**Journal Submission Checklist**

**✅ Before You Submit Your Paper**

**1. Journal Fit**

* Read the journal’s *Aims and Scope*
* Confirm your paper matches recent topics

**2. Research Significance**

* Is the study novel or timely?
* Can you state the contribution in 1–2 sentences?

**3. Methodology**

* Appropriate study design
* Adequate sample size and participants
* Valid and reliable measures
* Transparent data analysis

**4. Ethics**

* IRB/ethics approval secured
* Informed consent obtained
* Plagiarism check passed
* Ethical data handling explained

**5. Writing Quality**

* Clear IMRaD structure
* Concise, professional language
* Logical flow between sections

**6. Results**

* Both significant and non-significant findings reported
* Clear tables and figures (correctly labeled)
* Consistent data across text and visuals

**7. Discussion**

* Findings compared with existing literature
* Implications clearly stated
* Limitations acknowledged
* Future directions suggested

**8. Journal Guidelines**

* Word count within limits
* Reference style correct
* Figures/tables in required format

**9. Reviewer Criteria**

* Originality, rigor, clarity, and impact addressed

**10. Transparency & Reproducibility**

* Data shared (where possible)
* Code and materials accessible
* Methods detailed for replication

**11. Cover Letter**

* Summarizes significance and journal fit
* Professional tone, concise

**12. Final Checks**

* Spelling and grammar corrected
* References accurate and up to date
* Ethical approvals, conflicts, and funding disclosures included