



Author Guidelines and Dummy Manuscript Template for Original Research Articles

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Authors

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MJ&M Biolabs Editorial Team

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This document serves as both an **author guideline** and a **dummy manuscript** for original research articles submitted to MJM Biolabs Journals. Authors should follow the structure described here exactly. The content in this dummy is purely instructional; authors are expected to replace it with their own data, analysis, and narrative.

General Formatting Instructions

All manuscripts must adhere to the following formatting requirements:

- **File format:** Microsoft Word (.docx).
- **Font:** Times New Roman, 12 point.
- **Line spacing:** 1.5-spaced throughout, including references, tables, and figure legends. Abstract should be single-spaced.
- **Margins:** 1 inch (2.54 cm) on all sides.
- **Page numbers:** Continuous, top right.
- **Word count:** Maximum 5,000 words excluding abstract, references, tables, and figures.
- **Language:** British English. Write in clear, formal, and scholarly language. For example, instead of writing “a lot of patients got better” (colloquial), use “a large proportion of patients improved.” Instead of “don’t” (contraction), write “do not.” Instead of “we interviewed 50 participants” (personal pronoun), use “fifty participants were interviewed.”
- **Referencing style:** APA 7th edition. All in-text citations should be author, date style (e.g., World Health Organization, 2021). The reference list should use hanging indent format.
- **Anonymization:** For peer review, the main manuscript must not contain author details. A separate title page should include all author information.
- **Plagiarism policy:** Submissions must have a similarity index of less than 15%. You may download and read the entire policy from our website.





COVER PAGE

The cover page should include:

- **Title:** Concise, informative, and no longer than 20 words. Avoid abbreviations or vague expressions. For example:

Correct: Prevalence and Predictors of Hypertension among Adults Attending a Referral Hospital in Kenya: A Cross-sectional Study

Incorrect: A Study of Hypertension in Kenya

- **Authors:** List all authors in order of contribution. Example: John Doe¹, Jane Smith², Michael Ochieng³
- **Author Affiliations:** Example:
 - ¹ Department of Nursing, University of Nairobi, Nairobi, Kenya
 - ² School of Public Health, Makerere University, Kampala, Uganda
 - ³ Department of Medical Laboratory Sciences, School of Medicine and Health Sciences, Kabarak University, Nakuru, Kenya

- **Corresponding Author:** email address

ABSTRACT (250–300 WORDS)

The abstract must be structured into Background, Objective, Methods, Results, and Conclusion. Do not include references, tables, or figures.

Example Abstract

Background: Hypertension is a growing public health challenge in low- and middle-income countries, yet data from referral hospitals in Kenya remain limited.

Objective: To determine the prevalence and risk factors of hypertension among adults attending Nakuru Level 5 Hospital.

Methods: A hospital-based cross-sectional study was conducted among 300 adults. Systematic random sampling was used. Data were collected using a structured questionnaire and physical measurements. Analysis included descriptive statistics and logistic regression using SPSS v25.

Results: The prevalence of hypertension was 42%. Risk was significantly higher among participants aged ≥ 50 years (AOR = 2.3, 95% CI: 1.5–3.6) and those with obesity (AOR = 3.4, 95% CI: 2.0–5.6).

Conclusion: Hypertension is highly prevalent in this population and strongly linked to modifiable risk factors. Preventive interventions targeting diet and physical activity are urgently required.

Keywords: hypertension, prevalence, risk factors, Kenya, adults

INTRODUCTION (600–800 WORDS)

The introduction should provide context, identify gaps, and present the main objective. Write in a funnel shape: global, regional, local, reveal gaps, state main objective of the study.

Example of flow in Introduction:

- **Paragraph 1 (context):** “Hypertension affects over 1.13 billion people globally, with two-thirds living in low- and middle-income countries (WHO, 2021).”
- **Paragraph 2 (regional relevance):** “In sub-Saharan Africa, prevalence exceeds 40%, driven by dietary transition, urbanization, and limited health resources (Muriuki & Wambugu, 2019).”
- **Paragraph 3 (local relevance and gap):** “In Kenya, the 2015 STEPS survey reported 24% prevalence, yet little is known about patterns in county referral hospitals.”
- **Paragraph 4 (objectives):** “This study therefore sought to determine the prevalence and risk factors of hypertension among adult patients at Nakuru Level 5 Hospital.”

Always cite literature (APA 7th). Avoid vague statements such as “Hypertension is a big problem.”

METHODS (1,000–1,200 WORDS)

Written in past tense, methods should allow replication. Use subheadings as follows:

Study Location

Describe the site, e.g., “This study was conducted at Nakuru Level 5 Hospital, a referral facility in Rift Valley, Kenya, serving over two million residents.” Justify the choice of this location.

Study Design

Indicate and justify, e.g., “A cross-sectional design was chosen to estimate prevalence within the outpatient population.” Be keen to provide a reference for the design used.

Sampling Framework

Define the population, e.g., “The study population comprised adult patients ≥ 18 years attending outpatient clinics.” Explain sampling: “Systematic random sampling was used, selecting every third patient.” Provide sample size calculation: “Sample size was 300, calculated using Fisher’s formula at 95% confidence and 5% margin of error.”

Data Collection Tools

Describe instruments: “Data were collected using a structured questionnaire adapted from the WHO STEPS tool and validated in a pilot with 20 patients (Cronbach’s $\alpha = 0.82$).”

Data Collection Procedures:

“Three trained assistants conducted interviews and took blood pressure readings using digital sphygmomanometers. Each participant had three readings at five-minute intervals; the mean of the last two was recorded.” Each step involved in this process should be clearly stated.

Data Analysis

“Data were entered into SPSS v25. Descriptive statistics summarized categorical variables as frequencies and percentages, and continuous variables as means $\pm$ SD. Associations were tested with chi-square and t-tests. Logistic regression identified independent predictors. Statistical significance was set at $p < 0.05$.”

Ethical Considerations

“Approval was obtained from the University Ethics Review Committee (Ref No:/ERC/025/2025). Written informed consent was obtained. Confidentiality was ensured by anonymizing data.”

RESULTS (800–1,000 WORDS)

The results should be objective and directly related to the study objectives. Narrative comes before tables/figures. Only highlight key findings in text.

Example narrative and table:

Label of the Results Being Presented Here

Among the 300 participants, 56% were female, with a mean age of 44.3 ± 12.7 years. Table 1 presents the socio-demographic characteristics.

Table 1:

Socio-economic Characteristics of the Participants

Variable	Category	Frequency (n)	Percentage (%)
Gender	Male	132	44.0
	Female	168	56.0
Age	18-29	45	15.0
	30-49	165	55.0
	≥ 50	90	30.0

Example narrative and figure:

Label of the Results Being Presented Here

The prevalence of hypertension increased with age, with the highest prevalence among those aged ≥ 50 years (61%). Figure 1 illustrates this distribution.

Figure 1: *Prevalence of Hypertension by Age Group*

Figures must be high resolution (300 dpi minimum), and tables should not duplicate narrative.





DISCUSSION (800–1,000 WORDS)

The discussion interprets findings. Do not restate all results.

Example flow:

- **Paragraph 1 (summary):** “This study found hypertension prevalence of 42%, higher than the 24% reported in the Kenya STEPS survey.”
- **Paragraph 2 (comparison):** “These findings are consistent with studies in Nairobi (Muriuki & Wambugu, 2019), which reported 40% prevalence, but higher than those in rural Tanzania (Kilonzo et al., 2018).”
- **Paragraph 3 (explanation):** “The higher prevalence may be explained by the urban population studied, dietary patterns, and sedentary lifestyles.”
- **Paragraph 4 (implications):** “These findings highlight the need for hospital-based screening and lifestyle interventions integrated into outpatient services.”
- **Paragraph 5 (limitations):** “Limitations include cross-sectional design and self-reported lifestyle measures, which may introduce recall bias.”
- **Paragraph 6 (further research):** “Future cohort studies are needed to explore causal pathways.”

Conclusions (150–200 words)

The conclusion should state the most important findings and their implications. Avoid repetition.

Example:

“This study demonstrates a high prevalence of hypertension among adults at Nakuru Level 5 Hospital, particularly among older and obese individuals. The findings emphasize the urgent need for prevention strategies focusing on lifestyle modification and routine screening.”

Recommendations (150–200 words)

Recommendations must be practical and aligned to findings.

Example:

“We recommend integration of hypertension screening into all outpatient visits at referral hospitals, public education on salt reduction and healthy diets, and workplace-based wellness programs to address sedentary behavior. Policymakers should strengthen implementation of Kenya’s NCD strategy, while researchers should conduct longitudinal studies to clarify causality.”

Conflict of Interest

Example:

“The authors declare no conflict of interest.”

Author Contributions

Example:

“John Doe conceptualized the study. Jane Smith collected and analyzed the data. Michael Ochieng drafted the manuscript. All authors reviewed and approved the final version.”

REFERENCES (APA 7TH EDITION)

• Journal article

- Muriuki, J., & Wambugu, P. (2019). Prevalence and risk factors of hypertension in sub-Saharan Africa: A systematic review. *African Journal of Medicine and Health Sciences*, 22(3), 145–154. <https://doi.org/xxxxx>

• Book

- Polit, D. F., & Beck, C. T. (2021). *Nursing research: Generating and assessing evidence for nursing practice* (11th ed.). Wolters Kluwer.

• Website

- World Health Organization. (2021). Hypertension fact sheet. <https://www.who.int/news-room/fact-sheets/detail/hypertension>

Final Notes to Authors

- Write clearly, logically, and concisely in British English.
- Avoid plagiarism; similarity index must be <15%.
- Define abbreviations at first use.
- Ensure all tables and figures are cited in order.
- Submit manuscripts in anonymized form for peer review.
- Use non-sexist, inclusive language.

