

AUTHOR GUIDELINES

Everything you need to know about publishing your research in *Obesity*

AIMS AND SCOPE

The Obesity Society's official research journal, *Obesity*, was launched in 1993 as *Obesity Research*. More than two decades later, *Obesity* has become the premier journal in the field. *Obesity* is published 12 times per year and is a forum where knowledge on the cutting edge of discovery can be disseminated to medical and health professionals and researchers whose expertise spans a wide swath of disciplines including nutrition, diabetes, bariatric surgery, public health, pediatrics, basic science, exercise, eating disorders, psychology, and genetics. Most published papers are quantitative; however high-quality qualitative studies will be considered.

Article Categories

Articles will be published under one of four categories. Your study may overlap categories, but select the type that best describes your manuscript.

- Obesity Biology and Integrated Physiology
- Clinical Trials and Investigations
- Pediatric Obesity
- Epidemiology/Genetics

Article Types

Manuscripts published by *Obesity* include:

- Original Articles
- Brief Cutting Edge Reports
- Reviews and Invited Reviews
- Perspectives
- Commentaries
- Letters to the Editor
- Editorials

Articles (in English) should be submitted via our electronic system at:

<http://mc.manuscriptcentral.com/obesity>. Please review "How to Prepare Your Manuscript for Submission" (below) before uploading your documents.

For step-by-step guidance on how to submit your manuscript, please see the [ScholarOne Manuscripts Author Guide](#). A checklist is also provided on our [Wiley site](#).

EDITORIAL POLICIES

Manuscript submissions are considered on the following conditions:

- Your manuscript/its essential substance has not been published—except as an abstract—in any format or language and is not being simultaneously offered elsewhere for print or electronic publication.
- All coauthors have read and approved the content of the submission.
- All coauthors have declared all competing interests.
- All work complies with the [Ethical Policies of Obesity](#) and has been conducted under internationally accepted ethical standards after relevant ethical review. It is imperative that authors read this policy and complete any necessary documentation prior to submission.

The journal operates a stringent peer-review process. All manuscripts will be reviewed by the Editors, members of the Editorial Team, or other expert reviewers. At the discretion of the Editors, the manuscript may be returned immediately without full review if deemed not competitive (not within the top 50% for originality and quality) or outside the realm of interests of the majority of the readership of the journal. Acceptance of papers is based on the originality of the observation or investigation; the quality of the work described; the clarity of presentation; and the relevance to our readership. All manuscripts are judged in relation to other submissions currently under consideration. The decision (reject, invite revision, accept) letter will be conveyed through the *Obesity* Manuscript Central (ScholarOne Manuscripts) system, coming directly from the Editor who has assumed responsibility for the manuscript's review. On average, manuscripts submitted in 2015 that were sent for external peer review took less than 28 days to receive a decision.

This journal employs a plagiarism detection system. By submitting your manuscript, you accept that your manuscript may be screened for plagiarism against previously published works.

Most obesity-related topics are suitable for submission if they fall within the scope outlined above. Occasionally, authors inquire whether they should submit their manuscript. It is not possible for the Editorial Office to speculate on whether an article is likely to be accepted or not. The only way to know is to submit your manuscript, which can be done at no charge to you. The editors at *Obesity* are committed to providing a fast, but thorough, review of your submission.

Cost of Publication

There are no submission fees to have your manuscript considered for publication in *Obesity*. However, if accepted, you will incur page charges. The authors will be assessed \$65 per published page if a first or corresponding author is a member of The Obesity Society or \$95 per published page if a first or corresponding author is not a member of The Obesity Society. Please see “Publication Charges” below for complete details.

To join The Obesity Society and receive reduced rates, please visit the [TOS membership site](#). Please be aware, however, that all manuscripts accepted for publication are chosen based on an objective peer-review process and merit alone and are not influenced by TOS membership status.

Publication Ethics

Obesity is a member of the [Committee on Publication Ethics](#) (COPE) and subscribes to its recommendations in the [COPE guidelines](#) on good publication practice. Best practice guidelines and more information about publication ethics are also available from [Wiley](#), our publisher. The editors reserve the right to reject a paper on ethical grounds. All authors are responsible for adhering to guidelines on good publication practice.

Conflicts of Interest

All authors are required to sign the [ICMJE Form for Disclosure of Potential Conflicts of Interest](#) and provide a copy to the corresponding author before submission. The corresponding author must then compile a full Disclosure statement that accurately reflects what each author has disclosed and include this Disclosure statement on the Title Page of the Main Document. It is the corresponding author's responsibility to store the ICMJE forms and to provide them to the Editorial Office if requested at any time. ***Do not send these forms to the Editorial Office and do not upload them to the ScholarOne submission site.***

Clinical Trials

Trial registration – All clinical trials, regardless of when they were completed, must be pre-registered. A clinical trial is defined as any research project that prospectively assigns human participants to intervention or comparison groups to study the cause-and-effect relationship between an intervention and an outcome. Interventions include but are not limited to drugs, surgical procedures, devices, behavioral treatments, process-of-care changes, and dietary changes.

PLEASE NOTE: For clinical trials starting patient enrollment after July 2005, trials must have been registered before onset of patient enrollment. For trials that began before July 2005 but that were not registered before September 13, 2005, trials must have been registered before journal submission.

Acceptable registries must be accessible to the public at no charge, open to all prospective registrants, managed by a not-for-profit organization, and electronically searchable, and they must have a mechanism to ensure the validity of the registration data. The trial registry name, registration identification number, and URL for the registry should be included on the article Title Page. Examples of acceptable trial registries include the following:

<http://www.clinicaltrials.gov>

<http://www.anzctr.org.au>

<http://isrctn.org>

<http://www.trialregister.nl/trialreg/index.asp>

<http://www.umin.ac.jp/ctr>

For more information on these policies, please see the [ICMJE recommendations](#).

CONSORT flow diagram and checklist – For manuscripts reporting the results of randomized trials, the CONSORT flow diagram (showing the progress of patients throughout the trial) and the CONSORT checklist should be completed and submitted with the manuscript (as “supplementary files”). See the [CONSORT website](#) for templates and instructions. Publication of the CONSORT diagram as one of the article figures may be required at the discretion of the Editorial Team (for trials with >50 participants).

Systematic Reviews and Meta-Analyses

Authors of systematic reviews and meta-analyses are encouraged to complete the [Preferred Reporting Items for Systematic Reviews and Meta-Analyses \(PRISMA\)](#). The PRISMA Statement consists of a 27-item checklist and a four-phase flow diagram that have been developed to help authors improve the reporting of systematic reviews and meta-analyses. For meta-analyses of observational studies in epidemiology, authors are encouraged to follow [MOOSE reporting guidelines](#). These materials may be submitted with the manuscript as a “supplementary file” and will then be provided to the journal editors and peer reviewers.

Ethical Approval and Informed Consent

For all manuscripts reporting data from studies involving human participants or animals, formal review and approval, or formal review and waiver, by an appropriate institutional review board or ethics committee is required and should be described in the *Methods* section. For those investigators who do not have formal ethics review committees, the principles outlined in the Declaration of Helsinki should be followed. For investigations of humans, state in the *Methods* section the manner in which informed consent was obtained from the study participants (i.e., oral or written) and whether participants received a stipend. Editors may request that authors provide documentation of the formal review and recommendation from the institutional review board or ethics committee responsible for oversight of the study.

Transparency of Data, Code, and Research Materials

Authors are encouraged to make data, methods used in analysis, and materials used to conduct research available to any researcher for the purposes of reproducing the results or replicating the procedure. If authors agree to make materials available, please specify where that material will be available (e.g., in a trusted digital repository) in the *Acknowledgments* section of the manuscript.

Avoiding Pejorative Language and Images

The Obesity Society’s policy is that journal content must not use potentially pejorative adjectives or adverbs when describing individuals with overweight or obesity, as well as language that directly or indirectly attributes moral judgments or character flaws to this population. **Importantly, authors should not use “obese” as an adjective or noun to describe an individual person or group of people, but instead use**

terms such as “people with obesity” (not “obese people” or “people who are obese”). This also includes language and images that could be interpreted as stereotyping, biased, or prejudiced.

Language Editing

Obesity peer reviewers are asked to indicate whether submitted manuscripts would require English language editing before publication. To reduce the possibility of negative reviewer comments in this area, we strongly encourage non-native English speakers to have their manuscript reviewed by an English-speaking colleague or to use an English language editing service such as [Wiley Editing Services](#). An editor will improve the English to ensure that your meaning is clear and will identify any problems that require your review.

Please note that the use of a language editing service is at the author's own expense and does not guarantee that the article will be selected for peer review or accepted.

At the discretion of the Editorial Team, manuscripts may receive provisional acceptance upon the condition of English language editing.

HOW TO PREPARE YOUR MANUSCRIPT FOR SUBMISSION

STEP 1: Decide What Type of Manuscript You Wish to Submit

(1) Original Article

Original Articles should focus on substantial novel research, findings, and developments from human or animal studies in all areas relevant to the science of obesity (including Clinical Trials). The following features are essential: hypothesis testing, suitable controls, appropriate statistical methods, clear reporting of results, and conclusions supported by the results. *Manuscripts that include meta-analyses can be considered as Original Articles (please include the word “meta-analysis” in the title).*

(2) Brief Cutting Edge Report

Brief Cutting Edge Reports are short reports on “hot” research questions that present important novel results. Please note that preliminary or pilot results should not be submitted in this category.

(3) Review (submit a Review Proposal first, and then if approved by the Editors, submit a Review)

If you are submitting an unsolicited review, your Review Proposal—not the full Review—should *first* be submitted (cover letter, title page, study importance questions, and abstract only) to the ScholarOne submission site. The Editorial Team will determine whether the proposed subject falls within the guidelines and interests of the journal and that a similar Review is not currently in press or under preparation by another author. If your Review Proposal is approved by the Editor-in-Chief, you may then submit the full text of the Review article. Please note that approval of a Review Proposal is not a guarantee of acceptance of the full Review article. The full manuscript will go through the same peer-review process as other articles.

If your Review Proposal has already been accepted, change the manuscript type to “Review” and resubmit, providing the full Review article.

Conclusions based on personal viewpoints and suggestions for practical applications are welcome in Reviews.

(4) Perspective

Perspectives can provide new ideas on an old problem or commentary/opinion on a hot topic.

(5) Letter to the Editor

Letters to the Editor typically should address issues concerning recently published information in *Obesity*. A Letter to the Editor must reference the original source. The publication of submitted Letters to the Editor is at the discretion of the Editors. A response from the authors of the original source may be requested (and published along with the letter) by the Editorial Team.

A response to a Letter to the Editor must reference the Letter to the Editor in the first few paragraphs. Letters to the Editor can use an arbitrary title, but a response must cite the title of the letter: e.g., Response to [title of letter].

(6) Commentary (only by invitation of Editor)

Commentaries should highlight the findings of a paper published in *Obesity* and provide insights about how to view the findings in a wider scientific and clinical context.

(7) Editorial (only by invitation of Editor)

Each type of manuscript must remain within the limits below for word count and number of figures, tables, and references. Please edit your manuscript as needed prior to original submission and prior to the submission of each and every revision to fit all of the requirements.

Manuscript Type	Word Limit <i>(excluding cover page, abstract, references, tables, and figures)</i>	Max Number of References	Max Number of Combined Figures/Tables
Original Article	4000	45*	8
Review	6000	100	8
Brief Cutting Edge Report	1500	20	3
Letter to the Editor	500	5	1
Perspective	1000	10	2
Commentary	500	5	1
Editorial	800 to 1600	5	1

* Original Articles that include meta-analyses can include 75 references (instead of only 45).

STEP 2:

Is This Manuscript a FIRST SUBMISSION? → Prepare a cover letter to the editors
OR
Are You Submitting a REVISION? → Prepare a letter of response to the reviewers

Your cover letter should include a short explanation of the importance of your data and why your paper should be published in *Obesity*, as well as verification that your paper is original, unpublished research. You may also want to discuss what is novel about your study design and results.

The letter of response to the reviewers should provide clear details of the changes made and any responses to the reviewer or editor comments. This should be submitted with each revision.

Please be sure to include the full contact information for the corresponding author in both the cover letter and the response to reviewers.

STEP 3: Format Your Main Document (Word)

File Name

Name your **FIRST DRAFT** documents as follows:

LastNameofFirstAuthor-KeywordsFromTitle-DocType

For example:

Brown-BMIandGhrelin-MainDocument.doc

Brown-BMIandGhrelin-Figure1.tiff

Brown-BMIandGhrelin-Figure2.tiff

If you are submitting a **REVISION**, provide 2 versions of your Main Document titled:

LastNameofFirstAuthor-KeywordsFromTitle-DocType-TRACKED CHANGES

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Brown-BMIandGhrelin-MainDocumentR1-CLEAN.doc

If your revision includes new figures or tables, also indicate that in the file name:

Brown-BMIandGhrelin-Figure1R1.tiff

Headings

If your manuscript is an **Original Article** or **Brief Cutting-Edge Report**, use the following headings:

Introduction

Methods

Results

Discussion

Conclusion and/or **Acknowledgments** (if needed)

References

Other section headings in your manuscript should be subheadings within one of these main sections.

If your manuscript is a **Review**, use the following headings:

Introduction

Text subdivided into titled sections

Discussion and/or Conclusion

Acknowledgments (if needed)

References

Acknowledgments

This section should be used to thank study participants, those who did not meet the authorship criteria (see [Ethical Policies](#)) but who provided some type of support, and others who may have some way helped with your study.

Note that this section will be included in your word count.

IMPORTANT: All disclosures, grant or funding information, and details of specific author contributions should be listed on your Title Page, NOT in this *Acknowledgments* section.

References

References should be cited numerically in the order they appear in the text. Identify references in text, tables, and legends by Arabic numerals in parentheses or as superscripts; authors of unpublished work that has not yet been accepted for publication should be included in the text only (e.g., E Ravussin & DH Ryan, unpublished data).

Please give the names of all authors, unless there are more than 6 authors, in which case, please list only the first 3 authors, followed by et al. Journal titles should be abbreviated according to the style used by the National Library of Medicine (NLM).

Examples of journal references:

- Stunkard AJ, Allison KC, Geliebter A, Lundgren JD, Gluck ME, O'Reardon JP. Development of criteria for a diagnosis: lessons from the night eating syndrome. *Compr Psychiatry* 2009;50:391-399.
- Fukushima H, Cureoglu S, Schachern P, et al. Cochlear changes in patients with type 1 diabetes mellitus. *Otolaryngol Head Neck Surg* 2005;133:100-106.

Examples of book references:

- Lissner L, Bengtsson C, Lapidus L, Larson B, Bengtsson B, Brownell KD. Body weight variability and mortality in the Gothenburg Prospective Studies on men and women. In: Bjorntorp P, Rossner S, eds. *Obesity in Europe 88: Proceedings of the First European Congress on Obesity*. London: Libbey; 1989. pp. 55-60.

- Paul AA, Southgate DAT, eds. *McCance and Widdowson's The Composition of Foods*. 4th ed. London: HMSO; 1978.

Example of a Web reference:

- Centers for Disease Control and Prevention. Zika virus in Argentina [Web page]. <http://wwwnc.cdc.gov/travel/notices/alert/zika-virus-argentina>. Accessed June 6, 2016.

General Formatting

- Submit all text in English
- Set margins that are 0.75 to 1 inch on all sides. Double-space your main text.
- Turn OFF numbering in Word. The ScholarOne submission site will create a PDF with automatic line numbers.
- Include page numbers as a “footer.”
- Avoid abbreviations where possible.
- If abbreviations are used, they should be defined and written in full at the first mention in the text and in each table and figure. (Exception: Abbreviations can be used if they are a standard unit of measure.) For a list of standard abbreviations, please consult the [American Physiological Society](#) or similar sources.
- Drug names: Generic names should be used. Brand names may be inserted in parentheses.
- Express scientific units in SI units.
- For more guidance: [International Committee of Medical Journal Editors \(ICMJE\) Recommendations for Manuscript Preparation](#)

STEP 4: Create a Title Page

Your Title Page should be included at the beginning of the Main Document file and should contain:

- **TITLE:** The title of the article (no more than 125 characters, including spaces between words).
- **AUTHORS:** The name of each author (first and last names).
- **AFFILIATION:** The name of the department(s) and institution(s) to which the authors belong, with city, state, and country (full address not necessary).
- **KEYWORDS:** Three to five keywords.
- **RUNNING TITLE:** A condensed version of your main title to be used on follow-up pages of the published article (no more than 50 characters including spaces).
- **CONTACT INFO:** The full mailing address and e-mail address of the corresponding author.
- **WORD COUNT:** Include and update the word count for each draft of your manuscript. This count should include only your main text: Introduction, Methods, Results, Discussion/Conclusion, and/or Acknowledgments. It should NOT include the Title Page (including funding and disclosure information), study importance questions, abstract, references, or text from figures or tables.
- **IMPORTANT:** If your manuscript exceeds the word count quota for your type of manuscript, condense to meet the limit before submitting. Manuscripts will be returned to be shortened, even if they have been accepted, if deemed to be over the quota. This may require a re-review and can delay time to publication.
- **CLINICAL TRIAL REGISTRATION:** All clinical trials must be registered with an [approved ICMJE clinical trial registry](#). Include the unique trial number and the name of the registry on the Title Page.
- **FUNDING:** Financial and material support must always be acknowledged, with a clear statement defining all funding sources. This should include grants, equipment, drugs and other reagents, or gifts of materials. List all grant and funding information (if any) on the Title Page (not in the *Acknowledgments* section).
- **DISCLOSURE:** List all potential conflicts of interest on the Title Page (not in the *Acknowledgments* section), based on ALL authors’ responses to the [ICMJE form](#). If none exist, please include the statement: “The authors declared no conflict of interest.” Note that the completed forms should not be uploaded to ScholarOne. For guidance, please see the [Ethical Policies of Obesity](#).
- **AUTHOR CONTRIBUTIONS:** If you wish to specify the contribution of each author to the manuscript (e.g., study design, data collection, data analysis, data interpretation, literature search, generation of figures, writing of the manuscript), please list these on the Title Page (not in the *Acknowledgments* section). For example:

XY and NM conceived and carried out the experiments. AB and GH conceived the experiments and analyzed data. OP carried out experiments. All authors were involved in writing the paper and had final approval of the submitted and published versions.

STEP 5: Answer the Study Importance Questions

For **Original Articles, Brief Cutting Edge Reports, and Review Proposals/Reviews**, following the Title Page, provide no more than 3 short bullet-point answers to these two study importance questions:

- What is already known about this subject? (or for **Review Proposals/Reviews**, what major reviews have already been published on this subject?)
- What does your study add?

STEP 6: Create an Abstract

Create a structured abstract with these headings: **Objective - Methods - Results - Conclusions**

- In all cases, there should be no text before the Objective heading.
- Abstracts should be 200 words or less.
- **Perspectives** may include a shorter structured *or* unstructured abstract (150 words or less) at the author's discretion (optional).
- **Editorials, Commentaries, and Letters to the Editor** do not include an abstract.

STEP 7: Prepare Tables and Figures

Number tables and figures consecutively using Arabic numbers, and cite each table and figure in the text in consecutive order. You may indicate insertion points within your text for tables and figures, but do not place the actual tables and figures within your article text.

Tables

- Tables may be included at the end of your Main Document, or they may be uploaded as separate files. But choose one or the other—do not include tables in both places.
- Tables must be submitted in an editable format (e.g., Microsoft Word).
- Tables should be 1 per page.
- Table titles and footnotes **MUST** be included on the same page as the table itself.
- Please keep in mind the size of the printed page when choosing the width and depth of your table.

Figures

- Figures must be saved and uploaded as separate files.
 - Please save vector graphics (e.g., line artwork) in Encapsulated Postscript Format (EPS) or Portable Document Format (PDF) and photographic images in Tagged Image File Format (TIFF). Detailed information on our digital illustration standards is available at:
https://authorservices.wiley.com/asset/photos/electronic_artwork_guidelines.pdf
 - Titles and captions for each figure should be typed on a separate page at the end of the Main Document.
 - Do not include figure titles and captions on the image file itself but do **include the figure number**.
 - Letters, numbers, and symbols should be clear and even throughout and of sufficient size so that when reduced for publication the item will still be legible.
 - When symbols, arrows, numbers, or letters are used, explain each one in the legend. Explain the internal scale and identify the method of staining in photomicrographs.
- IMPORTANT:** If your figure is in Word, PowerPoint, or PDF format, you **MUST** put the figure number on the document itself. If the figure is in TIF, JPG, PNG, EPS, etc., the numbering can be done in the Caption / Legend block in ScholarOne.

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Supporting Information should be uploaded as “supplementary file(s)” in Scholar One and should be headed by the title of the paper and the authors' names, addresses, and contact information. The file will be published exactly as supplied, and it is the author's responsibility to ensure that the material is logically laid out, adequately described, and in a format accessible to readers. Animations and other moving images or sound files in standard formats must be supplied as separate files.

Figures and tables in Supporting Information should be referred to in the Main Document and labeled Figure S1, Figure S2, or Table S1, etc., in the order cited. Full guidelines and information on acceptable file formats may be found at: <https://authorservices.wiley.com/author-resources/Journal-Authors/Prepare/supporting-information.html>

There are no additional charges for publication of online Supporting Information.

SUBMITTING REVISIONS

Comments and requests from the reviewers and Associate Editor will be sent to the corresponding author with the decision letter.

The authors then can consider the comments, edit the article, and resubmit it in revised form (both “tracked changes” and “clean” versions). A letter providing clear details of the changes made and any responses to the reviewer or editor comments must be submitted with each revision.

As your manuscript undergoes revisions, ensure that all requirements for formatting are maintained.

- **PREFERRED ORDER OF FILES:**

1. Response to Reviewers
2. Edited (track changes) Main Document
3. Any edited (track changes) tables/figures/Supporting Information
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5. Clean* versions of any edited tables/figures/Supporting Information

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Make sure that each revision you submit has been reviewed and that final edits are complete. Please make sure that all authors have seen and agreed to any changes. Make sure that all text, tables, and figures are rechecked for accuracy. Once your manuscript is accepted, this is considered to be its final form and serious delays will occur if changes are requested later.

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