the following manuscripts will be deemed low priority: Due to the high volume of submissions that the Journal receives, approaches to these problems.

biological, psychological, clinical with the obese state. The problems of obesity are multifactorial, and treatment of obesity, and the functional impairments associated studies, which address issues related to the development and molecular, cellular, animal, human experimental and clinical the International Journal of Obesity will expect to publish articles with biological, psychological, clinical, sociological and environmental approaches to these problems.

Due to the high volume of submissions that the Journal receives, the following manuscripts will be deemed low priority:

- Simple prevalence studies involving a single country at a single time-point.
- Studies that merely confirm established facts from previous publications and that contain little new information. For example, it is hard to justify publication space for studies that report obesity is associated with known health risks. Therefore, studies that replicate the findings of previously published papers will tend to have a lower priority. If similar data are already published, it will be critical for authors to explain the novelty of their manuscript in the covering letter to the editor.
- Those that involve co-morbidities of obesity (e.g., diabetes, cardiovascular disease), without having obesity-specific components to them. Recent examples include manuscripts that look at associations between inflammatory markers and diabetes or cardiovascular disease. This information is clearly of medical relevance, but it is not necessarily a high priority for a journal devoted to obesity research.
- Those that report the absence of links between obesity and a specific genotype or polymorphism; it is possible that such work could be considered in the form of a Short Communication, but a full manuscript is not justified.
- Those that describe anthropometric indices of obesity that might correlate with plasma markers of co-morbidities, but do not include any data relating to outcome of the co-morbidities.
- Retrospective studies, secondary analyses of data that arise from studies that were not primarily concerned with obesity or body weight, or clinical “audits” (for example of surgical interventions) that were not designed as appropriately

controlled clinical research interventions, unless there is particularly novel information presented that is of importance to the medical literature.

- Those that claim to be pediatric articles but which do not deal specifically with children and adolescents up to the age of 18 years.
- Case reports that do not describe a critical finding or major addition to the literature.

If authors wish to submit articles to the International Journal of Obesity in the above areas, they would need to state clearly in the covering letter and introduction to the manuscript what is novel and informative about the study and why is it a valuable addition to the scientific literature.

### Journal Details

Editors:

Richard L. Atkinson, M.D., Director, Obetech Obesity Research Center, Virginia Biotechnology Research Park, Richmond, USA

Professor Ian Macdonald, School of Biomedical Sciences, University of Nottingham Medical School, Nottingham, UK

Editorial office:

Springer Nature, The Macmillan Building, 4 Crinan Street, London UK

jiob@nature.com

Impact Factor: 5.487 (2016 Journal Citation Reports, Clarivate Analytics, 2017)

Frequency: 12 issues a year

Abstracted in:

Current Contents
Current Contents Clinical Medicine
Current Contents Life Sciences
EMBASE/Excerpta Medica
Elsevier BIOBASE/Current Awareness in Biological Sciences
MEDLINE/Index medicus
Science Citation Index
BIOSIS
CAB Abstracts
CAB Health and Nutrition Newsletter
## ARTICLE TYPE SPECIFICATIONS

<table>
<thead>
<tr>
<th>ARTICLE DESCRIPTION</th>
<th>ABSTRACT</th>
<th>WORD LIMIT</th>
<th>TABLES/FIGURES</th>
<th>REFERENCES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Original Articles</strong>&lt;br&gt;Please see 'Preparation of Original Articles' below for further details</td>
<td>Structured abstract:&lt;br&gt;Max 300 words</td>
<td>4,000 words max excluding abstract, references, figures and tables.</td>
<td>Max of 6</td>
<td>Max of 60</td>
</tr>
<tr>
<td><strong>Short Communications</strong>&lt;br&gt;These are studies that fall short of the criteria for full Original Articles (e.g. preliminary experiments limited by sample size or duration, or novel hypotheses). Apart from including an abstract, there is no obligation to divide the text into sections.</td>
<td>Unstructured abstract:&lt;br&gt;Max 200 words</td>
<td>1,500 words max excluding abstract, references, figures and tables.</td>
<td>Max of 2</td>
<td>Max of 20</td>
</tr>
<tr>
<td><strong>Reviews (by Editor invitation only)</strong>&lt;br&gt;Reviews are comprehensive analyses of specific topics that are solicited by the Editor. Proposals for reviews may be submitted via the online submission system as a pre-submission enquiry.&lt;br&gt;PLEASE NOTE: All reviews should include search criteria and selection criteria in a Methods Section, along with the total number of articles identified and the total number selected for inclusion in the review. All invited reviews will undergo peer review prior to acceptance.</td>
<td>Unstructured abstract&lt;br&gt;However, if your Review is systematic, please provide a structured abstract.&lt;br&gt;Max 300 words</td>
<td>6,000 words max excluding abstract, references, figures and tables.</td>
<td>Max of 8</td>
<td>Max of 120</td>
</tr>
<tr>
<td><strong>Letters to the Editor</strong>&lt;br&gt;Letters to the Editor will be considered for publication, subject to editing. Letters must contain information critical to a certain area or must be referencing data recently published in IJO. A Letter must reference the original source but can use an arbitrary title.</td>
<td>No abstract required.</td>
<td>500 words max excluding references, figures and tables.</td>
<td>Max of 2</td>
<td>Max of 10</td>
</tr>
<tr>
<td><strong>Editorials (by Editor invitation only)</strong>&lt;br&gt;Proposals for Editorials may be submitted; authors should only send an outline of the proposed paper for initial consideration.</td>
<td>No abstract required.</td>
<td>1,000 words excluding references, figures and tables.</td>
<td>Max of 2</td>
<td>Max of 10</td>
</tr>
<tr>
<td><strong>Commentaries (by Editor invitation only)</strong>&lt;br&gt;Commentaries discuss a paper published in a specific issue and should set the problems addressed by the paper in the wider context of the field.</td>
<td>No abstract required.</td>
<td>1,500 words excluding references, figures and tables.</td>
<td>Max of 1</td>
<td>Max of 10</td>
</tr>
<tr>
<td><strong>Debates</strong>&lt;br&gt;Debates address an area of research which is of major present interest, and for which there are substantially different views. Subject and authors are chosen by the editors but proposals are welcome.</td>
<td>Unstructured abstract:&lt;br&gt;Max 100 words</td>
<td>2,000 words excluding references, figures and tables.</td>
<td>Max of 1</td>
<td>Max of 20</td>
</tr>
<tr>
<td><strong>Technical Reports</strong>&lt;br&gt;Technical Reports are original articles that address areas of more methodological interest. The content of these Reports must have direct relevance to the field of Obesity and have the same level of scientific rigour expected of the normal original articles.</td>
<td>Structured abstract:&lt;br&gt;Max 300 words</td>
<td>2,500 words excluding references, figures and tables.</td>
<td>Max of 4</td>
<td>Max of 25</td>
</tr>
<tr>
<td><strong>Expert Reports</strong>&lt;br&gt;Expert Reports are articles submitted by a consensus of individuals expert in a given field that opine on a topic in the field of obesity. The article specifications listed are a guide and prospective authors are encouraged to contact Richard Atkinson via the International Journal of Obesity Editorial Office (<a href="mailto:ijo@nature.com">ijo@nature.com</a>) to discuss their report before submission.</td>
<td>Unstructured abstract:&lt;br&gt;Max 100 words</td>
<td>2,000 words excluding references, figures and tables.</td>
<td>Max of 2</td>
<td>Max of 20</td>
</tr>
</tbody>
</table>
Clinical Trials

The International Journal of Obesity is interested in attracting the submission of manuscripts describing new therapeutic approaches to obesity treatment. These human intervention trials of new therapies can be pharmacological, surgical, dietary, physical activity, nutraceutical (including herbal preparations), behavioural or some other relevant intervention, but must be novel, include an appropriate control group and be of a sufficiently long duration to generate results of clinical relevance. Trials which also consider maintenance of weight loss would be of particular interest. With regard to the duration of such trials, the following will apply:

1. Diet/lifestyle/nutraceutical interventions. The total duration (weight loss plus weight maintenance) must be at least 1 year. Anything less than this is of little practical value and is highly unlikely to reveal any novel mechanistic findings. The only exception would be if a shorter period of intervention was accompanied by a truly novel mechanistic approach. Even then the study should be at least 3 months in duration and such papers normally would be submitted as Short Communications.

2. Surgery Short term, post-surgery studies are of minimal value as many are likely to be in the rapid phase of weight loss and unlikely to achieve a state of weight maintenance. Thus, surgical studies should be 1 year or more in duration and linked with novel mechanistic/physiological measurements. The only exceptions would be if a shorter period of intervention were accompanied by a truly novel mechanistic approach and such papers normally would be submitted as Short Communications.

3. Drug studies 1 year or longer studies with truly novel agents are unrealistic. However, a 3 month study with a truly novel agent would not normally deserve to be published as a full paper and should be submitted as a Short Communication if it is of less than 1 year duration. Any established drug being applied to obesity (e.g. the recent application of anti-depressants to an obesity target) or any obesity drug which has already produced publications demonstrating efficacy in humans MUST be studied for at least 1 year.

In addition to these trials of new therapeutic approaches, the International Journal of Obesity is also interested in publishing systematic reviews of weight loss and weight maintenance interventions in human subjects. However, these reviews and any associated meta-analyses should only be concerned with studies that are of a duration of at least 1 year.

See the Editorial Policy section for further information on requirements when submitting a clinical trial.

Special Issues

Special issues are comprised of a group of high quality, peer-reviewed manuscripts about a single specific theme/topic. Although the individual manuscripts are stand alone, they collectively make an important point by offering a comprehensive view, or by providing a diverse perspective. The number of manuscripts in a special issue is determined on case by case basis. Special Issues are commissioned only by invitation or upon consultation with IJO editorial staff. Please contact the Editor, Special Issues, Nikhil Dhurandhar (nikhil.dhurandhar@pbrc.edu) for preliminary inquiries about special issues. Usually, a person willing to be the Guest Editor of special issue should initiate this process. This Guest Editor will act as the point of contact between IJO and the individual authors submitting manuscripts.

PREPARATION OF ARTICLES

Please note that original articles must contain the following components. Please see below for further details.

- Cover letter
- Title page (excluding acknowledgements)
- Abstract
- Introduction
- Materials (or Subjects) and Methods
- Results
- Discussion
- Acknowledgements
- Conflict of Interest
- References
- Figure legends
- Tables
- Figures

Cover Letter: The uploaded covering letter must state the material is original research, has not been previously published and has not been submitted for publication elsewhere while under consideration. If the manuscript has been previously considered for publication in another journal, please include the previous reviewer comments, to help expedite the decision by the Editorial Board. Please also include a Conflict of Interest statement, see Editorial Policies for more details.

Title Page: The title page should bear the title of the paper, the full names of all the authors and their affiliations, together with the name, full postal address, telephone and fax numbers and e-mail address of the author to whom correspondence and offprint requests are to be sent (this information is also asked for on the electronic submission form). The title page must also contain a Conflict of Interest statement (see Editorial Policy section).

Abstract: Original Articles must be prepared with a structured abstract designed to summarise the essential features of the paper in a logical and concise sequence under the following mandatory headings:

- Background/Objectives: What was the main question or hypothesis tested?
- Subjects/Methods: How many subjects were recruited, how many dropped out? Was the study randomised, case-controlled etc? Interventions/methods used and duration of administration.
- Results: Indicate 95% confidence intervals and exact P value for effects.
Introduction: The Introduction should assume that the reader is knowledgeable in the field and should therefore be as brief as possible but can include a short historical review where desirable.

Materials/Subjects and Methods: This section should contain sufficient detail, so that all experimental procedures can be reproduced, and include references. Methods, however, that have been published in detail elsewhere should not be described in detail. Authors should provide the name of the manufacturer and their location for any specifically named medical equipment and instruments, and all drugs should be identified by their pharmaceutical names, and by their trade name if relevant.

Results and Discussion: The Results section should briefly present the experimental data in text, tables or figures. Tables and figures should not be described extensively in the text, either. The discussion should focus on the interpretation and the significance of the findings with concise objective comments that describe their relation to other work in the area. It should not repeat information in the results. The final paragraph should highlight the main conclusion(s), and provide some indication of the direction future research should take.

Conflict of Interest: Authors must declare whether or not there are any competing financial interests in relation to the work described. This information must be included at this stage and will be published as part of the paper. Conflict of interest should be noted in the cover letter and also on the title page. Please see the Conflict of Interest documentation in the Editorial Policy section for detailed information.

Acknowledgements: These should be brief, and should include sources of support including sponsorship (e.g. university, charity, commercial organisation) and sources of material (e.g. novel drugs) not available commercially.

References: Only papers directly related to the article should be cited. Exhaustive lists should be avoided. References should follow the Vancouver format. In the text they should appear as numbers starting at one and at the end of the paper they should be listed (double-spaced) in numerical order corresponding to the order of citation in the text. Where a reference is to appear next to a number in the text, for example following an equation, chemical formula or biological acronym, citations should be written as (ref. X) and not as superscript.

Example. “detectable levels of endogenous Bcl-2 (ref. 3), as confirmed by western blot”

All authors should be listed for papers with up to six authors; for papers with more than six authors, the first six only should be listed, followed by et al. Abbreviations for titles of medical periodicals should conform to those used in the latest edition of Index Medicus. The first and last page numbers for each reference should be provided. Abstracts and letters must be identified as such. Papers in press may be included in the list of references.

Personal communications must be allocated a number and included in the list of references in the usual way or simply referred to in the text; the authors may choose which method to use. In either case authors must obtain permission from the individual concerned to quote his/her unpublished work.

Examples:

Journal article, up to six authors:

Journal article, e-pub ahead of print:

Journal article, in press:

Complete book:

Chapter in book:

Abstract:

Correspondence:

Figure Legends: These should be brief, specific and appear on a separate manuscript page after the References section.

Tables: Tables should only be used to present essential data; they should not duplicate what is written in the text. It is imperative that any tables used are editable, ideally presented in Excel. Each must be uploaded as a separate workbook with a title or caption and be clearly labelled, sequentially. Please make sure each table is cited within the text and in the correct order, e.g. (Table 3). Please save the files with extensions .xls / .xlsx / .ods or .doc or .docx. Please ensure that you provide a ‘flat’ file, with single values in each cell with no macros or links to other workbooks or worksheets and no calculations or functions.

Figures: Figures and images should be labelled sequentially and cited in the text. Figures should not be embedded within the text but rather uploaded as separate files. Detailed guidelines for submitting artwork can be found by downloading our Artwork Guidelines. The use of three-dimensional histograms is strongly discouraged when the addition of the third dimension gives no extra information.

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.

**Reuse of Display Items:** See the Editorial Policy section for information on using previously published tables or figures.

**Supplementary Information:** Supplementary information (SI) 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. The article must be complete and self-explanatory without the SI, which is posted on the journal’s website and linked to the article. SI may consist of data files, graphics, movies or extensive tables. Please see our Artwork Guidelines for information on accepted file types.

Authors should submit supplementary information files in the FINAL format as they are not edited, typeset or changed, and will appear online exactly as submitted. When submitting SI, authors are required to:

- 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 [journal name]’s website” at the end of the article and before the references.

**Video summaries**
The *International Journal of Obesity* allows authors to include video presentations as part of their submission in order to support and enhance their scientific research. Authors should include these videos as ‘Supplementary Material’ uploaded upon submission and can refer to these within the body of the text. This can be done in the same way you would upload any other supplementary information and the file should be clearly labelled ‘Video Presentation’. Please take note of the technical requirements listed below. Videos supplied will be published online in the electronic version of your article, therefore please note that since they cannot be included in the print version of the journal, that you include text at the end of the article stating that ‘Supplementary information is available on the *International Journal of Obesity*’s website’.

**Tips for presentation:**
1) The video should introduce the topic of the article, highlight the main results and conclusions, discuss the current status and potential future developments in the field
2) Videos should be uploaded as Supplementary Material when submitting
3) Please include a sentence or two to describe the file. This will accompany your video on the website
4) Write your script and practise first – explain any obscure terminology
5) Film in a quiet room against a plain (white if possible) background and ensure there is nothing confidential in view
6) Avoid using background music
7) Include figures, slides, video clips of the experiment, etc. to help explain your methods and results. Please try to include a mixture of you talking to the camera and slides – it is nice for viewers to see your face at times
8) Keep figures simple; don’t show raw data and ensure any text is legible. Do not include lots of small text or data that won’t be legible in a small video player that’s the size of a smartphone screen.
9) Please do not use images, music, or insignia in your video for which you do not own the copyright or have documented permission from the copyright holder.

**Technical requirements:**
Videos should be no more than 8 minutes long, maximum 30 MB in size so that they can be downloaded quickly - the combined total size of all supplementary files must not exceed 150 MB. Files should be submitted as .avi, .mov, .mp3, .mp4, .wav or .wmf. Videos need to be widescreen (landscape), ideally 16x9 but 4:3 is also acceptable with a resolution of at least 640 x 360 pixels. Any videos that are not in the correct format will not be published. Files will be viewed by the editorial office for quality; however the onus for creating, uploading and editing the video falls on the author.

**Availability of Data and Materials:** Please see our Editorial Policies for information regarding data, protocols, sequences, or structures.

**Subject Ontology:** Choosing the most relevant and specific subject terms from our subject ontology will ensure that your article will be more discoverable and will appear on appropriate subject specific pages on nature.com, in addition to the journal’s own pages. Your article should be indexed with at least one, and up to four unique subject terms that describe the key subjects and concepts in your manuscript. Click here for help with this.

**House Style**
- Text should be double spaced with a wide margin.
- All pages and lines are to be numbered. To add page numbers in MS Word, go to Insert then Page Numbers. To add line numbers go to File, Page Setup, then click the Layout tab. In the Apply to box, select Whole document, click Line Numbers then select the Add line numbering check box, followed by Continuous.
- Do not make rules thinner than 1pt (0.36mm).
- Use a coarse hatching pattern rather than shading for tints in graphs.
- Colour should be distinct when being used as an identifying tool.
- Spaces, not commas should be used to separate thousands.
- At first mention of a manufacturer, the town (and state if USA) and country should be provided.
- Statistical methods: For normally distributed data, mean (SD) is the preferred summary statistic. Relative risks should be expressed as odds ratios with 95% confidence interval. To compare two methods for measuring a variable the method of Bland & Altman (1986, Lancet 1, 307–310) should be used; for this, calculation of P only is not appropriate.
- Units: Use metric units (SI units) as fully as possible. Preferably give measurements of energy in kilojoules or Megajoules with kilocalories in parentheses (1 kcal = 4.186kJ). Use % throughout.
- Abbreviations: On first using an abbreviation place it in parentheses after the full item. Very common abbreviations such as FFA, RNA, need not be defined. Note these abbreviations: gram g; litre l; milligram mg; kilogram kg; kilojoule kJ; megajoule MJ; weight wt; seconds s; minutes min; hours h. Do not add s for plural units.
Government employees from the United States, Canada, and the UK are required to sign and submit the relevant form below:

- **US Government Employee Licence to Publish form**
- **Canadian Government Employee Licence to Publish form**

### HOW TO SUBMIT

#### Pre-submission Enquiries
Pre-submission enquiries for review articles should be submitted via the online submission system. All other pre-submission enquiries should be directed to the editorial office: email ijo@nature.com

#### Online Submission
We only accept manuscript submission via our online manuscript submission system. Before submitting a manuscript, authors are encouraged to consult both our Editorial Policies and the Submission Instructions for our online manuscript submission system. If you have not already done so, please register for an account with our online manuscript system. You will be able to monitor the status of your manuscript online throughout the editorial process.

### POST-ACCEPTANCE

Once a manuscript is accepted, the corresponding author must complete and sign a Licence to Publish form on behalf of all authors and return it to the editorial office. Failure to promptly return the form will result in delay of publication.

Springer Nature does not require authors of original research papers to assign copyright of their published contributions. Authors grant Springer Nature an exclusive licence to publish, in return for which they can re-use their papers in their future printed work. Springer Nature's author licence page provides details of the policy.

#### Standard Publication
Manuscripts published under the standard method of publication will be behind a paywall, requiring readers to pay to view the article, either via their institutional or personal subscription or on a pay-per-view basis. Please click here for a copy of the standard Licence to Publish form.

Government employees from the United States, Canada, and the UK are required to sign and submit the following forms:

- **US Government Employee Licence to Publish form**
- **Canadian Government Employee Licence to Publish form**

### Submission of Revisions
Authors submitting a revised manuscript after review are asked to include the following:

1. A rebuttal letter, indicating point-by-point how you have addressed the comments raised by the reviewers. If you disagree with any of the points raised, please provide adequate justification in your letter.
2. A marked-up version of the manuscript that highlights changes made in response to the reviewers' comments in order to aid the Editors and reviewers.
3. A ‘clean’ (non-highlighted) version of the manuscript.

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

### Open Access Publication (gold open access)

Upon acceptance, authors can indicate whether they wish to pay an optional article processing charge (APC) for their article to be made open access online immediately upon publication. Open access articles are published under Creative Commons licenses, which allow authors to retain copyright to their work while making it open to readers.

To facilitate self-archiving, Springer Nature deposits open access articles in PubMed Central and Europe PubMed Central on publication. Authors are also permitted to post the final, published PDF of their article on a website, institutional repository or other free public server, immediately on publication.

Visit our open research site for further information about licenses, APCs, and our free OA funding support service:

- **About Creative Commons licensing**
- **Creative Commons license options and article processing charges (APCs) for the International Journal of Obesity**
- **APC payment FAQs**
• Help in identifying funding for APCs
• Editorial process for OA publication in hybrid journals
• Self-archiving and deposition of papers published OA

If authors opt to publish via the open access route then the corresponding author must complete and sign the Article Processing Charge (APC) payment form and an open access License to Publish (LTP) form on behalf of all authors, and return these to the editorial office. These forms will be provided upon acceptance of the article. Failure to promptly return forms will result in delay of publication.

Government employees from the United States, UK and Canada are required to sign and submit the relevant government open access license to publish form. Please note with regards to payment that usual credit terms are 30 days from receipt of invoice. Failure to pay your invoice within the stated credit term may result in the Open Access status of the paper being rescinded, with the paper being placed behind the paywall. You may also be subject to such penalties as restrictions on your ability to publish with Springer Nature in the future, involvement of a third party debt collection agency and legal proceedings.

Compliance with open access mandates
Springer Nature’s open access journals allow authors to comply with all funders' open access policies worldwide. Authors may need to take specific actions to achieve compliance with funder and institutional open access mandates.

Learn more about open access compliance.

Waiver of institutional open access policies
Please note that Harvard University FAS, MIT, Princeton, UCSF, University of Hawaii at Manoa, California Institute of Technology (Caltech) and the Georgia Institute of Technology have enacted Open Access policies that conflict with our own policy for articles published via the subscription route. If any corresponding or contributing authors are from these institutions, you will need to provide a waiver from the institution of every affected author, which can be obtained from the institution. This waiver should be submitted at the same time as the Licence to Publish form. This requirement does not apply to articles published via the open access route.

Self-archiving and manuscript deposition (green open access)
Authors of original research articles are encouraged to submit the author’s version of the accepted paper (the unedited manuscript) to a repository for public release six months after publication. Springer Nature also offers a free, opt-in Manuscript Deposition Service for original research articles in order to help authors fulfil funder and institutional mandates.

Learn more about self-archiving and manuscript deposition.

Accepted Article Preview
To enable research to be disseminated as quickly as possible following acceptance, the International Journal of Obesity is now publishing the author accepted version of all articles online within 72 hours of receipt by production. Articles in this format will be listed online as ‘Accepted Article Previews’ and will be assigned a DOI (Digital Object Identifier), therefore can be referenced as soon as they appear on the journal website. All manuscripts will undergo copyediting, typesetting and a proof review before the final version is published online and in print. For further information please see the AAP Information page.

PLEASE NOTE: If you plan to send out a press release for your paper, the embargo will be lifted at the time of AAP publication.

Proofs
The corresponding author will receive an e-mail containing a URL linking to the proofing site. Proof corrections must be returned within 48 hours of receipt. Failure to do so may result in delayed publication. Extensive corrections cannot be made at this stage.

Advance Online Publication
The final version of the manuscript is published online in advance of print. AOP represents the official version of the manuscript and will subsequently appear unchanged, in print.

COSTS

Open Access Publication
If the authors choose to publish their manuscript open access, the article processing charge is £2,500/ $3,300/ €2,700 (VAT or local taxes will be added where applicable) for papers published under the Creative Commons Attribution-Noncommercial-Share Alike 4.0 Unported Licence and the Creative Commons Attribution-Noncommercial-No Derivative Works 4.0 Unported Licence.

The charge is £2,800/ $3,700/ €3,100 (VAT or local taxes will be added where applicable) for articles published under the Creative Commons Attribution 4.0 Unported Licence. Papers published under this licence are charged a higher article processing charge as this licence grants greater end user rights including commercial reuse of the work. For more information on this licence please see the press release.

Colour Charges
There is a charge if authors choose to publish their figures in colour in print publication (which includes the online PDF):

<table>
<thead>
<tr>
<th>Number of colour illustrations</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>£608</td>
<td>£903</td>
<td>£1,166</td>
<td>£1,381</td>
<td>£1,562</td>
<td>£1,717</td>
<td>£155</td>
</tr>
</tbody>
</table>

Revised 27/03/2017
Care and Use Committee approvals. As revised in 1983. Include Institutional Review Board or Animal institutional or regional) or with the Helsinki Declaration of 1975 standards of the responsible committee on human ex whether the procedures were in accordance with the ethical When reporting experiments on human subjects, registration requirement if they meet the above criteria. Nonrandomized trial control or comparison group in order to trigger the requirement for trial must have at least one prospectively assigned concurrent devices, intervention is any intervention used to modify a health outcome comparison groups to study the cause-and-effect relationship between a medical intervention and a health outcome. A medical intervention is any intervention used to modify a health outcome and includes but is not limited to drugs, surgical procedures, devices, behavioural treatments, and process-of-care changes. A trial must have at least one prospectively assigned concurrent control or comparison group in order to trigger the requirement for registration. Nonrandomized trials are not exempt from the registration requirement if they meet the above criteria.

When reporting experiments on human subjects, please indicate whether the procedures were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) or with the Helsinki Declaration of 1975 (as revised in 1983). Include Institutional Review Board or Animal Care and Use Committee approvals.

All clinical trials must be registered in a public registry prior to submission. The journal follows the trials registration policy of the ICMJE (www.icmje.org) and considers only trials that have been appropriately registered before submission, regardless of when the trial closed to enrolment. Acceptable registries must meet the following ICMJE requirements:

- be publicly available, searchable, and open to all prospective registrants
- have a validation mechanism for registration data
- be managed by a not-for-profit organization

Examples of registries that meet these criteria include:

1) the registry sponsored by the United States National Library of Medicine (www.clinicaltrials.gov);
2) the International Standard Randomized Controlled Trial Number Registry (www.controlled-trials.com);
3) the Cochrane Renal Group Registry (www.cochrane-renal.org);
4) and the European Clinical Trials Database (https://eudract.ema.europa.eu).

The trial registry number for eligible papers will be collected during the submission process.

Randomised Controlled Trials (RCTs) must adhere to the CONSORT statement, (CONsolidated Standards Of Reporting Trials). Further information can be found at www.consort-statement.org.

Springer Nature endorses the toolkits and guidelines produced by the Committee on Publication Ethics (COPE): http://publicationethics.org/

Conflict of Interest

In the interests of transparency and to help readers form their own judgments of potential bias, authors must declare whether or not there are any competing financial interests in relation to the work described. This information must be included in their cover letter and on the title page of their manuscript. In cases where the authors declare a competing financial interest, a statement to that effect is published as part of the article. If no such conflict exists, the statement will simply read that the authors have nothing to disclose.

For the purposes of this statement, competing interests are defined as those of a financial nature that, through their potential influence on behaviour or content, or from perception of such potential influences, could undermine the objectivity, integrity or perceived value of a publication. They can include any of the following:
Examples of declarations are:

- Funding: Research support (including salaries, equipment, supplies, reimbursement for attending symposia, and other expenses) by organizations that may gain or lose financially through this publication. The role of the funding body in the design of the study, collection and analysis of data and decision to publish should be stated.

- Employment: Recent (while engaged in the research project), present or anticipated employment by any organization that may gain or lose financially through this publication.

- Personal financial interests: Stocks or shares in companies that may gain or lose financially through publication; consultation fees or other forms of remuneration from organizations that may gain or lose financially; patents or patent applications whose value may be affected by publication.

It is difficult to specify a threshold at which a financial interest becomes significant, but note that many US universities require faculty members to disclose interests exceeding $10,000 or 5% equity in a company. Any such figure is arbitrary, so we offer as one possible practical alternative guideline: “Declare all interests that could embarrass you were they to become publicly known after your work was published.” We do not consider diversified mutual funds or investment trusts to constitute a competing financial interest.

The statement must contain an explicit and unambiguous description stating any potential conflict of interest, or lack thereof, for any of the authors as it relates to the subject of the report. Examples include “Dr. Smith receives compensation as a consultant for XYZ Company,” “Dr. Jones and Dr. Smith have financial holdings in ABC Company,” or “Dr. Jones owns a patent on the diagnostic device described in this report.” These statements acknowledging or denying conflicts of interest must be included in the manuscript under the heading Conflict of Interest. The Conflict of Interest disclosure appears in the cover letter, in the manuscript submission process and before the References section in the manuscript.

Following the Conflict of Interest heading, there must be a listing for each author, detailing the professional services relevant to the submission. Neither the precise amount received from each entity nor the aggregate income from these sources needs to be provided. Professional services include any activities for which the individual has, been, or will be compensated with cash, royalties, fees, stock or stock options in exchange for work performed, advice or counsel provided, or for other services related to the author’s professional knowledge and skills. This would include, but not necessarily be limited to, the identification of organizations from which the author received contracts or in which he or she holds an equity stake if professional services were provided in conjunction with the transaction.

Examples of declarations are:

- **Conflict of interest.**
  The authors declare no conflict of interest.

- **Conflict of interest.**
  Dr Caron’s work has been funded by the NIH. He has received compensation as a member of the scientific advisory board of Acadia Pharmaceutical and owns stock in the company. He also has consulted for Lundbeck and received compensation. Dr Rothman and Dr Jensen declare no potential conflict of interest.

**Authorship**

Requirements for all categories of articles should conform to the “Uniform Requirements for Manuscripts Submitted to Biomedical Journals,” developed by the ICMJE (www.icmje.org).

Each author must have contributed sufficiently to the intellectual content of the submission. The corresponding author should list all authors and their contributions to the work. Any changes to the author list after submission, such as a change in the order of the authors, or the deletion or addition of authors, must be approved by a signed letter from every author. The corresponding author must confirm that he or she has had full access to the data in the study and final responsibility for the decision to submit for publication. To qualify as a contributing author, one must meet all of the following criteria:

1) Conceived and/or designed the work that led to the submission, acquired data, and/or played an important role in interpreting the results.

2) Drafted or revised the manuscript.

3) Approved the final version.

Contributions by individuals who made direct contributions to the work but do not meet all of the above criteria should be noted in the Acknowledgments section of the manuscript. Medical writers and industry employees can be contributors. Their roles, affiliations, and potential conflicts of interest should be included in the author list or noted in the Acknowledgments and/or Contributors section concurrent with their contribution to the work submitted. Signed statements from any medical writers or editors declaring that they have given permission to be named as an author, as a contributor, or in the Acknowledgments section is also required. Failure to acknowledge these contributors can be considered inappropriate, which conflicts with the journal’s editorial policy.

**Reproducibility**

As of March 2015, *International Journal of Obesity* requires authors of papers that are sent for external review to include in their manuscripts relevant details about several elements of experimental and analytical design. This initiative aims to improve the transparency of reporting and the reproducibility of published results, focusing on elements of methodological information that are frequently poorly reported. Authors being asked to resubmit a manuscript will be asked to confirm that these elements are included by filling out a checklist that will be made available to the editor and reviewers.

**Correspondence with the Journal**

One author is designated the contact author for matters arising from the manuscript (materials requests, technical comments and so on). It is this author’s responsibility to inform all co-authors of matters arising and to ensure such matters are dealt with promptly. Before submission, the corresponding author ensures that all authors are included in the author list, its order agreed upon by all authors, and are aware that the manuscript was submitted. After acceptance for publication, proofs are e-mailed to this corresponding author who should circulate the proof to all co-authors and coordinate corrections among them.
Plagiarism and Fabrication

Plagiarism is when an author attempts to pass off someone else’s work as his or her own. Duplicate publication, sometimes called self-plagiarism, occurs when an author reuses substantial parts of his or her own published work without providing the appropriate references. Minor plagiarism without dishonest intent is relatively frequent, for example, when an author reuses parts of an introduction from an earlier paper.

Springer Nature Journals use CrossCheck, a plagiarism detection software tool, to identify instances of overlapping and similar text in submitted manuscripts. CrossCheck is a multi-publisher initiative to screen published and submitted content for originality. To find out more about CrossCheck visit www.crossref.org/crosscheck.html.

If a case of plagiarism comes to light after a paper is published, the Journal will conduct a preliminary investigation, utilising the guidelines of the Committee on Publication Ethics. If plagiarism is proven, the Journal will contact the author’s institute and funding agencies as appropriate. The paper containing the plagiarism may also be formally retracted or subject to correction.

All papers accepted for publication in IJO will be subject to CrossCheck analysis.

Image Integrity and Standards

Images submitted with a manuscript for review should be minimally processed (for instance, to add arrows to a micrograph). Authors should retain their unprocessed data and metadata files, as editors may request them to aid in manuscript evaluation. If unprocessed data is unavailable, manuscript evaluation may be stalled until the issue is resolved.

A certain degree of image processing is acceptable for publication, but the final image must correctly represent the original data and conform to community standards. The guidelines below will aid in accurate data presentation at the image processing level:

- Authors should list all image acquisition tools and image processing software packages used. Authors should document key image-gathering settings and processing manipulations in the Methods section.
- Images gathered at different times or from different locations should not be combined into a single image, unless it is stated that the resultant image is a product of time-averaged data or a time-lapse sequence. If juxtaposing images is essential, the borders should be clearly demarcated in the figure and described in the legend.
- Touch-up tools, such as cloning and healing tools in Photoshop, or any feature that deliberately obscures manipulations, is to be avoided.
- Processing (such as changing brightness and contrast) is appropriate only when it is applied equally across the entire image and is applied equally to controls. Contrast should not be adjusted so that data disappear. Excessive manipulations, such as processing to emphasize one region in the image at the expense of others (for example, through the use of a biased choice of threshold settings), is inappropriate, as is emphasizing experimental data relative to the control.

For gels and blots, positive and negative controls, as well as molecular size markers, should be included on each gel and blot – either in the main figure or an expanded data supplementary figure. The display of cropped gels and blots in the main paper is encouraged if it improves the clarity and conciseness of the presentation. In such cases, the cropping must be mentioned in the figure legend.

- Vertically sliced gels that juxtapose lanes that were not contiguous in the experiment must have a clear separation or a black line delineating the boundary between the gels.
- Cropped gels in the paper must retain important bands.
- Cropped blots in the body of the paper should retain at least six band widths above and below the band.
- High-contrast gels and blots are discouraged, as overexposure may mask additional bands. Authors should strive for exposures with gray backgrounds. Immunoblots should be surrounded by a black line to indicate the borders of the blot, if the background is faint.
- For quantitative comparisons, appropriate reagents, controls and imaging methods with linear signal ranges should be used.

Microscopy adjustments should be applied to the entire image. Threshold manipulation, expansion or contraction of signal ranges and the altering of high signals should be avoided. If ‘pseudo-colouring’ and nonlinear adjustment (for example ‘gamma changes’) are used, this must be disclosed. Adjustments of individual colour channels are sometimes necessary on ‘merged’ images, but this should be noted in the figure legend. We encourage inclusion of the following with the final revised version of the manuscript for publication:

- In the Methods section, specify the type of equipment (microscopes/objective lenses, cameras, detectors, filter model and batch number) and acquisition software used. Although we appreciate that there is some variation between instruments, equipment settings for critical measurements should also be listed.
- The display lookup table (LUT) and the quantitative map between the LUT and the bitmap should be provided, especially when rainbow pseudo-colour is used. It should be stated if the LUT is linear and covers the full range of the data.
- Processing software should be named and manipulations indicated (such as type of deconvolution, three-dimensional reconstructions, surface and volume rendering, ‘gamma changes’, filtering, thresholding and projection).
- Authors should state the measured resolution at which an image was acquired and any downstream processing or averaging that enhances the resolution of the image.

Research Data Policy

We strongly encourage that all datasets on which the conclusions of the paper rely should be available to readers. We encourage authors to ensure that their datasets are either deposited in publicly available repositories (where available and appropriate) or presented in the main manuscript or additional supporting files whenever possible. Where one does not exist, the information must be made available to referees at submission and to readers promptly upon request. Any restrictions on material availability or other relevant information must be disclosed in the manuscript’s Methods section and should include details of how materials and information may be obtained.

Revised 27/03/2017
Please see the journals guidelines on Research Data policy here.

**Sequences, Structures and “Omics”**

Papers reporting protein or DNA sequences and molecular structures will not be accepted without an accession number to Genbank/EMBL/DDBJ, SWISS-PROT, ProteinDataBank, or other publicly available database in general use in the field that gives free access to researchers from the date of publication.

Authors of papers describing structures of biological macromolecules must provide experimental data upon the request of Editor if they are not already freely accessible in a publicly available database such as ProteinDataBank, Biological Magnetic Resonance Database, or Nucleic Acid Database.

**Human and Other Animal Experiments**

For primary research manuscripts reporting experiments on live vertebrates and/or higher invertebrates, the corresponding author must confirm that all experiments were performed in accordance with relevant guidelines and regulations. All manuscripts reporting animal research must be written up in accordance with the ARRIVE (Animal Research: Reporting In Vivo Experiments) guidelines – see http://www.nc3rs.org/ARRIVE. The manuscript must include in the Supplementary Information (methods) section (or, if brief, within of the print/online article at an appropriate place), a statement identifying the institutional and/or licensing committee approving the experiments, including any relevant details regarding animal welfare, patient anonymity, drug side effects and informed consent.

For experiments involving human subjects, authors must identify the committee approving the experiments, and include with their submission a statement confirming that informed consent was obtained from all subjects.

**Biosecurity Policy**

The Editor may seek advice about submitted papers not only from technical reviewers but also on any aspect of a paper that raises concerns. These may include, for example, ethical issues or issues of data or materials access. Occasionally, concerns may also relate to the implications to society of publishing a paper, including threats to security. In such circumstances, advice will usually be sought simultaneously with the technical peer-review process. As in all publishing decisions, the ultimate decision whether to publish is with the Editor of the journal concerned.

**Peer Review**

Manuscripts sent out for peer review are evaluated by at least one independent reviewer (often two or more). Authors are welcome to suggest independent reviewers to evaluate their manuscript, as well as request individuals or laboratories. All recommendations are considered, but it is at the Editor’s discretion their choice of reviewers. To expedite the review process, only papers that seem most likely to meet editorial criteria are sent for external review. Papers judged by the editors to be of insufficient general interest or otherwise inappropriate are rejected promptly without external review. The editors then make a decision based on the reviewers' evaluations:

- **Accept**, with or without editorial revisions.
- **Revise**, with the author addressing concerns raised by the reviewers before a final decision is reached.
- **Reject**, but indicate to the authors that further work might justify a resubmission.
- **Reject outright**, typically on grounds of specialist interest, lack of novelty, insufficient conceptual advance or major technical and/or interpretational problems.

**Anonymity and Confidentiality**

All details about submitted manuscripts are kept confidential and no comments are issued to outside parties or organizations about manuscripts under consideration or if they are rejected. Editors are restricted to making public comments on a published article’s content and their evaluation. We do not release reviewers’ identities to authors, except when reviewers specifically ask to be identified.

We ask reviewers not to identify themselves to authors without the editor’s knowledge. If they wish to reveal their identities while the manuscript is under consideration, this should be done via the editor; if this is not practicable, we ask authors to inform the editor as soon as possible after the reviewer has revealed their identity. We deplore any attempt by authors to confront reviewers or try to determine their identities. Our own policy is to neither confirm nor deny any speculation about reviewers’ identities, and we encourage reviewers to adopt a similar policy. Upon accepting an invitation to evaluate a manuscript, reviewers must keep the manuscript and associated data confidential, and not redistribute them without the journal’s permission. If a reviewer asks a colleague to assist in assessing a manuscript, confidentiality must be ensured and their names must be provided to the journal with the final report.

**Selecting Peer Reviewers**

Reviewer selection is critical to the publication process, and we base our choice on many factors, based on expertise, reputation, and specific recommendations. A reviewer may decline the invitation to evaluate a manuscript where there is a perceived conflict of interest (financial or otherwise).

**Communication with the Media**

Material submitted must not be discussed with the media. We reserve the right to halt the consideration or publication of a paper if this condition is broken. If a paper is particularly newsworthy, the press release will be sent to our list of journalists in advance of publication with an embargo that forbids any coverage of the manuscript, or the findings of the manuscript, until the time and date clearly stated. Authors whose papers are scheduled for publication may also arrange their own publicity (for instance through their institution’s press offices), but they must strictly adhere to our press embargo and are advised to coordinate their own publicity with our press office.

**Communication Between Scientists**

We do not wish to hinder communication between scientists. We ask you to communicate with other researchers as much as you wish, whether on a recognized community preprint server, by discussion at scientific meetings or by online collaborative sites such as wikis, but we do not encourage premature publication by discussion with the press (beyond a formal presentation, if at a conference).
Pre- and Post-Submissions

Authors are welcome to post pre-submission versions or the original submitted version of the manuscript on a personal blog, a collaborative wiki or a recognized preprint server (such as ArXiv) at any time (but not subsequent pre-accept versions that evolve due to the editorial process).

For subscribed content, the accepted version of the manuscript, following the review process, may only be posted 6 months after the paper is published in a Springer Nature journal. A publication reference and URL to the published version on the journal website must be provided on the first page of the postprint. The published version — copyedited and in the individual Springer Nature journal format — may not be posted on any website or preprint server.

For open access content published under a creative commons license, authors can replace the submitted version with the final published version at publication as long as a publication reference and URL to the published version on the journal website are provided.

Correction and Retraction Process

Content published as Advance Online Publication (AOP) is final and cannot be amended. The online and print versions are both part of the published record hence the original version must be preserved and changes to the paper should be made as a formal correction. If an error is noticed in an AOP article, a correction should accompany the article when it publishes in print. An HTML (or full-text) version of the correction will also be created and linked to the original article. If the error is found in an article after print publication the correction will be published online and in the next available print issue.

Please note the following categories of corrections to print and online versions of peer reviewed content:

- **Erratum.** Notification of an important error made by the journal that affects the publication record or the scientific integrity of the paper, or the reputation of the authors, or of the journal.
- **Corrigendum.** Notification of an important error made by the author that affects the publication record or the scientific integrity of the paper, or the reputation of the authors or the journal.
- **Retraction.** Notification of invalid results. All co-authors must sign a retraction specifying the error and stating briefly how the conclusions are affected.

Decisions about corrections are made by the Editor (sometimes with peer-reviews’ advice) and this sometimes involves author consultation. Requests to make corrections that do not affect the paper in a significant way or impair the reader’s understanding of the contribution (a spelling mistake or grammatical error, for example) are not considered.

In cases where co-authors disagree about a correction, the editors will take advice from independent peer-reviewers and impose the appropriate correction, noting the dissenting author(s) in the text of the published version.

FURTHER INFORMATION

For inquiries related to submission requirements, please contact the editorial office. For inquiries related to advertising, subscriptions, permissions, papers in production or publishing a supplement, please contact the publisher’s office.