



Nigerian Journal of Nutritional Sciences

AUTHORS GUIDE

Editor-in-Chief
Professor Beatrice Olubukola Ogunba

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*Nigerian Journal
of Nutritional
Sciences (NJNS)*

Description

The Nigerian Journal of Nutritional Sciences (ISSN 0189-0913), official Journal of the Nutrition Society of Nigeria, is a peer-reviewed publication and is published biannually, two volumes per year.

The primary focus of the journal is the publication of basic and applied studies in nutritional sciences and related fields. NJNS welcomes contributions relating to food and nutrition in the developing world, especially in Nigeria. The journal serves as an important resource for a wide audience, including researchers, nutritionists, dietitians, biochemists, health professionals, home economists, educators, policy makers, students of nutrition and related fields, health educators, and all those in the health sciences.

The journal focuses on publishing original research, reviews, and letters to the Editor on topics such as Human Nutrition, Nutrition through the lifecycle, Dietary patterns and nutritional requirements, Nutritional Biochemistry and Metabolism, Public Health Nutrition, Community Nutrition, Nutritional Epidemiology, Nutritional Policy, Behavioural Change Communication and Nutrition Education

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Guide for Authors

Introduction

The Nigerian Journal of Nutritional Sciences (NJNS) welcomes contributions relating to food and nutrition in the developing world, especially in Nigeria.

The following types of manuscripts are considered: original research articles, review articles, issues and opinions, special communications, letters to the Editor, book reviews, and proceedings of symposia. Field and programme reports from development partners, civil society, and industry are also welcome.

Manuscripts must be original, in whole or in part, must not have been, nor be currently considered for publication elsewhere. However, submission of an article does not guarantee publication; acceptance depends on the judgment of the reviewers and editorial team as to its relevance, scientific merit, and quality.

The review process

All submissions go through an initial evaluation by the Editorial Board after they are submitted. First, the editorial staff of the journal performs a comprehensive review to make sure the document accurately conforms to the Author Guidelines, confirming that all necessary sections are included, that the information is organized, and that the style is followed. The manuscript's quality is not yet assessed at this early stage.

After that, the Editor-in-Chief (EIC) reviews the paper to assess its appropriateness for submission. The EIC critically evaluates if the paper's topic is appropriate for the journal, shows enough originality, and has enough intellectual value for the audience. Without being forwarded for additional peer review, manuscripts that don't meet these basic requirements may be rejected outright.

The manuscript moves on to the peer-review phase, when it is forwarded to two professional reviewers for a thorough assessment, if the EIC considers it is appropriate. Within an anticipated 8 to 10 weeks, authors can usually anticipate receiving notification about the acceptability of their work (e.g., acceptance, request for modifications, or rejection). For all correspondence, the corresponding or submitting author must utilize the specific journal email address, njns2013@gmail.com.

Procedure for Manuscript Submission

All manuscripts must be written in clear and grammatically correct English and submitted in Microsoft Word format. Authors should send an electronic copy of their manuscript as an email attachment to njns2013@gmail.com. Each submission must be accompanied by a cover letter indicating that the author(s) wish the manuscript to be evaluated and considered for publication in the Nigerian Journal of Nutritional Sciences. Authors may suggest the names and addresses of at least 3 appropriate reviewers; the Editor-in-Chief, however reserves the right to determine the final reviewers.

Organisation and Style of Manuscripts

Manuscripts must be written in clear, concise, and correct English. Authors should carefully check for and correct any typing, spelling, or grammatical errors before submission.

Submission Guidelines for Original Research Article

Each manuscript should (inclusive of References, a 250-word Abstract, and not more than five tables, figures, and illustrations). Manuscript should be arranged in the following order: title page, abstracts and keywords, text (*introduction, methods, results, discussion, and conclusion*), acknowledgments, and references. Begin each of these sections on a separate page. Figures, tables, and illustrations should be placed on a separate page immediately after the page of first mention. All pages should be numbered starting with the abstract as page 1.

Each manuscript should not exceed 5,000 words, including the following:

- A 250-word abstract
- References
- No more than five tables, figures, or illustrations

Manuscripts should be structured in the following order:

- Title page
- Abstract and keywords
- Main text (Introduction, Methods, Results, Discussion, and Conclusion)
- Acknowledgments
- References

Each section should begin on a separate page.

Figures, tables, and illustrations should be placed on a separate page immediately following the page where they are first mentioned in the text.

All pages must be numbered consecutively, starting with the abstract as page 1.

Submission Guidelines for Review Articles

A diverse range of review articles, including narrative reviews, systematic reviews, and meta-analyses, may be submitted to foster scholarly discussion

Submissions must not exceed 5,000 words except systematic reviews(7,000 words), including references, a 250-word abstract, and no more than three tables, figures, or illustrations.

Not more than 5000 words (inclusive of reference, 250-word abstract, and not more than three Tables, figures, and illustrations). Systematic review should be arranged in the following order: title page, abstract and keywords, text (*introduction, methods, results, discussion, and conclusion*), acknowledgments, and references. Narrative review should be arranged in the following order: title page, abstract and keywords, text (*introduction, review with subheadings which are organised chronologically based on theme*), conclusion, recommendations, and references. Begin each of these sections on a separate page. Figures, tables, and illustrations should be placed on a separate page immediately after the page of first mention. All pages should be numbered starting with the abstract as page 1.

Structure for Systematic Reviews

Organize systematic reviews as follows:

Title page

Abstract and keywords

Main text (Introduction, Methods, Results, Discussion, and Conclusion)

Acknowledgments

References

Structure for Narrative Reviews

Organize narrative reviews as follows:

Title page

Abstract and keywords

Main text: Introduction, Review (with subheadings organized chronologically by theme)

Conclusion

Recommendations

References

Each major section of the review should begin on a separate page.

All figures, tables, and illustrations must be placed on a separate page immediately after their first mention in the text.

All pages should be numbered consecutively, starting with the abstract as page 1.

Abstract

An abstract of 250 words should be included in the following format:

- **Background:** Relevant background information and the context of the problem that was investigated.
- **Objective:** A one-sentence description of the purpose of the study
- **Methods:** Describe the study design, setting, and population, as well as the data collected, analytical methods, or data analysis used.
- **Results:** What was found based on the data analysed? Give specific data and their statistical significance if possible.
- **Conclusion:** Provide a one-or two-sentence description of the conclusions, based on the results.
- **Keywords:** Authors should provide five keywords for the article.

Original articles and systematic reviews should conform to the following format.

Introduction

This should start on a fresh page and should provide a brief review of the recent literature to provide the background information about the scope of the study. Authors should avoid the presentation of information and definitions generally known to the nutrition science community. A short statement on the aim of the work should be the closing sentence for this section.

Methods/Materials and Methods

The author should present the method such that other researchers could repeat it easily. The study design, study setting, study population, sampling technique, data collection tools, and data analysis are all indicated in the methods. The sample size formula or calculation should not be presented. This should be sufficiently detailed (with references where possible) to permit other researchers to replicate the study. Sources of materials used must be given, and statistical methods must be specified by reference unless non-standard ones are used. For investigations of human subjects, authors should state in the methods section the manner in which informed consent was obtained from the study participants, and describe how the study investigators protected the right of participants as described in the Declaration of Helsinki. Also, the IRB number and/or institution(s) that provided the ethical approval for the study must be mentioned.

Results

These must be clearly and concisely provided, with the help of appropriate illustrative material, tables, and/or figures. Do not use tables and figures to present the same data. Also, Tables must be presented in an editable format. The prose presented in the results only needs to emphasize the major results and not all the results presented in the Tables and Figures.

Discussion

This section should relate the findings to existing relevant studies. It should cover the implications of the findings and limitations of the study. Recommendations may be given, but unjustified speculation should be avoided. Authors should avoid the repetition of the results in the discussion section

Acknowledgment

This should be brief and presented on a separate page. Financial support, technical assistance, and advice may be acknowledged.

References

For submissions to the NJNS journal, please adhere to the American Psychological Association (APA) referencing style (7th Edition). Articles in press (accepted for publication) may be included and cited appropriately.

Journal

References to articles in journals should follow the APA referencing style and should be within 10 years of publication. See example:

Ayogu, R. N., Onyishi, C. F., & Udentia, E. A. (2024). Consumption Pattern of Sugar-Sweetened Beverages and the Relationship with Anthropometric Indices and Fasting Blood Sugar of Undergraduates in the University of Nigeria, Nsukka. *Nigerian Journal of Nutritional Sciences*, 45(2), 1-9.

Books

Reference to articles or chapters in books should be listed as follows: author's surname and initials, year, title of article or chapter, title of book, name and initials of editor(s), edition (other than the first), publisher, city of publication. See example:

Oladiji, A. T., Oladele, J. O. & Ajayi, E. I (2024). *Nutrition and Diet in Health*. CRC Press Taylor and Francis Group.

Other Considerations

- i. In citing an Article that has more than four authors, you may use *et al.* (in Italics) after the fourth author.
- ii. For multiple citations in one year from the same authors, use a, b, c, etc. after the year, e.g., 2014a, 2014b, 2014c.
- iii. In citing abstracts, use the following format: author's names, year, title of abstract, journal volume, number, and page (abs).
- iv. In citing a thesis, use the following format: authors' names, year, title of the thesis, doctoral thesis, institution, and country
- v. In citing In-Press articles, use the following format: authors' names, title of the article, Journal (in press year).
- vi. In citing an article retrieved from a website, use the following format: authors' names and initials, year, title of article, URL retrieved from, date of article retrieval.

Foot Notes

All footnotes to the title, author's names, or text should be indicated by Arabic numerical superscripts, not by letters or other symbols. The footnotes should be typed at the bottom of the page on which they appear.

Tables and Figures

Tables and figures should be placed within the text after the prose where the figure or text is first mentioned in the manuscript. Each Table should include a title and be comprehensible without reference to the text. Tables adapted or reproduced verbatim from another source must acknowledge the source in a footnote. Each table, figure and illustration should be numbered consecutively with Arabic numerals and in editable format. See examples:

Table 1: Maternal characteristics of breastfeeding mothers in Suleja

Maternal characteristics	Frequency (360)	Percentage (%)
Maternal age (years)		
≤ 20	15	4.2
21-30	229	63.6
> 30	116	32.2
Mean ± S.D = 28.9 ± 5.5		
Marital status		
Single	29	8.1
Married	325	90.3
Divorced	03	0.8
Widowed	03	0.8
Income (₦)		
Less than 20,000	110	30.6
20,001-40,000	151	41.9
40,001-60,000	49	13.6
60,0001-80,000	28	7.8
80,001 and above	22	6.1

Table 2: Chi-square analysis on medical history, lifestyle, and infertility of breastfeeding mothers

Variables	Primary F (%)	Secondary F (%)	Total F (%)	X ²	p-Value
Duration of infertility					
≤ 4 years	56 (69.1)	73 (56.6)	129 (61.4)	3.335	0.189
5–9 years	16 (19.8)	37 (28.7)	53 (25.2)		
≥ 10 years	9 (11.1)	19 (14.7)	28 (13.3)		
Presence of STIs					
Never	45 (55.4)	105 (81.4)	150 (71.4)	16.596	0.000*
Former	23 (28.4)	17 (13.2)	40 (19.0)		
Currently Smoking	13 (16.0)	7 (5.4)	20 (9.5)		
status					
Never	79 (97.5)	123 (95.3)	202 (96.2)	1.350	0.509
Former	2 (2.5)	4 (3.1)	6 (2.9)		
Currently	0 (0.0)	2 (1.6)	2 (1.0)		

Note: X² and p-values apply per variable block (shown on the first row of each block).

Table 3: Binary logistic regression analysis showing the odds of overweight/obesity predictors by region and location (adolescent girls, Nigeria)

Nutritional Status	Region / Category	OR	95% CI	p value
	Region			
BMI (OW/OB)	North Central (ref)	1.00	—	—
	South East	11.341	6.059 – 21.228	<0.001
	South West	1.558	0.754 – 3.219	0.231
WHR	North Central (ref)	1.00	—	—
	South East	1.351	1.093 – 1.670	0.005
	South West	1.085	0.885 – 1.331	0.432
WHtR	North Central (ref)	1.00	—	—
	South East	2.870	1.954 – 4.213	<0.001
	South West	1.478	0.985 – 2.216	0.059
MUACow	North Central (ref)	0.321	0.234 – 0.442	<0.001
	South East	1.00	—	—
	South West	0.430	0.315 – 0.586	<0.001
	Location			
BMI (OW/OB)	Peri-Urban (ref)	1.00	—	—
	Urban	1.008	0.728 – 1.395	0.964
WHR	Peri-Urban (ref)	1.00	—	—
	Urban	0.610	0.516 – 0.720	<0.001
WHtR	Peri-Urban (ref)	1.00	—	—
	Urban	0.992	0.753 – 1.306	0.952
MUACow	Peri-Urban (ref)	1.00	—	—
	Urban	1.280	0.988 – 1.657	0.061

Table 4: Relationship between socio-economic characteristics and intake of dietary supplements

Socio-economic characteristics	Correlation coefficient (r)	p-value
Age	0.026	0.644
Household size	0.014	0.808
Number of children	0.037	0.528
Years of formal education	-0.018	0.742

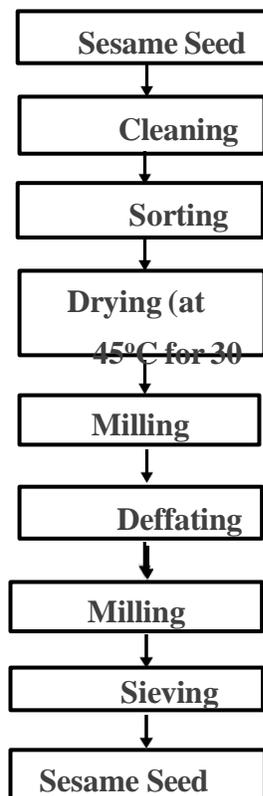
Table 5: Univariate analysis for relation between prevalence of hypertension and different parameters

Variable	Mean (SD) for Numerical Values		ORs for Categorical Variables			p Value
	Normotensive group	Hypertensive group	OR	Lower 95% CI	Upper 95% CI	
Age	10.89 (2.82)	10.39 (2.85)	—	—	—	<0.0001
Male gender	—	—	0.70	0.65	0.76	<0.0001
Site (four sites)	—	—	a	—	—	<0.0001
Socio-economic status (three groups)	—	—	a	—	—	<0.0001
Height z-score	-0.06 (0.98)	0.21 (1.01)	—	—	—	<0.0001
Weight z-score	-0.09 (0.93)	0.32 (1.14)	—	—	—	<0.0001
Waist z-score	-0.08 (0.94)	0.26 (1.11)	—	—	—	<0.0001
Waist-to-height ratio (WHtR)	0.40 (0.05)	0.41 (0.06)	—	—	—	<0.0001
Body mass index (BMI)	16.07 (2.99)	17.01 (3.43)	—	—	—	<0.0001
Obese	—	—	2.56	2.21	2.98	<0.0001
Obese or overweight	—	—	2.13	1.93	2.34	<0.0001
Winter season	—	—	1.81	1.68	1.96	<0.0001

Notes: CI = confidence interval; OR = odds ratio. **a** OR not shown since multiple categories are present.

Table 6: Distribution based on mothers' experience with breastfeeding peer support

S/N	Mothers' experience	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
		Freq.(%)	Freq.(%)	Freq.(%)	Freq.(%)	Freq.(%)
1	I have received breastfeeding peer support when I needed it	18 (5.7)	41 (13.0)	53 (16.8)	177 (56.0)	27 (8.5)
2	The breastfeeding peer support I received was helpful in addressing my concerns	14 (4.4)	41 (13.0)	69 (21.8)	172 (54.4)	20 (6.3)
3	I felt comfortable discussing my breastfeeding	10 (3.2)	49 (15.5)	79 (25.0)	141 (44.6)	37 (11.7)

Sample of a flow chart

Abbreviations and Units

Abbreviations are to be used sparingly and must be given in full at first mention. Metric units (Standard International Units) should generally be used.

Galley Proof

Galley proof will be sent to the corresponding author. Proof should be returned within one week of receipt. The corresponding author has the responsibility to verify that each author listed has seen and approved the form and content of the submitted article. Other than the printer's errors, all other corrections will thereafter be charged to the authors.

Publication Charges

Manuscripts are subjected to charges of ₦30,000 or \$100 after acceptance for publication.

Ethics and Duties

Publication ethics and publication malpractice statement

Nigerian Journal of Nutritional Sciences (NJNS) follows the COPE best practice guidelines, and this statement is based on the guidelines and standards developed by the Committee on Publication Ethics (COPE).

Fair play:

The manuscripts will be evaluated solely on their intellectual merit without regard to authors' race, gender, sexual orientation, religious belief, ethnic origin, citizenship, or political philosophy.

Confidentiality:

The Editor and editorial staff must not disclose any information about a manuscript that is submitted to the journal to anyone other than the corresponding author, reviewers, other editorial advisers, and the publisher, as appropriate. The editor must ensure the integrity of double-blind peer review and should not disclose the identity of the reviewers to the authors of that manuscript, and vice versa.

Disclosure and conflicts of interest:

Unpublished materials disclosed in a submitted manuscript must not be used by the editor or reviewer, or anyone else who has a view of the manuscript, while handling it in his or her own research without the express written consent of the author.

Duties of Authors**Reporting standards:**

Authors of the original research article must present the accurate data of the work performed during their research. Authors are also expected to discuss the objective of their work and the significance of their results. An article should contain sufficient information and references to ensure the reproducibility of the work. Fraudulent or knowingly inaccurate statements are considered unethical behaviour and are unacceptable.

Data Access and Retention:

Authors may be asked to provide the raw/supplementary data for a paper that is under editorial review. The authors should be prepared to provide the public access to these data (if practicable) and to retain such data for a reasonable time after the publication.

Originality and Plagiarism:

Authors should ensure the originality of their content while preparing a manuscript draft. In case the authors have used the work and/or words of others, this must be appropriately cited or quoted. Articles submitted to NJNS may be screened for plagiarism using plagiarism detection software. In case plagiarism is detected during the review/editorial process, such manuscript(s) will be rejected immediately. If the plagiarism is proven after publication, such manuscript(s) will be retracted from the journal, and an appropriate announcement will be placed in this regard.

We can also consider appropriate action against authors depending upon the seriousness of the case, which includes;

1. Debarring the authors from publication in the future.
2. Such incidents shall be brought to the notice of the author's funding agencies, author's institutions (place of work), and to the original authors whose work has been plagiarized.

COPE flow charts will also be considered while dealing with plagiarism complaints.

- Suspected plagiarism in a submitted manuscript
- Suspected plagiarism in a published manuscript

Redundant or duplicate submission/publication:

Duplicate or redundant submission is the same manuscript (or the same data) that is submitted to different journals at the same time. International copyright laws, ethical conduct, and cost-effective use of resources require that readers can be assured that what they are reading is original. An author should not publish manuscripts that describe the same concept or present similar data, in more than one journal. Submitting the same manuscript to multiple journals constitutes unethical publishing behaviour and is unacceptable, and all such articles will be rejected immediately. In case the editor was not aware of the violation and the article has been published, a notice of duplicate submission and the ethical violation will be published.

Acknowledgement of Sources:

Authors should provide the proper acknowledgment for the work of others. Authors should cite publications that have been influential in determining the nature of the reported work.

Authorship of the Paper and corresponding author:

Authorship of an article should be based only on substantial contributions to each of the four components mentioned below:

1. Concept and design of study or acquisition of data or analysis and interpretation of data;
2. Drafting the article or revising it critically for important intellectual content, and Final approval of the version to be published.
3. Each contributor should have participated sufficiently in the work to take public responsibility for appropriate portions of the content of the manuscript

4. The order of naming the contributors should be based on the relative contribution of the contributor towards the study and writing the manuscript, and/or as agreed by the authors.

The corresponding author is the author responsible for communicating with the journal for publication. The corresponding author should ensure that no inappropriate contributors are listed as co-authors in the paper. All the co-authors should check the final draft of the manuscript before submitting it to the journal.

Acknowledgment of Funding Sources:

All the funding sources must be properly acknowledged.

Disclosure and Conflicts of Interest:

All the authors should disclose the possible financial or other substantive conflicts of interest that might influence the results or interpretation of their manuscript.

Fundamental errors in published works:

When an author discovers a significant error or inaccuracy in his/her own published work, he should promptly notify the journal editor or publisher and cooperate with the editor to retract or correct the paper.

Publishing Ethics Issues

Monitoring:

The EIC must ensure that it establishes a mechanism for monitoring and safeguarding publishing ethics. All the complaints received from the reviewers, the authors, or anybody else should be taken into proper consideration, and an appropriate action should be taken promptly for such complaints.

Retraction and Corrections:

The published articles will be retracted if there is clear evidence that the findings are unreliable. The retraction can be a result of scientific misconduct or honest error. To maintain the integrity of the scientific record, the retracted article will not be removed from the journal's website; however, a notice of retraction will be posted and is

made freely available to all readers. Retraction can be published by the authors or the editor, or the publisher. In rare cases involving legal infringement, the Publisher may remove an article. Bibliographic information about the article will be retained to ensure the integrity of the scientific record. We follow the COPE guidelines in such cases. Sometimes it may be necessary to publish corrections/errata in an article published in the Journal to maintain the integrity of the academic record. An appropriate notice regarding the correction will be placed and made freely available to the readers. We are always willing to publish corrections, clarifications, retractions, and apologies when needed.

Article withdrawal:

We expect our authors to comply with best practice in publication ethics as well as in the quality of their articles. To avoid withdrawal of articles, we sincerely request the corresponding author to address the issues related to authorship, publication ethics, and accuracy of data and results at the time of submission of the manuscript.

If an article is found to violate the ethical publishing guidelines of the journal, such as duplicate submission, fraudulent data, plagiarism, false claim of authorship, etc., the article will be withdrawn by the journal. In case the article is under the 'Online first' stage, the journal will remove the article from the website, and an appropriate note for article withdrawal will be posted.

No response from the authors to the journal communication after review and provisional acceptance is also considered a withdrawal of the article.

Preclude business needs from compromising intellectual and ethical standards:

We believe that the funding agencies and sponsors should not be able to influence the author's findings or decision-making. The editor should maintain the integrity of the academic record, preclude business needs from compromising intellectual and ethical standards, and always be willing to publish corrections, clarifications, retractions, and apologies when needed.

Ethics approval and consent to participate:

Manuscripts reporting studies involving human participants, human data, or human tissue must: include a statement on ethics approval and consent (even where the need for approval was waived), include the name of the ethics committee that approved the study, and the committee's reference number if appropriate.

In addition, studies involving animals must include a statement on ethics approval. If your manuscript does not report on or involve the use of any animal or human data or tissue, please state "Not applicable" in this section.

Consent for publication

If your manuscript contains any individual person's data in any form (including individual details, images, or videos), consent for publication must be obtained from that person, or in the case of children, their parent or legal guardian. All presentations of case reports must have consent for publication.

You can use your institutional consent form if you prefer. You should not send the form to us on submission, but we may request to see a copy at any stage (including after publication).

Availability of data and materials

All manuscripts must include an 'Availability of data and materials' statement. Data availability statements should include information on where data supporting the results reported in the article can be found, including, where applicable, hyperlinks to publicly archived datasets analysed or generated during the study. By data, we mean the minimal dataset that would be necessary to interpret, replicate, and build upon the findings reported in the article. We recognize it is not always possible to share research data publicly, for instance, when individual privacy could be compromised, and in such instances, data availability should still be stated in the manuscript along with any conditions for access.

Changes to authorship

Authors are expected to carefully consider 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 accepted 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 the addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion, or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended.

Archiving

NJNS publications are indexed African Journal Online database. NJNS will be archived on the journal websites, as well as a backup will be kept in the editorial office computer to ensure its availability. The journal provides immediate free access to the full text of articles in PDF format to authors through the corresponding authors' email. Printed complimentary copies will be made available to corresponding authors, but they will pay for postage services to their location on demand.

Correspondence

All correspondence should be directed to The Editorial Team at: njns2013@gmail.com, stating clearly the purpose of the correspondence in the subject of the email.