Applying In-Text Citations in an Academic Paper Using NLM Style for References

In-Text Citation

Here is an example of an article published in the *Journal of Chiropractic Education*. The author shares her original ideas and also discusses information found in other sources including books, journal articles and a website. The Reference section at the end of this article includes 29 citations.

**Feasibility of using a standardized patient encounter for training chiropractic students in tobacco cessation counseling**

Cheryl Hawk, DC, PhD, Martha A. Kaeser, MA, DC, and David V. Beavers, MED, DC, MPH

**Objective:** Although tobacco cessation training is included in many health profession programs, it is not yet routinely incorporated into chiropractic education. The purpose of this study was to assess the feasibility of incorporating a problem-based learning tobacco cessation activity into a lecture course for chiropractic students.

In body of the article text, the author gives credit to the original source of information. Number 22 in superscript refers to numbered citations in the References section.

Furthermore, research suggests that tobacco use may be a risk factor for low back pain (LBP) and may contribute to poorer outcomes in people with musculoskeletal back pain, including outcomes of rehabilitation care. A systematic review of smoking as a risk for LBP concluded that the evidence suggests a link. Since chiropractors see a very high proportion of patients with musculoskeletal pain, particularly LBP, tobacco cessation may be a relevant issue to include in their training. In clinical practice, chiropractors often, but not routinely, address tobacco cessation.

Although in its *Standards for Doctor of Chiropractic Programs* the Council on Chiropractic Education mentions that students should be aware of the health effects of tobacco use, it does not specify that they must be trained in model of change, which assesses an individual’s readiness to act on a new health behavior and provides strategies to guide the individual through what it terms the “stages of change” and the 5 A’s. The transtheoretical model posits that health behavior change occurs in stages: (1) precontemplation, in which the patient is unable or unwilling to change; (2) contemplation, in which he/she is considering change within the next 6 months; (3) preparation, in which he/she has made some plans and is preparing to change within the next month; (4) action, in which he/she has already made some concrete change; and (5) maintenance, in which the change has been sustained for at least 6 months; and (6) termination, in which he/she has no temptation and is confident of not returning to the unhealthy habit. The standardized patients were instructed to respond according

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In the References section, the citations are formatted in NLM style. They are numbered in the order in which the citation appears in the article. The number originally assigned to the reference can be reused if the source is cited again in the paper.


Please note from the above example:

- Dr. Hawk, the author of the article on tobacco cessation counseling, cited her own previous work in reference 22. This is standard practice.

- The publisher of the *Journal of Chiropractic Education* decided to put the references in two columns. This is an esthetic choice, and is not part of NLM style.

- The publisher of the *Journal of Chiropractic Education* requires a variation of NLM style, where the journal title is italicized. Such specifications are found in Instructions for Authors.
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For overall formatting of work submitted for publication in a journal, students and faculty must adhere to the publisher's Instructions for Authors.

Example:

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In PubMed, displaying article information in Summary View automatically formats it as follows. This article happens to have 39 contributing authors!


For coursework, students can use a simpler option of limiting to 3 authors, followed by “and others.”


For submission to a journal for publication, authors must refer to Instructions for Authors to find out how to handle unwieldy citations, and other specifications from the journal editors.

Reference