

## Medicine & Science in Sports & Exercise (MSSE) ®

*As per the editorial staff of MSSE:*

“For many years, MSSE, used a “hybrid” of the United States National Library of Medicine (NLM) style guide and in-house style preferences which became known as the “MSSE style.” The style now relies on the NLM style for reference format, not only in the *MSSE* journal but across all publications produced by the American College of Sports Medicine.”

The guidelines and examples follow those found in:

Patrias K. *Citing medicine: the NLM style guide for authors, editors, and publishers* [Internet]. 2nd ed. Wendling DL, technical editor. Bethesda (MD): National Library of Medicine (US); 2007 [updated 2015 Oct 2; cited 2020, Dec 17]. Available from: <http://www.nlm.nih.gov/citingmedicine>

Additional examples can be found at the *MSSE* submission page: <http://edmgr.ovid.com/msse/accounts/ifaauth.htm>

### **SOME GENERAL GUIDELINES**

- Your paper should use Times New Roman 12-point font. Margins should be 1” (all sides) and the text should be double-spaced.
- The works cited page is titled REFERENCES, in bold, at the top center of the page. Reference entries should be single spaced, but check with your instructor for specific guidelines.
- *MSSE* style follows the Citation-Sequence style of referencing. This means that your reference list will be organized in the order by which sources are cited in your paper.
- When citing any type of format, one rule is primary: only include sources in your reference list that you have cited within your paper.
- **Be consistent.** If using the full journal title instead of the title abbreviation, then it should be used in all journal article references.

### **CITATION SEQUENCE EXAMPLE:**

In-text citations are numbered.

Traumatic life events and posttraumatic stress disorder (PTSD) are endemic among American civilians (1). There is a paucity of research on trauma-related disorders in athletes (2). In November 2018 in Lausanne, Switzerland, experts reviewed the scientific literature addressing mental health symptoms and disorders in elite athletes (3).

### **REFERENCES**

1. Kessler RC, Sonnega A, Bromet E, Hughes M, Nelson CB. Posttraumatic stress disorder in the National Comorbidity Survey. *Arch Gen Psychiatry*. 1995 Dec; 52(12):1048-1060.
2. Aron CM, Harvey S, Hainline B, Hitchcock ME, Reardon CL, Post-traumatic stress disorder (PTSD) and other trauma-related mental disorders in elite athletes: a narrative review. *Br J Sports Med* [Internet]. 2019;53(12):779-784. Available from: <https://ezproxy.wpunj.edu/login?url=https://www.proquest.com/scholarly-journals/post-traumatic-stress-disorder-ptsd-other-trauma/docview/2233032616/se-2?accountid=15101>. doi: <http://dx.doi.org/10.1136/bjsports-2019-100695>.
3. Reardon CL, Hainline B, Aron CM, et al. Mental health in elite athletes: International Olympic Committee consensus statement. *Br J Sports Med* [Internet]. 2019;53(12):667-669. Available from <https://ezproxy.wpunj.edu/login?url=https://www.proquest.com/scholarly-journals/mental-health-elite-athletes-international/docview/2338419421/se-2?accountid=15101>. doi: <http://dx.doi.org/10.1136/bjsports-2019-100715>

**Remember:** Every reference must be cited, and every citation must have a corresponding reference. Otherwise, do not include the source in your paper.\*

- Entries should be single spaced. Do not indent if the citation extends to a second line. Insert a space between entries.\*\*
- Authors are listed last name first followed by the first and middle initials without periods. (E.g.: Skinner BF).
- If fewer than seven (7) authors are listed, all should be mentioned. When seven or more authors are named, list only the first three.
- In article and book titles, capitalize only the first word and follow sentence capitalization.
- Articles from library databases should follow the format for “E-Journals” and include the URL. Use the permalink feature in the database to generate the URL.
- Cite the format you used. If you viewed an article on the Internet, do not cite it as if it were the print version.

\*Be sure to check with your instructor for any specific requirements.

\*\* The following examples do not include spaces, due to page limitations.

Below are examples or commonly used sources. Additional examples can be found at the MSSE submission page <http://edmgr.ovid.com/msse/accounts/ifaauth.htm> and *Citing Medicine* <https://www.ncbi.nlm.nih.gov/books/NBK7256/>

### **PRINT JOURNAL ARTICLES**

1. Kaul S, Diamond GA. Good enough: a primer on the analysis and interpretation of non-inferiority trials. *Ann Intern Med.* 2006 Jul 4;145(1):62-9.
2. Blair SN, Ellsworth NM, Haskell WL, Stern MP, Farguhar JW, Wood PD. Comparison of nutrient intake in middle-aged men and women runners and controls. *Med Sci Sports Exerc.* 1981;13(5):310-5.

### **E-JOURNAL ARTICLES**

1. Garg RK, Tandon S. Smoking habits of adolescents and the role of dentists. *Journal of Contemporary Dental Practice* [Internet]. 2006 May 1 [cited 2007 Jan 9];7(2):120-9. Available from: [http://www.thejcdp.com/issue026/pdfs\\_web/garg.pdf](http://www.thejcdp.com/issue026/pdfs_web/garg.pdf)
2. Stoner L, Beets MW, Brazendale K, Moore JB, Weaver RG. Exercise dose and weight loss in adolescents with overweight-obesity: a meta-regression. *Sports Medicine* [Internet]. 2019;49(1):83-94. Available from: <http://dx.doi.org/10.1007/s40279-018-01040-2>
3. Fardouly J, Vartanian LR. Changes in weight bias following weight loss: the impact of weight-loss method. *International Journal of Obesity* [Internet]. 2012;36(2):314-9. Available from: <https://ezproxy.wpunj.edu/login?url=https://www.proquest.com/scholarly-journals/changes-weight-bias-following-loss-impact-method/docview/921320876/se-2?accountid=15101>. doi: <http://dx.doi.org/10.1038/ijo.2011.26>.

### **BOOKS**

1. Shepherd, J. *Strength training for runners: avoid injury and boost performance*. London: Bloomsbury Sport; 2013. 199 p.
2. Cohen J. *Statistical power analysis for the behavioral sciences*. 2nd ed. Hillsdale (NJ): Lawrence Erlbaum Associates; 1988. 567 p.

### **BOOK CHAPTERS**

1. Paffenbarger RS, Hyde RT, Wing AL. Physical activity and physical fitness as determinants of health and longevity. In: Bouchard C, Shephard RJ, Stephens T, Sutton JR, McPherson BD, editors. *Exercise, fitness, and health*. Champaign: Human Kinetics; 1990. p. 33–48.
2. MacDougall C, Chambers HF. Aminoglycosides. In: Brunton LL, Chabner BA, Knollman BJ, eds. *Goodman & Gilman's the pharmacological basis of therapeutics*. 12<sup>th</sup> ed. New York: McGraw-Hill; 2011. p. 1505-20.

### **WEBSITES**

1. American Heart Association Web site [Internet]. Dallas (TX): American Heart Association; [cited 2021 Jan 1]. Available from: <http://www.americanheart.org>.
2. Fact sheet: AIDS information resources [Internet]. Bethesda (MD): National Library of Medicine (US); 2003 May 2 [updated 2007 Feb 20; cited 2015 Mar 26]. [about 3 screens]. Available from: <http://www.nlm.nih.gov/pubs/factsheets/aidsinfs.html>