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Publishing in scholarly journals is a central activity for communicating professional ideas and research findings. It is an important factor in achieving academic success and promotion, as well. Many people are intimidated by the process. This lecture intends to provide useful guidance on becoming involved in publishing in scholarly journals. (The presenter is the Emeritus Editor of Psychiatric Services, who has also served on other editorial boards, including the American Journal of Psychiatry, Health Affairs, and the Journal of Mental Health Policy and Economics.) The first step in becoming an author is to become a regular reader of the scholarly literature. Find a set of journals that are interesting to you and try to look upon the journal, its authors, and fellow readers, as a kind of community. Perhaps find an opportunity to become a reviewer for the journal, such as with another colleague who does this regularly. Read the journal's instructions for reviewers. That will tell you about some of the relevant criteria for considering a paper for acceptance. Then become familiar with the information for authors - in terms of all of the details of editorial policies, types of articles, and the guidelines for article submission. Follow the guidance and learn to emulate articles that you find interesting and useful. Start now and keep trying.