

CALL FOR PAPERS

Deadline: April 1, 2013

BIOLOGICAL RESEARCH FOR NURSING

Integrating Biobehavioral Research into Health Care



SPECIAL ISSUE:
*Activity, Activity Restriction
and Sedentarism*

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Regular physical activity can improve health status and decrease the effects of disease. However, a large percentage of the population does not engage in moderate-to-vigorous activity on a regular basis. In addition, patients experience unavoidable or avoidable periods of inactivity or immobility during illness and recovery. Strategies to initiate and sustain physical activity and to decrease inactivity are not well established, and health care providers often lack knowledge about the type and amount of physical activity necessary. Further, health care systems may encourage sedentarism for fall prevention, convenient access to patients, etc. In September 2011 the United Nations declared that sedentary lifestyles pose a major threat to global health via diseases related to inactivity, such as cardiovascular disease and diabetes, and called for efforts to increase physical activity. By recognizing the benefits of physical activity and the debilitating effects of immobility, addressing key components of behavior change, incorporating best practices and using benchmarks, advance practice nurses and other health care providers can make a difference in the health status of the population.

The goals of this special issue are to

- 1) Provide new findings related to biobehavioral outcomes resulting from interventions/ alterations in care to increase appropriate physical activity and reduce sedentarism in healthy and ill populations (increase activity);
- 2) Provide new findings about the detrimental effects of avoidable and unavoidable immobility and activity restriction that result from acute and chronic disease processes and treatments (reduce morbidity);
- 3) Provide integrative reviews and meta-analyses of the literature on physical activity or inactivity outcomes in specific populations.

Submissions of basic science, clinical and applied research and theoretical-research-practice linkages from multiple disciplines are encouraged as long as they address translational relevance to nursing practice.

Biological Research for Nursing is the *only* journal specifically intended to deliver basic, clinical, and applied research about biological changes in healthy and unhealthy populations to nurses. The journal publishes peer-reviewed articles that address issues such as:

- Theoretical foundations that increase understanding of biological and physiological changes in health and illness
- Enhancements in health care interventions developed through biological and physiological research findings
- New methods, instruments, and techniques for biological and physiological research

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Author Guidelines

Complete manuscripts (including illustrations, figures, etc.) should be submitted electronically at <http://mc.manuscriptcentral.com/brn>. Submission of a manuscript implies commitment to publish in the journal. Concurrence of all listed authors is assumed. Authors submitting manuscripts to the journal should not simultaneously submit them to another journal; nor should authors submit manuscripts that have been published elsewhere in substantially similar form or with substantially similar content.

Manuscripts should be written in English, and all copy should be double spaced. Style should conform generally to the *Publication Manual of the American Psychological Association* (6th edition). Manuscripts should generally be no more than 25 pages in length, including text, references, figures and tables. Reports of pilot or feasibility studies should be no longer than 15 pages. Authors submitting manuscripts that exceed these page limits should send a query letter via email to the guest editor explaining the need for additional length. Manuscripts submitted should consist of the following:

1. A separate file containing a title page, including the title and a short running title, all authors' names (indicate which author will serve as corresponding author), and the institution(s) from which the paper originates. Include also affiliation and e-mail address for each author and a current mailing address and phone and fax numbers for the corresponding author. Indicate total number of pages, illustrations, and tables. Any funding or other acknowledgments should also be included in this file. This material will be kept separate from the rest of the manuscript throughout the double-blind review process.
2. A manuscript file containing the following:
 - a. An abstract, not to exceed 250 words, followed by three to six keywords.
 - b. For reports of empirical studies: An introduction, a materials and methods section, a results section, and a discussion section that includes a statement of the findings' significance, including relevance to nursing practice.
 - c. For theoretical/methodological and invited papers: The papers should be organized in an appropriate, logical format for the material being addressed.
 - d. For reviews of literature: The papers should address a focused, scientific question and display a logical organization. The criteria and search strategy used for selection of articles to include in the review should be made explicit.
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 - e. Tables and illustrations should be submitted on separate pages in a form appropriate for direct reproduction. These pages may be embedded at the end of the main manuscript file or may be submitted as a separate file.
 - f. A list of figure captions should follow the references. These are to be typed consecutively on the same page(s).

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