

Writing an Unstructured Abstract in Accordance with the Health Notions In-House Style

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The abstract is often the first part of a research article that readers encounter and, in many cases, the only part they read before deciding whether to continue with the full manuscript [1-5]. For this reason, an abstract should provide a concise but sufficiently informative representation of the entire research article. To maintain consistency with its in-house style, Health Notions encourages authors of research articles to write abstracts in an unstructured format, presented as a single coherent paragraph without separate headings such as *Background*, *Methods*, *Results*, or *Conclusion*. An unstructured abstract does not mean that important information should be omitted or presented randomly. Rather, the information should be arranged logically within one continuous narrative so that readers can readily identify the problem, purpose, methodology, principal findings, and conclusion of the study [6-8].

Although the abstract is written as a single paragraph, it should retain the essential components of a structured scientific abstract [9]. The narrative should begin with a brief introduction that establishes the relevant health problem or scientific context and explains why the topic deserves investigation. This opening should be concise and should not reproduce the entire background section of the manuscript. It should provide only enough information to establish the context of the study and lead naturally to its purpose. The introduction should then be followed by a clear statement of the research objective, preferably expressed directly so that readers can immediately understand what the study was intended to investigate, describe, compare, evaluate, or determine [10,11].

The next part of the abstract should describe the methods. Despite the limited space available in an abstract, the methodological information should be sufficiently specific to allow readers to understand how the study was conducted. Authors should identify the type or research design, such as a cross-sectional study, cohort study, case-control study, experimental study, qualitative study, ecological study, or another appropriate design. The abstract should also identify the subjects or objects of the research and, when relevant, the setting or population from which they were obtained. Importantly, authors should explain how the participants or research units were recruited or selected, particularly when sampling procedures are relevant to the validity or interpretation of the findings. The methods should further indicate how the data were collected, such as through questionnaires, interviews, observations, laboratory examinations, medical records, surveillance databases, or other sources. Finally, the abstract should briefly state how the data were analyzed, including the principal statistical test, modeling approach, or qualitative analytical method when this information is important for understanding the results [10,12,13].

Following the methodological description, the abstract should present the principal results of the analysis. Results should not be replaced by vague statements such as "the results were discussed" or "the intervention was effective." Readers should be given the principal quantitative or qualitative findings that directly answer the research objective. When appropriate, authors should report important numerical findings, such as proportions, means, effect estimates, confidence intervals, p-values, regression coefficients, prevalence measures, or other key indicators. However, the abstract should remain selective and should not become a miniature Results section. The purpose is to communicate the findings that are most important for understanding the contribution of the study [14-20].

The abstract should end with a concise conclusion that directly reflects the principal findings and addresses the research objective. The conclusion should not introduce information that was not presented in the Results. It should also avoid making claims that exceed the study design or available evidence. For example, a cross-sectional study may demonstrate an association but generally should not be presented as establishing causality. A well-written conclusion therefore provides a scientifically appropriate interpretation of the findings rather than simply repeating numerical results [21].

Authors should understand that "unstructured" does not mean that the abstract may be written as a collection of unrelated statements. The abstract should have a clear internal progression. A useful conceptual sequence is introduction → objective → methods → results → conclusion, but these components should be integrated into a single paragraph without headings. The transition between components should feel natural, allowing the reader to follow the research story from the problem to the purpose, from the purpose to the methods, from the methods to the findings, and from the findings to the conclusion. Thus, the absence of headings should not result in the absence of structure; instead, the structure should be embedded within the narrative itself.

For example, rather than presenting an abstract as separate labeled sections such as Background, Objective, Methods, Results, and Conclusion, authors should integrate the same information into one continuous paragraph. The resulting narrative may begin by explaining the health problem, state the objective in the next sentence, describe the design, participants, recruitment, data collection, and analysis in subsequent sentences, present the principal findings, and conclude with the main implication of the research. This approach preserves the logical structure expected in scientific communication while complying with the journal's in-house style.

Each research article should also be accompanied by 3 to 6 keywords. Keywords should represent the principal concepts, conditions, populations, exposures, interventions, outcomes, or methodological concepts that characterize the article. Authors should avoid selecting keywords that are too general or merely repeat common words already implied by the title. Whenever possible, standardized terminology should be preferred so that the article can be more easily identified through bibliographic databases and search engines. The keywords should be placed immediately after the abstract and should normally be presented as a simple list separated by commas [22-24].

Health Notions encourages all authors submitting research articles to comply consistently with this in-house style by presenting the abstract as one unstructured paragraph containing, in logical sequence, the introduction, objective, methods, principal results, and conclusion, followed by 3 to 6 keywords. Authors should not interpret the unstructured format as an invitation to reduce the abstract to a general summary. On the contrary, the absence of section headings makes the logical organization of the narrative even more important. A well-written unstructured abstract should allow a reader to identify what problem was investigated, why the study was conducted, how it was performed, what was found, and what can reasonably be concluded, even without reading the full article. Consistent application of this format will strengthen the coherence of manuscripts.

submitted to Health Notions, facilitate rapid comprehension by readers and reviewers, and ensure that the presentation of research findings conforms to the journal's established editorial identity.

An unstructured abstract can communicate rigorous scientific information effectively when its content is logically organized. For research articles submitted to Health Notions, authors are encouraged to present the abstract as a single narrative paragraph beginning with a concise introduction and research objective, followed by the research design, subjects or objects and their recruitment, data collection, data analysis, principal results, and an evidence-based conclusion. The abstract should then be followed by 3 to 6 relevant keywords. This approach maintains the essential informational content of a structured abstract while complying with the journal's in-house style. Ultimately, the quality of an unstructured abstract depends not on the presence of headings but on the clarity, completeness, logical sequence, and scientific accuracy of the information contained within it.

Ethical consideration, competing interest and source of funding

-Although this editorial did not require formal ethical approval, all ethical principles were consistently upheld.

-There is no conflict of interest related to this publication.

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