MANUSCRIPTS
Manuscripts containing original material are accepted for consideration if neither the article nor any part of its essential substance, tables, or figures has been or will be published or submitted elsewhere before appearing in the Journal. This restriction does not apply to abstracts or press reports published in connection with scientific meetings. Copies of any closely related manuscripts must be submitted along with the manuscript that is to be considered by the Journal. Authors of all types of articles should follow the general instructions given below. Please see Types of Articles for specific word counts and instructions.

SUBMISSION
- Only online submission is acceptable. Please submit online at: http://www.aryajournal.ir
- Manuscripts should be divided into the following sections: (1) Title page, (2) Abstract and Keywords, (3) Introduction, (4) Methods, (5) Results, (6) Discussion, (7) Acknowledgements, (8) Authors contribution, (9) References, (10) Figures’ legend, (11), Tables and (12) Appendices. Figures should be submitted in separate files using JPEG or TIF format.
- Prepare your manuscript text using a Word processing package (save in .doc or .rtf format NOT .docx). Submissions of text in the form of PDF files are not permitted.

COVER LETTER
A covering letter signed by corresponding author should provide full contact details (include the address, telephone number, fax number, and Email address). Please make clear that the final manuscript has been seen and approved by all authors, and that the authors accept full responsibility for the design and conduct of the study, had access to the data, and controlled the decision to publish. There should also be a statement that the manuscript is not under submission elsewhere and has not been published before in any form.

AUTHORSHIP
As stated in the Uniform Requirements for Manuscripts Submitted to Biomedical Journals, credit for authorship requires substantial contributions to: (a) conception and design, or analysis and interpretation of data; (b) the drafting of the article or critical revision for important intellectual content and (c) final approval of the version to be published. Authors should meet conditions a, b and c. All authors must sign authorship form attesting that they fulfill the authorship criteria. Your submitted manuscript will not be processed unless this form is sent. There should be a statement in manuscript explaining contribution of each author to the work. Those contributors who did not fulfill authorship criteria should be listed in acknowledgments.

Any change in authorship after submission must be approved in writing by all authors.

ASSURANCES
In appropriate places in the manuscript please provide the following items:
- If applicable, a statement that the research protocol was approved by the relevant institutional review boards or ethics committees and that all human participants gave written informed consent
- The source of funding for the study
- The identity of those who analyzed the data
- Financial disclosure or a statement indicating “None” is necessary.

TITLE PAGE
With the manuscript, provide a page giving the title of the paper; titles should be concise and descriptive (not declarative). Title page should include an abbreviated running title of 40 characters, the names of the authors, including the complete first names and no more than two graduate degrees, the name of the department and institution in which the work was done, the institutional affiliation of each author. The name, post address, telephone number, fax number, and Email address of the corresponding author should be separately addressed. Any grant support that requires acknowledgment should be mentioned on this page. Word count of abstract and main text as well as number of tables and figures and references should be mentioned on title page. If the work was derived from a project or dissertation, its code should also be stated. For clinical trials, a registry number like Iranian Registry of Clinical Trials (IRCT) should also be provided.

Affiliation model: Academic Degree, Department, Institute, City, Country
Example: Associate Professor, Department of Cardiology, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran
ABSTRACT
Provide on a separate page an abstract of not more than 300 words. This abstract should consist of four paragraphs, labeled Background, Methods, Results, and Conclusion. They should briefly describe the problem being addressed in the study, how the study was performed, the salient results, and what the authors conclude from the results, respectively. Three to 10 keywords may be included. Keywords are preferred to be in accordance with MeSH terms. Find MeSH terms: http://www.ncbi.nlm.nih.gov/mesh

CONFLICT OF INTEREST
Authors of research articles should disclose at the time of submission any financial arrangement they may have with a company whose product is pertinent to the submitted manuscript or with a company making a competing product. Such information will be held in confidence while the paper is under review and will not influence the editorial decision, but if the article is accepted for publication, a disclosure will appear with the article.

Because the essence of reviews and editorials is selection and interpretation of the literature, the Journal expects that authors of such articles will not have any significant financial interest in a company (or its competitor) that makes a product discussed in the article.

REVIEW AND ACTION
Submitted papers will be examined for the evidence of plagiarism using PlagScan automated plagiarism detection service. Manuscripts are examined by members of the editorial staff, and two thirds are sent to external reviewers. We encourage authors to suggest the names of possible reviewers, but we reserve the right of final selection. Communications about manuscripts will be sent after the review and editorial decision-making process is complete. After acceptance, editorial system makes a final language and scientific edition. No substantial change is permitted by authors after acceptance. It is the responsibility of corresponding author to answer probable questions and approve final version.

COPYRIGHT
Isfahan Cardiovascular research Institute (ICRI) is the owner of all copyright to any original work published by the ARYA Journal. Authors agree to execute copyright transfer forms as requested with respect to their contributions accepted by the Journal. The ICRI have the right to use, reproduce, transmit, derive works from, publish, and distribute the contribution, in the Journal or otherwise, in any form or medium. Authors will not use or authorize the use of the contribution without the Journal Office’ written consent.

JOURNAL STYLE
Use normal page margins (2.5 cm), and double-space throughout.

Tables
Double-space tables and provide a title for each.

Figures
Figures should be no larger than 125 (height) x 180 (width) mm (5 x 7 inches) and should be submitted in a separate file from that of the manuscript. The name of images or figures files should be the same as the order that was used in manuscript (fig1, fig2, etc.). Only JPEG, TIF, GIF and EPS image formats are acceptable with CMYK model for colored image at a resolution of at least 300 dpi. Graphs must have the minimum quality: clear text, proportionate, not 3 dimensional and without disharmonious language. Electron photomicrographs should have internal scale markers.

If photographs of patients are used, either the subjects should not be identifiable or the photographs should be accompanied by written permission to use them. Permission forms are available from the Editorial Office.

Medical and scientific illustrations will be created or recreated in-house. If an outside illustrator creates the figure, the Journal reserves the right to modify or redraw it to meet our specifications for publication. The author must explicitly acquire all rights to the illustration from the artist in order for us to publish the illustration. Legends for figures should be an editable text as caption and should not appear on the figures.

References
The Vancouver style of referencing should be used. References must be double-spaced and numbered as superscripts consecutively as they are cited. References first cited in a table or figure legend should be numbered so that they will be in sequence with references cited in the text at the point where the table or figure is first mentioned. List all authors when there are six or fewer; when there are seven or more, list the first six, then “et al.” In the following some examples are listed:


Units of Measurement
Authors should express all measurements in conventional units, with Système International (SI) units given in parentheses throughout the text. Figures and tables should use conventional units, with conversion factors given in legends or footnotes. In accordance with the Uniform Requirements, however, manuscripts containing only SI units will not be returned for that reason.

Abbreviations
Except for units of measurement, abbreviations are discouraged. Consult Scientific Style and Format: The CBE Manual for Authors, Editors, and Publishers (Sixth edition. New York: Cambridge University Press, 1994) for lists of standard abbreviations. Except for units of measurement, the first time an abbreviation appears, it should be preceded by the words for which it stands.

Drug Names
Generic names should generally be used except for studies on comparative effects of different brands. When proprietary brands are used in research, include the brand name and the name of the manufacturer in parentheses in the Methods section.

For any more detail about the writing style for your manuscripts refer to:
http://www.icmje.org
Try to prepare your manuscript in accord with the scientific writing checklists available in EQUATOR Network:
http://www.equator-network.org

AFTER YOUR SUBMISSION
When a manuscript arrives at ARYA office, a staff member checks it to make sure that all materials required for submission are included. If everything is present, the article is registered in office and referred to the managing editor.

The first step the manuscript makes on its editorial journey is on the desk of the editor-in-chief, who reviews each submission (in his absence this is done by the managing editor) and decides on the basis of its general content whether it is appropriate even for consideration for publication. Each of the remaining scientific manuscripts is assigned to an associate editor with expertise in the subject area covered by the study, who makes an independent assessment of the value and validity of the paper. If the associate editor believes that even with favorable reviews the paper would not be published because it lacks novelty or importance, or if he/she spots a major flaw in experimental design, performance or statistical analysis the manuscript is returned to the authors.

If, on the other hand, the associate editor believes that the paper may merit publication, it is sent to two of our outside reviewers. They are asked to provide a frank evaluation of the scientific validity of the manuscript, insight into its freshness, clinical impact, and timeliness, and an overall opinion of its worthiness for publication. This is the key step in manuscript evaluation. As editors, we are grateful to all our reviewers for their continued contribution to the rating process. We are careful not to refer to them as "referees," which would suggest that the decision to publish a paper rests entirely with them. It does not. The reviewers provide critiques and advice that the editorial staff uses in making decisions. But we, the ARYA editorial board, make the decisions. When both outside reviewers are returned, the associate editor then assesses the manuscript again, along with the comments of the reviewers. She may seek additional comments from other reviewers, or may discuss the manuscript at a meeting of the entire editorial staff. At this meeting a decision is made either to reject the paper or to proceed further editorial consideration, including, if appropriate, a formal review of the statistical or experimental methods. In some cases, the editorial staff may recommend additional review by outside reviewers. On completion of this process, the manuscript is usually returned to its authors along with a letter inviting them to revise it and to respond to certain questions. When all the requested information has been received, the manuscript is reconsidered by an associate editor, and it may be discussed again with other members of the editorial staff. We then make our final decision to accept or reject the paper.

We recognize that the peer-review process is not perfect, but we earnestly believe that it is the best way to select and publish the most important medical research. Peer review is labor-intensive and sometimes time-consuming, but without it physicians themselves would have to assess the validity of new medical research and decide when to introduce new treatments into practice.

We do all our efforts to finalize this process in 6 months period for each manuscript. The rejection rate of papers is 40%. We understand the importance of a submitted manuscript to its authors. We invite you to submit your best research to us; we will treat it with respect, and you can follow it on its journey.
Type of Articles Considered to be Published in
ARYA Atherosclerosis Journal

ARYA Atherosclerosis is a bimonthly peer-reviewed scientific Journal providing academically sound, clinically practical information for physicians, medical scientists and health care providers. ARYA Atherosclerosis is published by Isfahan Cardiovascular Research Institute. Journal editors review articles in fields of atherosclerosis, its risk factors and related diseases.

ORIGINAL RESEARCH
- **Original Articles** are scientific reports of the results of original clinical research. The text is limited to 3000 words (excluding abstracts and references), with a structured abstract, a maximum of 5 tables and figures (total), and up to 30 references.
- **Special Articles** include data and generally focus on areas such as economic policy, ethics, law, or health care delivery. The text is limited to 3000 words, with an abstract, a maximum of 5 tables and figures (total), and up to 30 references.
- **Qualitative Researches** focus to clear underlying reasons, opinions, and motivations. It helps to develop ideas or hypotheses for potential quantitative research. The text is limited to 3500 words, with an abstract, a maximum of 5 tables and figures (total), and up to 30 references.
- **Short Communication Articles** are short scientific entities often dealing with methodological problems or with byproducts of larger research projects and are suitable for the presentation of research that extends previously published research. A short communication is for a concise, but independent report representing a significant contribution to cardiology. Short communication is not intended to publish preliminary results. It should be no more than 1000 words, and could include 2 figures or tables. It should have at least 15 references. Short communications are also sent to peer review.

CLINICAL CASES
- **Brief Reports** usually describe one to three patients or a single family. The text is limited to 1000 words, a maximum of 5 tables and figures (total), and up to 15 references. It does not include an abstract.
- **Clinical Problem-Solving** manuscripts consider the step-by-step process of clinical decision making. Information about a patient is presented to an expert clinician or clinicians in stages (in the manuscript this is indicated in **boldface** type) to simulate the way such information emerges in clinical practice.

The clinician responds (regular type) as new information is presented, sharing his or her reasoning with the reader. The text should not exceed 2500 words, and there should be no more than 20 references. The use of clinical illustrative materials, such as x-ray films, is encouraged.

REVIEW ARTICLES

All review articles undergo the same peer-review and editorial process as original research reports. The text is limited to 7000 words, with unlimited number of figures, tables, and references.
- **Conflicts of Interest:** Because the essence of review articles is selection and interpretation of the literature, the **ARYA Atherosclerosis Journal** expects that the authors of such articles will not have a significant financial association with a company (or its competitor) that makes a product discussed in the article.
- **Clinical Practice** articles are evidence-based reviews of topics relevant to practicing physicians, both primary care providers and specialists. Articles in this series should include the following sections: clinical context, strategies and evidence, areas of uncertainty, guidelines from professional societies, and recommendations from the authors. The text does not include an abstract.
- **Current Concepts** articles focus on clinical topics, including those in specialty areas but of wide interest.
- **Drug Therapy** articles detail the pharmacology and use of specific drugs or classes of drugs, or the various drugs used to treat particular diseases.
- **Mechanisms of Disease** articles discuss the cellular and molecular mechanisms of diseases or categories of diseases.
- **Medical Progress** articles provide scholarly, comprehensive overviews of important clinical subjects, with the principal (but not exclusive) focus on developments during the past five years. Each article details how the perception of a disease, disease category, diagnostic approach, or therapeutic intervention has evolved in recent years.
OTHER SUBMISSIONS

- **Editorials** usually provide commentary and analysis concerning an article in the issue of the Journal in which they appear. They may include an illustration or table. They are nearly always solicited, although occasionally, unsolicited editorials may be considered. Editorials are limited to 1200 words, with up to 15 references.

- **Perspectives** are also nearly always solicited, but we are willing to consider unsolicited proposals. Perspectives provide background and context for an article in the issue in which they appear. Perspectives are limited to 800 words and usually include an illustration. There are no reference citations.

- **Sounding Board** articles are opinion essays. They are similar to editorials but not tied to a particular article. They often present opinions on health policy issues and are normally unsolicited. The text is limited to 2000 words.

- **Clinical Implications of Basic Research** articles discuss single papers from preclinical journals. The purpose is to explain the findings and comment on their possible clinical applications in fewer than 1000 words. There may be one figure and up to four references. We do not consider unsolicited manuscripts in this category.

- **Images in Clinical Medicine** are classic images of common medical conditions. Visual images are an important part of much of what we do and learn in medicine. This feature is intended to capture the sense of visual discovery and variety that physicians experience. Images in Clinical Medicine are not intended as a vehicle for case reports.

- **Special Reports** are miscellaneous articles of special interest to the medical community. They are limited to 2700 words.

- **Legal Issues in Medicine** are nearly always solicited, but Journal is willing to consider unsolicited manuscripts or proposals for manuscripts.

- **Health Policy Reports** are nearly always solicited, but Journal is willing to consider unsolicited manuscripts or proposals for manuscripts.

- **Occasional Notes** are accounts of personal experiences or descriptions of material from outside the usual areas of medical research and analysis.

- **Book Reviews** are generally solicited.

- **Letters to the Editor**: Letters to the Editor are considered for publication (subject to editing and abridgment) provided they do not contain material that has been submitted or published elsewhere. The text, not including references, must not exceed 250 words if it is in reference to a recent Journal article, or 500 words in all other cases. A letter must have no more than 5 references and 1 figure or table. It must not be signed by more than three authors. Letters referring to a recent Journal article must be received within three weeks of its publication.

**Ethics**: When reporting studies on human beings, indicate whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) and with the Helsinki Declaration of 1975, as revised in 2000 (available at http://www.wma.net/e/policy/17-c_e.html). For prospective studies involving human participants, authors are expected to mention about approval of (regional/ national/ institutional or independent Ethics Committee or Review Board, obtaining informed consent from adult research participants and obtaining assent for children aged over 7 years participating in the trial. The age beyond which assent would be required could vary as per regional and/ or national guidelines. Ensure confidentiality of subjects by desisting from mentioning participants’ names, initials or hospital numbers, especially in illustrative material. When reporting experiments on animals, indicate whether the institution’s or a national research council’s guide for, or any national law on the care and use of laboratory animals was followed.

Evidence for approval by a local Ethics Committee (for both human as well as animal studies) must be supplied by the authors on demand. Animal experimental procedures should be as humane as possible and the details of anesthetics and analgesics used should be clearly stated. The ethical standards of experiments must be in accordance with the guidelines provided by the CPCSEA and World Medical Association Declaration of Helsinki on Ethical Principles for Medical Research Involving Humans for studies involving experimental animals and human beings, respectively). The journal will not consider any paper which is ethically unacceptable. A statement on ethics committee permission and ethical practices must be included in all research articles under the ‘Materials and Methods’ section.

The Editorial Process

A manuscript will be reviewed for possible publication with the understanding that it is being submitted to Arya Atherosclerosis journal alone at that point in time and has not been published anywhere, simultaneously submitted, or already accepted for publication elsewhere. The journal expects that authors would authorize one of them to correspond with the Journal for all matters related to the manuscript. All manuscripts received are duly acknowledged. On submission, editors review all submitted manuscripts initially for suitability for formal review. Manuscripts with insufficient originality, serious scientific or technical flaws particularly high rate of similarity with prior publications (plagiarism), or lack of a significant message are rejected before proceeding for formal peer-review. Manuscripts that are unlikely to be of
interest to the Arya Atherosclerosis journal readers are also liable to be rejected at this stage itself.

Manuscripts that are found suitable for publication in Arya Atherosclerosis journal are sent to two or more expert reviewers. During submission, the contributor is requested to provide names of two or three qualified reviewers who have had experience in the subject of the submitted manuscript, but this is not mandatory. The reviewers should not be affiliated with the same institutes as the contributor/s. However, the selection of these reviewers is at the sole discretion of the editor. The journal follows a double-blind review process, wherein the reviewers and authors are unaware of each other’s identity. Every manuscript is also assigned to a member of the editorial team, who based on the comments from the reviewers takes a final decision on the manuscript. The comments and suggestions (acceptance/rejection/amendments in manuscript) received from reviewers are conveyed to the corresponding author. If required, the author is requested to provide a point by point response to reviewers’ comments and submit a revised version of the manuscript. This process is repeated till reviewers and editors are satisfied with the manuscript.

Publication fee will be received after completed review via https://researchold.mui.ac.ir/journal-payments. The desired cost is calculated based on the “The publication fees of ARYA Atherosclerosis Journal” table.

Manuscripts accepted for publication are copy edited for grammar, punctuation, print style, and format. Page proofs are sent to the corresponding author. The corresponding author is expected to return the corrected proofs within three days. It may not be possible to incorporate corrections received after that period. The whole process of submission of the manuscript to final decision and sending and receiving proofs is completed online.

The unpublished manuscript is a privileged document. Please protect it from any form of exploitation. Reviewers are expected not to cite a manuscript or refer to the work it describes before it has been published, and to refrain from using the information it contains for the advancement of their own research.

1. A reviewer should consciously adopt a positive, impartial attitude towards the manuscript under review. Your position should be that of the author’s ally, with the aim of promoting effective and accurate scientific communication.

2. If you believe that you cannot judge a given article impartially, please return the manuscript immediately to the editor with such an explanation.

3. Reviews should be completed expeditiously (within 2-3 weeks). If you know that you cannot finish the review within the time specified, please inform the editor.

4. A reviewer should not discuss a paper with its author/s. If you want to consult a colleague or junior, please discuss this with us first.

5. Please do not make any specific statement about acceptability of a paper in your comments for transmission to the author but advise the editor on the sheet provided.

6. In your review, please consider the following aspects on the manuscript as far as they are applicable: • Importance (clinical or otherwise) of the question or subject studied
  • Scientific reliability
  • Originality (truly original or known to you through foreign or specialist publications or through the grapevine)
  • Adequacy of abstract and key words.
  • Appropriateness of approach or experimental design, adequacy of experimental techniques (including statistics where appropriate and need for statistical assessment).

  • Are the methods used adequately described? Are they appropriate? Are the patients studied adequately described and their condition defined?
  • Results relevant to problem posed. Credible? Well presented?
  • Soundness of conclusions and interpretation. Interpretation and conclusions warranted by the data? Reasonable speculation? Is the message clear?
  • Relevance of discussion • References up to date and relevant? Any glaring omissions?
  • Relevance of the figures and table, clarity of legends and titles.
  • Suitability for the journal and overall recommendations. Appropriate for general readership or more appropriate for specialist journal?
  • If not acceptable can the paper be made so?
  • Ethical aspects
  • Overall presentation (including writing style, clarity of writing)

1. In comments intended for the authors, criticism should be presented dispassionately, and abrasive remarks avoided.

2. Suggested revisions should be couched as such, and not expressed as conditions of acceptance. Please distinguish between revisions considered essential and those judged as merely desirable.

3. Even if we do not accept a paper, we would like to pass on constructive comments that might help the author to improve it. For this reason, please give detailed comments (with references, if appropriate) that will help both the editors to decide on the paper and the authors to improve it.

4. Your criticism, arguments, and suggestions concerning that paper will be most useful to the editor if they are carefully documented.

5. You are not requested to correct mistakes in grammar, but any help in this regard will be appreciated.

6. The editor gratefully receives a reviewer’s recommendations, but since the editorial decisions are usually based on evaluations derived from several sources, a reviewer should not expect the editor to honor his or her every recommendation.
The publication fees of ARYA Atherosclerosis Journal

<table>
<thead>
<tr>
<th>Type of the article</th>
<th>Permitted word count*</th>
<th>The payment fee in Iranian Rial (IRR)</th>
<th>The payment fee for each 600 excess words (IRR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter to the Editor</td>
<td>500</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Clinical Case</td>
<td>1000</td>
<td>4,000,000</td>
<td>2,000,000</td>
</tr>
<tr>
<td>Short Communication</td>
<td>1000</td>
<td>4,000,000</td>
<td>2,000,000</td>
</tr>
<tr>
<td>Original Article</td>
<td>3000</td>
<td>10,000,000</td>
<td>2,000,000</td>
</tr>
<tr>
<td>Qualitative Research</td>
<td>3500</td>
<td>7,000,000</td>
<td>2,000,000</td>
</tr>
<tr>
<td>Review Article</td>
<td>7000</td>
<td>10,000,000</td>
<td>2,000,000</td>
</tr>
</tbody>
</table>

* All the words of the article containing the references; each table is considered as 300 words.
** The authors wishing to use the Fast-Track Service, must pay the costs up to 50% more.

**Author Rights**

Retain patent and trademark rights

Retain the rights to use their research data freely without any restriction

Receive proper attribution and credit for their published work

Re-use their own material in new works without permission or payment (with full acknowledgement of the original article):

1. Extend an article to book length
2. Include an article in a subsequent compilation of their own work
3. Re-use portions, excerpts, and their own figures or tables in other works.

Use and share their works for scholarly purposes (with full acknowledgement of the original article):

1. In their own classroom teaching. Electronic and physical distribution of copies is permitted
2. If an author is speaking at a conference, they can present the article and distribute copies to the attendees
3. Distribute the article, including by email, to their students and to research colleagues who they know for their personal use
4. Share and publicize the article via Share Links, which offers 50 days’ free access for anyone, without signup or registration
5. Include in a thesis or dissertation (provided this is not published commercially)
6. Share copies of their article privately as part of an invitation-only work group on commercial sites with which the publisher has a hosting agreement
   • Publicly share the preprint on any website or repository at any time
   • Publicly share the accepted manuscript on non-commercial sites
   • Publicly share the final published article
   • Retain copyright