CHECK LIST FOR MANUSCRIPT SUBMISSION

Dear authors, this checklist was created to help you verify compliance with the key requirements for manuscript submission. Completion is mandatory, and it must be signed and submitted with the manuscript through the ScholarOne platform.

MANUSCRIPT TITLE:

1. SUPPLEMENTARY DOCUMENTS	Yes	No	Not applicable
1.1. Letter of presentation of article for submission.	☐	☐	☐
1.2. *This checklist was completed and signed.*	☐	☐	☐
1.3. Declaration of Curriculum Lattes (updated in the last 3 months) of all authors.	☐	☐	☐
1.4 Clinical Trial Registration statement, validated according to the criteria established by the World Health Organization (WHO) and the International Committee of Medical Journal Editors (ICMJE), including the registration number at the end of the abstract.	☐	☐	☐
1.5 Copy of the approval letter from the Research Ethics Committee.	☐	☐	☐
1.6 Proofreading declaration of the translated manuscript. For manuscripts submitted in English.	☐	☐	☐
1.7 Acknowledgments: Attach the express permission	☐	☐	☐
1.8. All documents were signed by all authors.	☐	☐	☐
1.9. All documents have a high enough resolution for printing.	☐	☐	☐

2. MANUSCRIPT ORGANIZATION/FORMATTING	Yes	No	Not applicable
2.1. The manuscript does not exceed the word count limit set for this type of manuscript.	☐	☐	☐
2.2. Manuscript is in Microsoft WORD format.	☐	☐	☐
2.3. Type and size of font used: Arial 11 pt.	☐	☐	☐
2.4. Line spacing: 1,5 spacing between lines and in the entire manuscript, except the references, and tables.	☐	☐	☐
2.5. Text alignment: justified.	☐	☐	☐
2.6. Pages are numbered consecutively in the lower left-hand corner (beginning with the cover page).	☐	☐	☐

	Yes	No	Not applicable
2.7. Manuscript was prepared using a word processor like Microsoft Word 2010 or later editions.	☐	☐	☐
2.8. Paper size and margins: A4 paper; top and bottom margins: 2.5 cm; left and right margins: 3 cm.	☐	☐	☐
2.9. The pages of the manuscript were arranged as follows: - Cover page - Abstract/Resumo - Text - References (in a separate page below the text - Illustrations (each one in a separate page below the references).	☐	☐	☐

3. COVER PAGE	Yes	No	Not applicable
3.1. Full title in English.	☐	☐	☐
3.2 Full title in Portuguese.	☐	☐	☐
3.3. Contains a short title (running title) with no more than 40 characters long (including spaces) in the language the article will be published..	☐	☐	☐
3.4. Contains all authors' full names without abbreviations of personal name or family name.	☐	☐	☐
3.5. Authors' ORCID iDs were informed.	☐	☐	☐
3.6. Contains author's institutional affiliations include the **three** following levels of contact information, in addition to city, state, and country: **Example:** University... [level 1], Research center/School/Course... [level 2], Department/Laboratory/Graduate program/Course... [level 3]. City, State, Country.	☐	☐	☐
3.7. The institutional affiliation informed is the author's current institution. Only one affiliation per author was included, and all information was written out in full, without acronyms.	☐	☐	☐
3.8. Contains corresponding author's full name, full postal address (affiliation), telephone number, and e-mail address.	☐	☐	☐
3.9. Contains all authors' telephone number and e-mail address.	☐	☐	☐
3.10. Includes all **authors' tiles**. **Example**: Master, Master student, Doctor (PhD), Doctoral student, Post-doctoral researcher (or professor). Information about the institution from which the author received a degree is not required.	☐	☐	☐
3.11. Contains the contributions each author made to the manuscript in the language the article will be published, according to the Journal's publication guidelines.	☐	☐	☐
3.12. Contains information about whether the manuscript derived from a dissertation or thesis, including the title, author, university, and year of publication.	☐	☐	☐
3.14. Contains information about all sources of funding (including grant numbers and/or official project approval notification).	☐	☐	☐
3.15. Contribution of colleagues and technicians was acknowledged in a paragraph with no longer than three sentences (optional).	☐	☐	☐
3.16. Contains the manuscript category.	☐	☐	☐
3.17. The thematic area of the manuscript was informed.	☐	☐	☐
3.18. Includes conflicts of interest statement.	☐	☐	☐
3.19. Includes number of tables.	☐	☐	☐
3.20. Includes number of figures.	☐	☐	☐
3.21. Includes number of charts	☐	☐	☐

3.22. Includes total word count.	☐	☐	☐

4. ABSTRACT/RESUMO	**Yes**	**No**	**Not applicable**
4.1. The abstract in English contains between 150 and 250 words.	☐	☐	☐
4.2. The *resumo* in Portuguese contains between 150 and 250 words.	☐	☐	☐
4.3. Contains 3-6 *palavras-chave*/keywords. They were selected using the Health Sciences Descriptors (DeCS). http://decs.bvs.br/).	☐	☐	☐
4.4.Original Article: has a structured: Objective, Methods, Results, Conclusion. Other manuscript categories: has a narrative resumo/abstract.	☐	☐	☐
4.5. Does not contain words written in all capital letters, acronyms, references to the cited literature, and abbreviations.	☐	☐	☐

5. TEXT STRUCTURE	**Yes**	**No**	**Not applicable**
5.1. Original Article: is organized as follows: Introduction, Methods, Results, Discussion, and Conclusion.	☐	☐	☐
5.2. The section conclusion/final considerations does not contain references to the cited literature.	☐	☐	☐
5.3. Footnotes refer to institutional affiliation or translation of citations only.	☐	☐	☐

6. CITATIONS	**Sim**	**Não**	**Não se aplica**
6.1. Citations were written using the **Vancouver** reference style.	☐	☐	☐
6.2. Citations are identified by Arabic numerals listed in ascending order enclosed in brackets. Ex: Studies show that diabetes increases the risk of developing vascular diseases, such as myocardial infarction and stroke [1-4].	☐	☐	☐
6.3. Direct quotations are enclosed in quotation marks, within the body of the text, and contain the page number for reference.	☐	☐	☐

7. LIST OF REFERENCES	**Yes**	**No**	**Not applicable**
7.1.List of references was written using the **Vancouver** reference style.	☐	☐	☐
7.2. References are numbered in the order they were mentioned in the text.	☐	☐	☐
7.3. List of references was written with simples pace between lines and 11 pt size font.	☐	☐	☐
7.4. References of electronic documents contain the hyperlink and access date (day, month, and year).	☐	☐	☐
7.5. References of electronic journals contain the DOI and the hyperlink as https://doi.org/.... The volume number, issue number, and page number (if applicable) are also included.	☐	☐	☐
7.6. Each reference cited in the text appears in the reference list and vice versa.	☐	☐	☐
7.7. At least 80% of the references must have been published within the last five years in indexed journals, and 20% within the last two years.	☐	☐	☐

8. ILLUSTRATIONS	**Yes**	**No**	**Not applicable**

8.1. Manuscript contains no more than 5 illustrations (considering nomenclatures: figure, chart, table).	☐	☐	☐
8.2. Illustrations are included below the references.	☐	☐	☐
8.3. Landscape format is not allowed	☐	☐	☐
8.4. Illustrations were prepared according to the size and orientation requirements.	☐	☐	☐
8.5. Illustrations are editable and were saved in their original illustration software.	☐	☐	☐
8.6. All images have resolution of at least 600 dpi.	☐	☐	☐
8.7. The tables have a maximum size of 16 cm, simple space between lines and are self-explanatory.	☐	☐	☐
8.8. Each column in the table has its meaning assigned in the first row	☐	☐	☐
8.9. All illustrations contain a short title and are numbered in Arabic numerals consecutively and independently, according to the order in which data are mentioned in the text. Graphs also contain a title and the axes are labeled.	☐	☐	☐
8.10. The appropriate positions to insert figures are indicated in the manuscript.	☐	☐	☐
8.11. Specific marks (bold-faced font, asterisk, etc.) were appropriately described in the illustration legend or footnote.	☐	☐	☐
8.12. The acronyms and abbreviations used in the illustrations were explained in full in the illustration legend or footnote.	☐	☐	☐
8.13. In the event of use, adaptation, or translation of illustrations and/or any other intellectual work published in other sources, a written permission is included and the source is adequately cited.	☐	☐	☐
8.14. In the event of use third-party material, such as photographs, a written permission from all persons in the photographs is included.	☐	☐	☐

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