

Guide for Authors

Welcome to the electronic manuscript submission website for *Hypertension Research*. The instructions below are structured so you can quickly and easily answer the following questions:

1. Is my manuscript suitable for *Hypertension Research*? ([Aims and Scope](#))
 2. How do I format my manuscript for *Hypertension Research*? ([Format of Papers](#))
 3. How do I submit my manuscript to *Hypertension Research*? ([Submission of Papers](#))
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Aims and Scope

Hypertension Research is the official publication of the Japanese Society of Hypertension. The journal publishes papers reporting original clinical and experimental research that contribute to the advancement of knowledge in the field of hypertension and related cardiovascular diseases. The journal publishes full papers, reviews and correspondences. Manuscripts submitted to *Hypertension Research* will be accepted on the understanding that the author must not have previously submitted the paper to another journal or have published the material elsewhere.

Prior to Submission

Editorial policy

Editor-in-Chief: Masatsugu Horiuchi

A manuscript will be considered for publication on the understanding that all named authors have agreed to its submission and that if accepted it will not be later published in the same or similar form in any language without the consent of the publishers. The editors also encourage submission of Reviews and Correspondence.

The editors reserve the right to reject manuscripts without review. Such rejections must be approved by the editor-in-chief, and are intended to alleviate unnecessary workload for the editorial board, as well as provide authors the opportunity to seek other publishing options as soon as possible. Articles that are selected for peer review will be reviewed by two or more referees.

To avoid unnecessary delays in the review process, please consider the following policies carefully before you submit your manuscript. Manuscripts that are not concise or do not conform to the conventions and standards of *Hypertension Research* will be returned to the authors for revision.

Conflicts of interest

In the interests of transparency and to help reviewers assess any potential bias, *Hypertension Research* requires authors of original research papers to declare any competing commercial interests in relation to the submitted work. Referees are also asked to indicate any potential conflict they might have reviewing a particular paper.

Electronic manipulation of images

Digital image enhancement is acceptable practice, although it can result in the presentation of unrepresentative data as well as in the loss of meaningful signals. During manipulation of images a positive relationship between the original data and the resulting electronic image must be maintained. If a figure has been subjected to significant electronic manipulation, the specific nature of the enhancements must be noted in the figure legend or in the 'Methods' section. The editors reserve the right to request original versions of figures from the authors of a paper under consideration.

Supplementary information for the editors and the reviewers

Any manuscripts under review or accepted for publication elsewhere should accompany the submission if they are relevant to its scientific assessment. Authors should also provide upon submission any kind of supplementary material that will aid the review process.

Content types

The content types accepted by *Hypertension Research* are:

Original article

Correspondence

Review

Format of Papers

Preparation of manuscripts

All papers should be written in concise English but should contain sufficient detail to illustrate how the results were obtained. Manuscripts should be double-spaced with wide margins.

Manuscripts are considered with the understanding that they have not been published previously in print or electronic format and are not under consideration by another publication or electronic medium. Copies of possibly duplicative materials that have been previously published or are being considered elsewhere must be provided at the time of manuscript submission.

Manuscripts should contain a statement to the effect that all human studies have been reviewed by the appropriate ethics committee or it should be stated clearly in the text that all persons gave their informed consent prior to their inclusion in the study. Details that might disclose the identity of the subjects under study should be omitted. Authors should also draw attention to the Code of Ethics of the World Medical Association (Declaration of Helsinki, 1964 and Declaration of Tokyo, 1975, as revised in 1983).

When reporting the results from experiments on animals indicate whether the experiments were conducted according to the National Research Council's guidelines.

Cover Letter

The uploaded covering letter must state that the material has not been submitted for publication elsewhere while under consideration for *Hypertension Research*. Identify the name, full postal address and fax number of the corresponding author. The authors are free to offer suggestions of suitable expert reviewers.

Original Article

Studies that are of high scientific quality and that are of interest to the diverse readership of the journal. Manuscripts should include an abstract and appropriate experimental details to support the conclusions. Original Articles should be no more than 5000 words and should not normally include more than six display items (tables and/or figures). Manuscripts should include the following sections, each starting a new page: title, abstract and keywords, text (introduction, methods, results and discussion), references, tables and figure captions.

Correspondence

Preliminary reports of unusual urgency, significance and interest, whose subjects may be republished in expanded form, may be submitted as Correspondence. They should contain no more than 1000 words of text, one or two display items (figures or tables) and a maximum of 10 references. Correspondence **does not** contain an abstract, and apart from keywords there is no obligation to divide the text into sections. In all other respects, the directions for full papers should be followed.

Review

Reviews normally have a word limit of 5000 words including abstract but excluding references, tables and figures. A number of Reviews will be solicited by the editors; however, we also welcome timely, unsolicited Reviews. Authors with proposals for Reviews should present information concerning the proposed content and authors of their Review to the editors prior to submission. Unless otherwise informed, all changes for colour images will be the authors' responsibility.

Article sections

Please make spelling consistent with current editions of either Webster's Dictionary or Oxford English Dictionary.

In general, manuscripts should be divided in to the following sections:

Title page

Abstract

Introduction

Methods

Results

Discussion

Acknowledgments

References

Tables

Figure legends

Figures

Supplementary Information

Title page The title page should give a concise but informative title, the first and last names and other initials of all authors, as well as their affiliations (but not degrees). Names of grants covering the research described should also be included on this page. The order in which the contributors are listed should be agreed amongst the investigators, and should indicate that the first listed made the greatest contribution to the paper. Full contact details should be provided for the corresponding author. There should be fewer than 10 co-authors. Please provide a running title of no more than 50 characters including spaces.

Abstract An abstract of not more than 250 words. The abstract should be comprehensible to readers before they have read the paper, and abbreviations and reference citations within the abstract should be avoided. It should outline the purpose of the study, the basic procedures and the most important conclusions.

Three to five keywords, which may or may not appear in the title, should be given in alphabetical order below the abstract, each separated by a comma (,). Whenever possible, the terms should be from the Medical Subject Headings list of Index Medicus.

Introduction This should give a short, clear account of the background and reasons for undertaking the study. It should not be a review of the literature.

Methods This section should contain sufficient detail so that all experimental procedures can be repeated by others in conjunction with cited references. This section may be divided into subheadings to assist the reader. Names of products and manufacturers should be included only if alternative sources are deemed unsatisfactory, giving both the company name and city. Generic names of drugs should be used.

Novel experimental procedures should be described in detail, but published procedures should be referred to by literature citation of the original article and published modifications. Use of standard abbreviations and SI units of measurement (according to the Systeme International d'Unites) is encouraged. Measurements that are not currently converted to SI units in biomedical applications are blood and oxygen pressures, enzyme activity, H⁺ concentration, temperature, and volume. Abbreviations, if used, should be defined on their first appearance in the text.

Results The description of results should not simply reiterate data that appear in tables and figures and, likewise, the same data should not be displayed in both tables and figures. The results section should be concise and follow a logical sequence. If the paper describes a complex series of experiments, it is permissible to explain the protocol/experimental design before presenting the results. Do not discuss the results or draw any conclusions in this section. This section may be divided into subheadings to assist the reader. Large datasets or other cumbersome data pertinent to the manuscript may be submitted as supplementary information.

Discussion Do not recapitulate the results, but discuss their significance against the background of existing knowledge, and identify clearly those aspects that are novel. The final paragraph should highlight the main conclusion(s), and provide some indication of the direction future research should take. This section may be divided into subheadings to assist the reader.

Acknowledgments These should be brief, and should include sources of financial support, material (e.g. novel compounds, strains, etc.) not available commercially, personal assistance,

advice from colleagues and gifts. Acknowledgments should be made only to those who have made a significant contribution to the study.

References Authors are responsible for the accuracy of the references. Published articles as well as those in press (please state the name of the journal and enclose a copy of the manuscript) may be included. In the text of the manuscript, references to the literature should be numbered consecutively and indicated by a superscript. Each reference should be numbered individually and listed at the end of the manuscript; examples are given below. All authors should be quoted.

Example of journal citations:

- 1) Glodny B, Pauli G. Medullopresin: a new pressor activity from the renal medulla. *Hypertens Res* 2005; 28:827–836.
- 2) Lender D, Arauz-Pacheco C, Breen L, Mora-Mora P, Ramirez LC, Raskin P. A double-blind comparison of the effects of amlodipine and enalapril on insulin sensitivity in hypertensive patients. *Am J Hypertens* 1999; 12:298–303.

Example of a book citation:

- 3) Safar ME, O'Rourke MF (eds). *Handbook of Hypertension*, 23rd edn. Elsevier, Edinburgh, 2006, pp 503–516.

Example of an article in a book:

- 4) Morrow DA, Gersch BJ, Braunwald E. Chronic coronary artery disease. In Zipes DP, Libby P, Bonow RO, Braunwald E (eds). *Heart Disease* 7th edn. WB Saunders, Philadelphia, 2005, pp 1281–1341.

The names of journals cited should be abbreviated according to the 'International List of Periodical Title Word Abbreviations (Chemical Abstracts Service, Columbus, Ohio, USA, 1970)'.

Citations of 'unpublished data' and 'S. A. Waksman, personal communication' should be written in the text parenthetically. Abstracts may be cited only if they are the sole sources, and must be identified in the reference list as '(Abstract)'. Manuscripts that have been accepted for publication but are not yet published must be identified in the reference list as 'in press'. Written proof for 'personal communication' and preprint for 'in press' may be requested for review.

Tables These should be labelled sequentially as Table 1, Table 2, etc. **Each table should be saved in a separate file**, numbered and titled, and cited in the text. Reference to table footnotes should be made by means of Arabic numerals. Tables should not duplicate the content of the text. They should consist of at least two columns; columns should always have headings. Tables should have a brief footnote that identifies all abbreviations used. Authors should ensure that the data in the tables are consistent with those cited in the relevant places in the text, totals add up correctly, and percentages have been calculated correctly. Tables should be supplied as separate electronic files (as Word or Excel file formats).

Figures These should be labelled sequentially as Figure 1, Figure 2, etc. **Each figure should be saved in a separate file**, numbered and titled and cited in the text. Figure legends should be printed, double-spaced, on a separate sheet titled 'Titles and legends to figures'. Figures should be referred to specifically in the text of the paper but should not be embedded within the text. If a table or figure has been published before, the authors must obtain written permission to reproduce the material in both print and electronic formats from the copyright owner and submit it with the manuscript. This follows for quotes, illustrations and other

materials taken from previously published works not in the public domain. The original source should be cited in the figure caption or table footnote. Colour figures can be reproduced if necessary, but the authors will be expected to contribute towards the cost of publication. A quote will be supplied upon acceptance of your paper.

Colour on the web

Authors who wish their articles to have FREE colour figures on the web (only available in the HTML (full text) version of manuscripts) must supply separate files in the following format. These files should be submitted as supplementary information and authors are asked to mention they would like colour figures on the web in their submission letter.

For Single Images:

Width	500 pixels (authors should select "constrain proportions", or equivalent instructions, to allow the application to set the correct height automatically.)
Resolution	125 dpi (dots per inch) or "Save for Web" if using Photoshop
Format	JPEG for photographs GIF for line drawings or charts
Filenaming	Please save image with .jpg or .gif extension to ensure it can be read by all platforms and graphics packages.

For Multi-part Images :

Width	900 pixels (authors should select "constrain proportions", or equivalent instructions, to allow the application to set the correct height automatically.)
Resolution	125 dpi (dots per inch) or "Save for Web" if using Photoshop
Format	JPEG for photographs GIF for line drawings or charts
Filenaming	Please save image with .jpg or .gif extension to ensure it can be read by all platforms and graphics packages.

Supplementary information Supplementary information is peer-reviewed material directly relevant to the conclusion of an article that cannot be included in the printed version owing to space or format constraints. It is posted on the journal's website and linked to the article when the article is published and may consist of data files, graphics, movies or extensive tables.

The printed article must be complete and self-explanatory without the supplementary information. Supplementary information enhances a reader's understanding of the paper but is not essential to that understanding.

Supplementary information must be supplied to the editorial office in its final form for peer review. On acceptance the final version of the peer-reviewed supplementary information should be submitted with the accepted paper.

To ensure that the contents of the supplementary information files can be viewed by the editor(s), referees and readers, please also submit a 'read-me' file containing brief instructions on how to use the file.

The supplementary information may not be altered, nor new supplementary information added, after the paper has been accepted for publication. Material in the 'Supplementary Materials' must be directly relevant and critical to the manuscript's interpretation and should only be included if these conditions are met. The Editors reserve the right not to publish and will consult the authors in such a case.

Supplying supplementary information files

Authors should ensure that supplementary information is supplied in its FINAL format because it is not subedited and will appear online exactly as originally submitted. It cannot be altered, nor new supplementary information added, after the paper has been accepted for publication.

Please supply the supplementary information via Manuscript Central, the electronic manuscript submission and tracking system, in an acceptable file format (see below).

Authors should:

- Include a text summary (no more than 50 words) to describe the contents of each file.
- Identify the types of files (file formats) submitted.
- Include the text 'Supplementary information is available at (the journal's name)'s website' at the end of the article and before the references.

Accepted file formats

- Quick Time files (.mov)
- Graphical image files (.gif)
- HTML files (.html)
- MPEG movie files (.mpg)
- JPEG image files (.jpg)
- Sound files (.wav)
- Plain ASCII text (.txt)
- Acrobat files (.pdf)
- MS Word documents (.doc)
- Postscript files (.ps)
- MS Excel spreadsheet documents (.xls)
- PowerPoint (.ppt)

We cannot accept TeX and LaTeX.

File sizes must be as small as possible, so that they can be downloaded quickly. Images should not exceed 640 x 480 pixels (9 x 6.8 inches at 72 pixels per inch) but we would recommend 480 x 360 pixels as the maximum frame size for movies. We would also recommend a frame rate of 15 frames per second. If applicable to the presentation of the supplementary information, use a 256-color palette. Please consider the use of lower specification for all of these points if the supplementary information can still be represented clearly. Our recommended maximum data rate is 150 KB/s.

The number of files should be limited to eight, and the total file size should not exceed 8 MB. Individual files should not exceed 1 MB. Please seek advice from the editorial office before sending files larger than our maximum size to avoid delays in publication.

Further questions about the submission or preparation of supplementary information should be directed to the editorial office.

House Style

As the electronic submission will provide the basic material for typesetting, it is important that papers are prepared in the general editorial style of the journal.

1. See the [artwork guidelines](#) for information on labelling of figures
2. Do not make lines thinner than 1pt (0.36mm)
3. Use a coarse hatching pattern rather than shading for tints in graphs
4. Colour should be distinct when being used as an identifying tool
5. Use SI units throughout
6. Spaces, not commas, should be used to separate thousands
7. Abbreviations should be preceded by the words for which they stand in the first instance of use
8. Text should be double spaced with a wide margin

Abbreviations

The following abbreviations or acronyms may be used without explanation; others should be defined at first use in the text.

°	degree, angle	mg	milligram
°C	Celsius	min	minute
c	centi-	ml	milliliter
cal	calorie	ml min⁻¹	milliliters per minute
cm, cm², cm³	centimeters	mm, mm², mm³	millimeters
c.p.m.	counts per minute	mm Hg	millimeters of mercury (pressure)
cRNA	complementary RNA	mol	mole
CT	computed tomography	mRNA	messenger RNA
d	deci-	MRI	magnetic resonance imaging
DNA	deoxyribonucleic acid	μ	micro-
DNase	deoxyribonuclease	μl	microliter
cDNA	complementary DNA	μmol	micromole
ECG	electrocardiogram	n	nano-
equiv.	equivalent (wt)	nm	nanometer (millimicrometer)
f	femto-	osmol	osmole
g	gram	P_i	inorganic phosphate
g	gravitational constant	p	pico-
h	hecto-; hour	%	percent
Hb	hemoglobin	pH	negative log of hydrogen ion concentration
IC₅₀	inhibitory concentration, 50%		
i.p.	intraperitoneal	r	correlation coefficient
IU	international unit	RBC	red blood cell
i.v.	intravenous	RNA	ribonucleic acid
k	kilo-	RNase	ribonuclease
kcal	kilocalorie	r.p.m.	revolutions per minute
kg	kilogram	s	second
km	kilometer	s.c.	subcutaneous
l	liter	s.d.	standard deviation
log	logarithm	s.e.m.	standard error of the mean

M	molar (mol l ⁻¹ ; concentration)	V	volt
m	meter; milli-	WBC	white blood cell
mequiv. or mmol	milliequivalent	vs.	versus

Non-Native Speakers of English

Researchers who are not native speakers of English who submit manuscripts to international journals often receive negative comments from referees or editors about the English-language usage in their manuscripts, and these problems can contribute to a decision to reject a paper. To help reduce the possibility of such problems, we strongly encourage such authors to take at least one of the following steps:

- Have your manuscript reviewed for clarity by a colleague whose native language is English.
- Use one of the many English language editing services that are available, such as that offered by [Nature Publishing Group Language Editing](#). An editor will improve the English to ensure that your meaning is clear and identify problems that require your review.

Please note that the use of [Nature Publishing Group Language Editing](#) is at the author's own expense and in no way implies that the article will be selected for peer review or accepted by an NPG journal (or any other journal). The decisions that the editors of any NPG journal make based on the quality and suitability of a manuscript for that journal are entirely independent of whether that manuscript has been language-edited by [Nature Publishing Group Language Editing](#).

Submission of papers

Submission of papers

Please visit the online submission page <http://mc.manuscriptcentral.com/htr> to submit a manuscript.

Note: Before you begin, you should be sure you are using Netscape 7+ or Internet Explorer 5+. If you have an earlier version, you can download a free upgrade using the icons found at the bottom of the Instructions and Forms screen.

Step 1: Log In

The login page gives you three options:

1. Log in with your known User ID and Password
2. Check to see if you have an existing account
3. Create a new account

Step 2: Enter your Author Center

To begin a new submission, check a previous submission, continue a submission begun earlier, or submit a revised manuscript, choose Author Center.

Step 3: Inside Your Author Center

Existing manuscripts are found in one of three areas:

- Manuscripts to be Revised
- Partially Submitted Manuscripts
- Submitted Manuscripts

To start a NEW manuscript submission, choose 'Submit First Draft of New Manuscript' link.

Step 4: Entering Data

The following screens ask you to enter each piece of data associated with your manuscript. Most of these data will also be included in the text of your manuscript, but need to be entered in this format in order to make the system searchable by these fields. It is used for screen display and e-mail notifications only. You cannot enter text into the Manuscript Data Summary table: scroll down each screen to enter the required information.

Press 'Save and Continue' at the bottom of each screen in order to save all of your work. If you press the 'Back' or 'Forward' button on your browser your work will not be saved.

Step 5: Upload Your Manuscript

The File Manager is the area where you upload your files. Click on the 'Save and Continue' button to get to the upload page.

Click on the 'Browse' button in step 1. Locate your file and click on the name of the file to place it in the box. Select a file designation that corresponds with the file name in step 2. Select whether the file is for review or not – the file in the first position must be made available for review in step 3. Click the blue upload button in step 4.

Please refer to the 'Author Instructions' to determine the journal preferences of format and Always view your proof carefully prior to submitting. You will not be able to change it once it is submitted.

Your original file will be stored and will be located under 'Original Files/Files not for review' on the right side of the screen. Manuscript Central will create files and place them under 'Files for review'. You can make changes in step 5 before going to the next page. You cannot make changes to your uploaded files. Click on 'Save and Continue'.

Step 6: Submit Your Manuscript

Click on 'View uploaded files' – always view your proof carefully prior to submitting. You will not be able to change it once it is submitted. Then close the file, close the 'View uploaded files' window and click on 'Submit your manuscript'. After you choose to submit, you will see a confirmation screen. You will also receive an e-mail confirmation that you can save for future reference.

Getting Help

If you need additional help, please refer to [MC Tutorials](#) or go to [Support Central](#) by clicking the 'Get help now' link shown on the top right of the screen.

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Advance Online Publication

All articles that are published ahead of print through Advance Online Publication are the final version of the manuscript and will subsequently appear, unchanged, in print.

Proofs

Once the manuscript has been accepted, the corresponding author will receive PDF proofs and are responsible for proofreading and checking the entire article. Authors should correct only typesetting errors; no major alteration of the text will be accepted. Page proofs must be returned within 48 hours to avoid delays in publication along with the reprint order if required.

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