNA profiling etc., should be accompanied by secondary validation of data sets, such as by quantitative PCR. The analysis of functional implications of the genes, proteins or microRNAs identified via such approaches is recommended.

**Statistics.** Care should be taken that the statistical measures adopted are appropriate for the data sets being analyzed. For example, while comparing multiple groups or time points, application of a t-test is inappropriate. ANOVA and post-hoc tests that enable multiple comparisons (e.g., Bonferroni) should be used. The choice of one-way or two-way ANOVA is dependent upon the number of independent variables being tested such as treatment, time, sex or other. If the authors are unsure about which statistical measures to implement, receiving help from a statistician is recommended.

Secondary analyses of data. BrJP abides by the ICMJE guidelines regarding manuscripts based on secondary analyses of data. Such manuscripts should address a novel, distinct, and impactful aspect of the data that could not be presented in the primary manuscript/analysis. A manuscript derived from secondary analyses must clearly cite the primary publication(s) (as well as additional secondary publications), and state that it contains secondary analyses/results. We strongly discourage unnecessary division of datasets into multiple manuscripts.

i) **Diagnostic/prognostic studies:** studies related to biological effects and / or mechanisms of action of pharmacological and non-pharmacological interventions to pain. Authors must use STAndards for the Reporting of Diagnostic accuracy studies (STARD) statement while formatting the manuscript (<https://www.equator-network.org/reporting-guidelines/stard/>).

j) **Short communications:** BrJP will publish **one short communication** per issue (**up to six a year**) in a format similar to that of the original articles, containing **1200 words** and up to **two figures, one table, and ten references**.

k) **Masterclass articles:** this type of article presents the state of art of any topic that is important to the field of pain. All masterclass articles will be invited manuscripts and authors must be recognized experts in a specific field of pain. However, authors can send e-mails to the editor in chief expressing the interest to submit a masterclass article to the BrJP.

l) **Letter to editor.** A Letter to the Editor raises issues of importance regarding an article recently published in BrJP. If accepted, the letter is sent to the authors of the article who have an opportunity to respond. Word count should be around 500-750. File format should be Microsoft Word, and manuscript pages should be numbered.

m) **Clinical notes/case reports:** a single case or a series of cases related to either acute or chronic pain can be presented here. Only very interesting cases will be considered for publication. Thus, authors should include a justification to show why that/those case(s) are relevant to be published and what this publication would add to the literature in the title page. This type of publication requires approval in the institutional Ethics Committee and informed consent signed by participant(s), which must be mentioned in the text. The maximum of words is 1800. Results must be clearly presented and discussed based on the scientific literature, citing references. A maximum of three authors can be included. Main structure should contain: introduction, patient information, clinical findings, timeline, diagnostic assessment, therapeutic intervention, follow-up and outcomes, patient perspective, discussion, acknowledgments and references. More information about how to write case reports must follow Case REport Reporting Guideline (CARE) which can be found at <https://bit.ly/3IM1crJ>. A checklist must be included in the manuscript file after to presenting figures and tables, when adequate. Figures and tables can be included.

Title page. The title page should include the following: (i) complete title (preferably no chemical formulas or arbitrary abbreviations); (ii) full names of all authors; (iii) complete affiliations of all authors; (iv) the number of text pages of the entire manuscript (including pages containing figures and tables) and the actual number of figures and tables; (v) the author to whom correspondence should be sent and this author's complete mailing address, telephone number, and e-mail address, and, if available, institutional URL.

Acknowledgments. Place acknowledgments at the end of the text before the reference list and should specify the following: (1) contributions that need acknowledging but do not justify

authorship; (2) acknowledgments of technical help; (3) acknowledgments of financial and material support, specifying the nature of the support; (4) financial arrangements that may represent a possible conflict of interest.

This would also include any of the following arrangements, such as if any of the authors have a financial relationship to the work; have received any government or company grants or research support; are employees of a company; are consultants for a company; are stockholders of the company; are members of a speakers bureau; or have received any other form of financial support.

Conflict of Interest. A Conflict of Interest statement must be included for all manuscripts within the Acknowledgments section. Even if there are no conflicts of interest, please explicitly state this.

## **FINAL PROOFREADING AND APPROVAL FOR PUBLICATION**

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### **Proofs**

The revised file(s) will be sent by e-mail to the corresponding author or a link will be provided in the email so that the authors can download their own files. To ensure a quick process of publication of the article, we kindly ask the authors to provide us with their proof corrections as soon as possible, as indicated in the correspondence. Instructions on how to perform the process of reviewing and changing the file will be sent in correspondence when sending proof.

Include responses to the Reviewers' Response Letter. Please use this proof only to check the typing, editing, completeness and correction of text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with the permission of the Editor-in-Chief.

We will do everything we can to get your article published quickly and accurately. It is important to ensure that all fixes are sent back to us in a single communication. Check carefully before responding, as the inclusion of any subsequent fixes cannot be guaranteed. The review is the sole responsibility of the authors.

### **EDITORIAL FLOW**

More intuitively, we communicate to the authors the sequential steps by which an article is processed in the editorial process developed by BrJP, from submission to decision-making by the editor-in-chief (Figure 1).

