

**Becoming Famous: A
Workshop to Develop your Writing
& Publication Skills for the SAJOT**

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Introductions

Tell us who you are and what you
hope to get out of the workshop
today

Learning Outcomes

By the end of this workshop you should be able to:

1. Recognise the key requirements for submission of your article to the SAJOT
2. Have a basic understanding of the submission process
3. Write the title of your article
4. Identify the most important elements to include in your article
5. Select the guidelines that you should be accessing to assist in the writing of your methods section

Becoming Famous



Dr Georgia Spiliotopoulou



Dr Nicola Plastow

My Publications Track Record

- 17 Scientific Articles (2006 – 2016)
 - British Journal of OT
 - American Journal of OT
 - SAJOT
 - Aging and Mental Health
 - Health Expectations
 - Scandinavian Journal of Caring Sciences
 - Teaching & Learning in Higher Education, etc.
- 2 Published Abstracts
- 4 OT Newsletter articles (OTNews & SAJOT)
- 2 Mail & Guardian Opinion Editorials

Step 1: Choosing Your Journal

Why choose SAJOT for your publication?

- Publishes articles across the range of occupational therapy practice
- Accepts different types of articles
- Focus on OT in African context
- Open Access & available on search databases
- Reasonably generous word limit
- Very supportive of novice authors

Step 2: Check the Journal's Rules for Publications



Authors' guide

Author's guide

The South African Journal of Occupational Therapy subscribes to the **National Code of Best Practice in editorial discretion and peer review for South African Scholarly Journals**, Academy of Science of South Africa 2008 as follows:

The findings reported in the article must adhere to the following:

- Reported findings must be original
- The paper must not be under consideration by another journal
- There must be sufficient detail given in the methods to permit replication of the study
- There must be no inconsistent or fabricated data
- Statistical treatment must be thorough and conclusions reasonable
- Existing relevant literature must be appropriately and fairly cited
- Special attention must be given to the first lead author and other authors should only be included if they have contributed directly to the production of the work at an intellectual level.
- Speculative deductions must be clearly specified
- Funding sources must be acknowledged and author affiliations given
- Priority for publication is accorded from the date of acceptance of an article and not from its receipt
- There is a 'best practice' rule that states that studies addressing a particular question should not be broken up into a series of short publications.

Author Guidelines

Introduction

Back to our site

Click here to go back to our journal site!

About the journal

The South African Journal of Occupational Therapy (SAJOT) is the official journal of the Occupational Therapy Association of South Africa (OTASA) and is a leading publication for research into occupational therapy in Africa. SAJOT publishes and disseminates research articles that contribute to the scientific knowledge of the profession and its outcomes with particular reference to service delivery in Africa. It provides a platform for debate about issues relevant to OT in Africa which will also contribute to the

Key Questions

(before you start writing)

- What types of articles does the journal publish?
- What formatting should I use for my document(s)?
- What is the method of referencing in this journal?
- How long can a scientific article be? (maximum word limit)
- What are the key headings or sections expected in my article?



Step 3: Write your Article Using the Important Headings Required

- Title
- Abstract (200 words)
- Keywords (5)
- Introduction
- Literature Review
- Methods
- Results
- Discussion and Implications
- Conclusions
- Illustrations
- MCQ's

Step 4: The Submission Process

- Apply for a user name and password on the Journal Website
- Check that you have completed each of the items in the submission checklist
- Upload your submission
- Allow at least 4 hours for this process. It takes a long time and is very frustrating when you think you are all finished
- Now sit and wait.....

Step 5: The Review Process

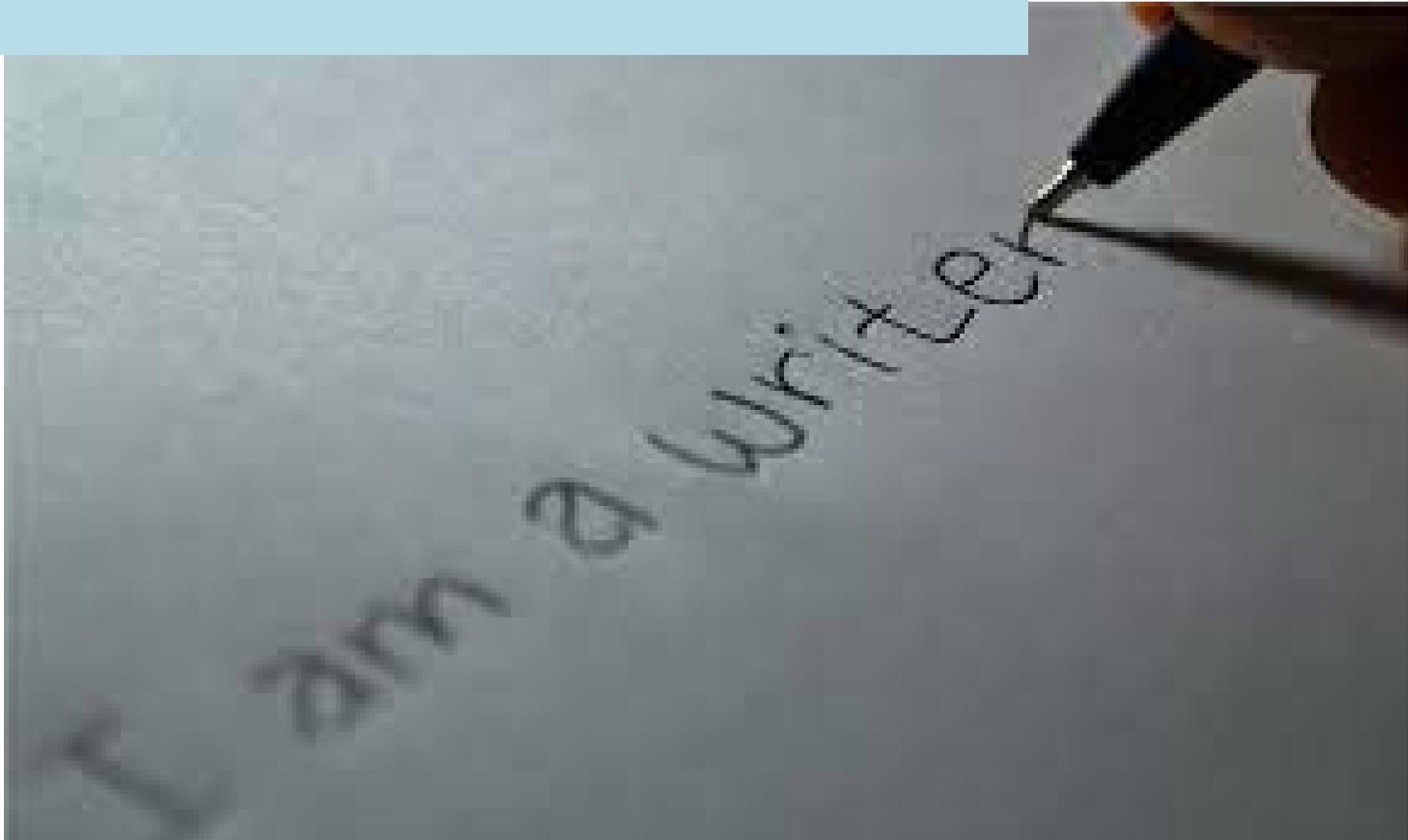
- Article is first reviewed by the editorial team to check that it conforms to journal requirements. If it doesn't, you will get it back...
- Then goes out to two reviewers (sometimes 3) who do not know who you are
- Reviewers return comments to the editor who collates them, and then highlights the most important changes to make.
- Make the changes and resubmit



Don't be upset when your 'baby' gets sent back for correction.

You WILL eventually get your article published, but it takes persistence.

Let's Start Writing....



Writing your Title

As specific as possible by including some of the following:

- People / population group
- Intervention
- Outcome
- Methodology

Aim for 11 - 14 words

Some recent titles that include these elements

- A survey to investigate how South African Occupational Therapists are assessing and treating poor handwriting in foundation phase learners: Part Two - Treatment and evaluation practices
- [Mothers' experiences of caring for a child with severe brain injury in a disadvantaged community in the Cape Flats](#)
- [The reliability of the Motor-Free Visual Perceptual Test \(MVPT-3\) when translated into Afrikaans, on a first language Afrikaans urban population aged 8 years 0 months to 8 years 11 months](#)

Women surviving chronic poverty and psychiatric disability

Background: Chronic poverty affects many South Africans and compounded with psychiatric disability, has a significant effect on human occupation. This dynamic interaction was investigated amongst a group of isiXhosa women with enduring mental illness living in adverse socioeconomic conditions in a peri-urban informal human settlement.

Methods: A descriptive qualitative approach using focus group discussions, conducted in Xhosa by an external facilitator, yielded narrative data which was deductively analysed to describe interactions between poverty, disability and occupation.

Findings: Two themes within a central plot emerged: one highlighting the daily grind of meeting basic survival needs and one pointing to the personal and social costs of managing a mental illness in the context of socioeconomic hardship. The plot suggests that while survival is promoted through a range of practical and relational strategies, quality of existence is compromised by the monotony and strain of performing occupations in an under-resourced environment.

Conclusion: Implications of these findings are discussed in relation to what the women were able to accomplish everyday in spite of being affected by a serious mental illness. Providing information for practitioners addressing mental health and community development in the context of poverty, it argues for greater attention amongst occupational therapists to the impact of context on people's occupational performance.

Return- to -work(RTW) of Patients after Lumbar Surgery

Background: Return to work (RTW) after lumbar surgery due to a work-related injury poses a challenge internationally. Work hardening is used as an intervention for acute and chronic lower back pain (CLBP), but it is not necessarily used in post-operative treatments.

Method: The RTW rate of an experimental group (Group A) of unskilled labourers was compared with that of a control group (Group B) of unskilled labourers. Group A received multidisciplinary intervention, including a work hardening programme with ergonomic adaptations, while Group B received only physiotherapy after surgery as a multidisciplinary team was not available. A RTW questionnaire was used as an outcome measure for both groups. During the multidisciplinary intervention, the improvement of pain and functionality of patients from Group A were also evaluated from the pre-operative state to 24 weeks post-operatively with the Visual Analogue Scale (VAS) and the Oswestry Disability Index (ODI) as additional outcome measures.

Results: There was a positive tendency to successful RTW after work hardening for Group A, but no statistical significance between Groups A and B. The improvement of pain and functionality in Group A was highly significant from time of surgery to six months post-operatively.

Conclusion: Work hardening was found to have a positive tendency towards ensuring RTW for work-injured patients after lumbar surgery, with a highly significant effect on pain and functionality.

Hurculene van Staden, Reene Kemp, Susan Beukes

Now develop your own title

Importance of your abstract

- It is the one aspect of your article that will be read by most people
- Gives a very concise summary of what you did
- Excellent way of getting initial structure of your article – and sticking to it!
- Emphasise your methods and results - this is what is unique about your study
- Stick very closely to the word limit (200) and structure

So what are the SAJOT guidelines?

SAJOT Abstract Guidelines

All manuscripts submitted to the SAJOT must be accompanied by an abstract not exceeding 200 words in length.

The abstract must contain a succinct structured summary of the study using the headings: Introduction, method, results/findings, conclusions.

The abstract should not contain abbreviations or references. The abstract may be in the language of the author's choice.

Introduction

- Why the topic is important
- What is already known?
- What gap does your study address?

Methods

- Succinct but detailed description of the research design
- Participants – who they were and number
- Treatment (if any) to intervention and control groups
- How you collected your data
- How you analysed your data (focus on primary outcomes if quantitative study)

Results

- Qualitative – name overarching themes and primary sub-themes
- Quantitative – State findings for primary outcomes including test statistics, significance level and effect size

Conclusions

- State implications for OT, but don't overstate the importance of your findings

Now start to develop your
abstract

30 minutes

Introduction to EQUATOR

- The EQUATOR Network works to improve the reliability and value of medical research literature by promoting transparent and accurate reporting of research studies.
- Provides a database of reporting guidelines for different types of studies
- Helps with the writing of your whole article, but especially the methods section

Some Guideline Examples

- CONSORT – designed for RCT's but useful for reporting any intervention studies
- PRISMA – Reporting of systematic reviews, but also useful for any type of literature review
- COREQ – Qualitative studies and focus groups. You still need to take into account the requirements of your theoretical framework
- CARE – Case reports (Quantitative approach)

Identify the Guidelines that are most relevant to your study

Thinking about the different
parts of the article

Battling with your word count

	Qualitative	Quantitative
Introduction (+/- 5%)	200	200
Literature Review	1000	1100
Methods	750	900
Results	1550	800
Discussion	1000	1 500
Conclusion (+/- 5%)	500	500

This is a very rough guideline. Remember that the word count INCLUDES your references

Introduction

- Start with a 'killer fact' that clearly indicates why your topic is important
- Provide a brief rationale for the study
- Outline your aims or questions – or at least indicate what your article is all about

Literature Review

- Critical appraisal of the current relevant literature – highlight the most important studies that are related to your research. Leave out anything not directly related.
- Identifying the limitations in the work already conducted
- Use previous research findings plus limitations to develop a rationale for your study. Just saying that it has not been done in the South African context before is not enough. You need to explain what is different about this context.

Methods

- The aim is to describe your study in enough detail that someone else could replicate it in a different context. So be as specific as possible
- Aims, study method and data collection procedures, population and sampling procedure, methods of analysis of data, information on validity, reliability trustworthiness and credibility. Details of ethical clearance and informed consent must be given.

Results

- The results must be presented in a way that makes them accessible to the readers and is clearly linked to the aims and methods of research.
- Qualitative studies – Use each of your themes as a heading
- Quantitative – Divide up your primary and secondary results. Present detail in Tables or Figures (max +/- 4), but highlight most important elements

Discussion

- Decide on ONE key message that you want to convey in your discussion
- Give a brief overview of your most important findings without repeating your results, in relation to this key message
- Write two or three paragraphs that each discuss important aspects that contribute to the development of your key argument
- Remember to refer back to your literature review, and include new literature relevant to your findings
- Be very clear and concise about the limitations of your study, and how this impacts the applicability of the results to other settings

Discussion – Options I have used for my key message

1. Explaining why a successful intervention you evaluated was effective
2. Highlighting the need for further research in a particular area
3. Explaining the broader implications of your findings for theory and/or practice
4. Explain a model that you have developed as a result of your research

Conclusion

- Nearly there.....
- There should be a clear summary of the main points of the paper.
- State the most important things that you want the reader to know by the time they have finished your article