

The Journal of the Japanese Association on Sarcopenia and Frailty (JJASF)

Information for Authors

Effective from January 2026

SUBMISSION:

Please submit your manuscript via E-mail to the Editorial Office at maf-jasf@mynavi.jp

1. General Policy

The *Journal of the Japanese Association on Sarcopenia and Frailty* (JJASF) is the official journal of the Japanese Association on Sarcopenia and Frailty. The journal publishes Original Research, Review Articles, Brief Reports (including Case Reports), and Letters to the Editor related to sarcopenia, frailty, and associated fields.

The journal aims to promote research, clinical practice, education, and social contribution in the fields of sarcopenia and frailty.

Copyright and Open Access Policy

1. Copyright: The copyright of all manuscripts published in JJASF belongs to the Japanese Association on Sarcopenia and Frailty. Unauthorized reproduction of published materials is prohibited.
2. J-STAGE & Licensing: Starting from 2025, JJASF is published electronically on J-STAGE. The journal applies the Creative Commons Attribution (CC-BY) license.
3. Publication Schedule (Embargo):
 - First 6 Months: Articles are accessible only to Association members via the official website (authentication required).

- After 6 Months: Articles are released on J-STAGE as Open Access (freely available to the public) under the CC-BY license.

4. Agreement: By submitting a manuscript, authors agree to transfer copyright to the Association and accept the licensing terms and publication schedule described above.

Ethical Standards

Manuscripts must adhere to the ICMJE Recommendations (International Committee of Medical Journal Editors) and COPE (Committee on Publication Ethics) guidelines. Studies involving human subjects must comply with the Declaration of Helsinki and approved by an appropriate institutional review board (IRB). Animal studies must follow institutional and national guidelines for the care and use of laboratory animals.

2. Article Categories & Requirements

Submissions to JJASF should adhere to the AMA Manual of Style (11th edition). *Note: The journal encourages the use of age-inclusive language (e.g., "older adults," "older persons") and avoids terms such as "the elderly" or "seniors."*

Original Research

- Content: Full-length reports of original research investigations.
- Word Limit: Maximum 5,500 words (excluding abstract, references, and tables/figures).

- Abstract: Structured (Maximum 300 words).
 - Must use the following headings: Background, Objectives, Design, Setting, Participants, Intervention (if any), Measurements, Results, and Conclusions.
- Keywords: 3 to 5 keywords.
- References: Maximum 60.
- Graphics: Maximum 5 tables/figures.

Review Articles

- Content: Comprehensive reviews of specific topics.
- Word Limit: Maximum 6,500 words.
- Abstract: Narrative (unstructured) (Maximum 250 words).
- Keywords: 3 to 5 keywords.
- References: Maximum 120.
- Graphics: Maximum 5 tables/figures.

Brief Reports (including Case Reports)

- Content: Preliminary findings, limited clinical studies, or description of complex/novel clinical cases (Case Reports).
- Word Limit: Maximum 3,500 words.
- Abstract: Narrative (unstructured) (Maximum 250 words).
- Keywords: 3 to 5 keywords.
- References: Maximum 30.
- Graphics: Maximum 2 tables/figures.

Letters to the Editor

- Content: Brief commentaries on published articles or concise observations.
- Word Limit: Maximum 800 words.
- Abstract: None required.
- References: Maximum 5.
- Graphics: Maximum 1 table/figure.

3. Manuscript Preparation

File Formats

Manuscripts should be submitted as Microsoft Word files (.doc or .docx).

- Font: 10.5-point standard font (e.g., Times New Roman).
- Layout: Double-spaced, A4 size. Include page numbers and continuous line numbers.
- Language: Manuscripts must be written in English. Authors who are not native English speakers are strongly recommended to have their manuscripts proofread by a native speaker or a professional editing service before submission.
- Use of Generative AI: If generative AI tools (e.g., ChatGPT) were used in the preparation of the manuscript, authors must disclose this in the Acknowledgments section. Authors are fully responsible for the accuracy and integrity of the content.

Title Page

The title page must include:

1. Article category.
2. Title of the manuscript.
3. Full names of all authors.

4. Affiliations and institutions of all authors.
5. Contact information of the corresponding author (including E-mail address).
6. Conflict of Interest (COI) statement for all authors (reporting COI status for the past 1 year).

References

- Citation Style: References in the text should be identified by superscript numbers placed after punctuation to align with the AMA Manual of Style.
- Reference List: Numbered consecutively in the order of appearance.
 - List the first 3 authors followed by "et al." if there are more than 6 authors.
 - Abbreviate journal names according to Index Medicus/PubMed.

Examples:

1. Gamelin FX, Baquet G, Berthoin S, et al. Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol*. 2009;105:731-738.
2. South J, Blass B. *The Future of Modern Genomics*. Blackwell; 2001.

4. Submission Process

Manuscripts should be submitted via E-mail to the JJASF Editorial Office.

Submission E-mail: maf-jasf@mynavi.jp

Required Files: Please attach the following separate files:

1. Cover Letter (including a statement clearly indicating whether the authors are members of the Association)
2. Title Page
3. Main Text (Abstract, Keywords, Main Body, References, Figure Legends)
4. Tables
5. Figures
6. COI Disclosure Form (Specific format available on the website)

5. Publication Fees

- Members of the Association: Free of charge.
- Non-members: Free up to 6 printed pages. A fee of 10,000 JPY (approx. 70 USD) per page will be charged for pages exceeding this limit.
- Reprints: Available at the author's expense.

6. Editorial Office / Contact

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