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| PU | Public | X |
| PP | Restricted to other program participants (including the Commission Services) | |
| RE | Restricted to a group specified by the consortium (including the Commission Services) | |
| CO | Confidential, only for members of the consortium (including the Commission Services) | |

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1. Executive summary

Seminar “Enhancement of scientific manuscripts preparation quality” was organised within the framework of the project “Reducing networking gaps between Rīga Stradiņš University (RSU) and internationally leading counterparts in viral infection-induced autoimmunity research (VirA)” that is supported by the European Commission Horizon 2020 research and innovation programme. The seminar took place on March 28, 2022, from 8:30 to 16:00 in the Rīga Stradiņš University Hippocrates Lecture Theatre, Dzirciema street 16, Riga, Latvia and was led by Professor Yehuda Shoenfeld from Sheba Medical Centre in Israel.

The seminar was attended by broad spectrum of participants including academics, researchers, lecturers, professors, medical doctors, dentists, pharmacists, students, editors and industry stakeholders, communication specialists and other stakeholders. Participants represented Rīga Stradiņš University, Pauls Stradiņš Clinical University Hospital, Riga East Clinical University Hospital, Riga 1st hospital, Emergency medical Service and other institutions. Total number of participants was 88 (18 in person at Rīga Stradiņš University and 70 - remotely via Zoom Platform). The one-day dedicated seminar on “Enhancement of scientific manuscripts preparation quality” by an expert in this field – Professor Yehuda Shoenfeld was organised for increasing knowledge in research manuscript preparation and proper publication source selection.

Seminar was conducted in accordance to the VirA project plan, that aimed to gather in person around 20 participants (19 from RSU and 1 from a highly experienced research institution).

The programme of the seminar covered various stages of preparation of a scientific article, from choosing the most suitable title, writing a summary and introduction to the preparation of a list of references. An analysis of specific scientific publications was carried out, as well as time for questions and discussions was provided.

The attachment of this report contains seminar agenda (also available following the link https://vira-twinning.eu/sites/default/files/imce/Agenda_28.03.2022.pdf) and the list of participants. A full recording of the seminar has open access on the VirA project website following this link:

<https://panopto.rsu.lv/Panopto/Pages/Viewer.aspx?id=db1f10ee-71fb-4082-a572-ae6800857f64>

Information on the seminar “Enhancement of scientific manuscripts preparation quality” is available on the VirA project website following this link:

<https://vira-twinning.eu/events/seminar-enhancement-scientific-manuscripts-preparation-quality>

The seminar was opened by Agrita Kiopa, Vice-Rector for Science at Rīga Stradiņš University, followed by Modra Murovska, Professor, VirA Project Coordinator, Leading Researcher at the Rīga Stradiņš University Institute of Microbiology and Virology, who also introduced audience with leader of the seminar. Subsequently Professor Yehuda Shoenfeld led the seminar according to the agenda.

2. Leader of the seminar

Prof. Yehuda Shoenfeld is the founder and head of the Zabłudowicz Center for Autoimmune Diseases, at the Sheba Medical Center, which is affiliated to the Sackler Faculty of Medicine in Tel-Aviv University in Israel.

Professor Yehuda Shoenfeld is the founder and head of the Zabłudowicz Center for Autoimmune Diseases, at the Sheba Medical Center, which was affiliated to the Sackler Faculty of Medicine in Tel-Aviv University, in Israel. Professor Shoenfeld is also the Incumbent of the Laura Schwarz-Kipp Chair for Research of Autoimmune Diseases at the Tel-Aviv University. Professor Shoenfeld's clinical and scientific works focus on autoimmune and rheumatic diseases, and he has published more than 2221 papers in journals such as *New Eng J Med*, *Nature*, *Lancet*, *Proc Nat Acad Scie*, *J Clin Invest*, *J Immunol*, *Blood*, *FASEB*, *J Exp Med*, *Circulation*, *Cancer* and others. His articles have had over 85,000 citations h-index =150. He has written more than 350 chapters in books, and has authored and edited 35 books, some of which became cornerstones in science and clinical practice, such as "The Mosaic of Autoimmunity", "Infections and Autoimmunity" and the textbook "Autoantibodies" and "Diagnostic criteria of autoimmune diseases", all of which were published by Elsevier and sold thousands of copies.

Professor Shoenfeld is on the editorial boards of 43 journals in the field of rheumatology and autoimmunity and is the founder and the editor of the *IMAJ* (Israel Medical Association Journal) the representative journal of science and medicine in the English language in Israel, and also is the founder and Editor of *Autoimmunity Reviews* (Elsevier) (Impact factor 7.9) and co-Editor of the *Journal of Autoimmunity* (Impact factor 8). For the past twenty years Yehuda has been the Editor of "Harefuah" – The Israel journal in medicine (Hebrew).

Professor Shoenfeld received the EULAR prize in 2005, in Vienna, Austria: "The infectious etiology of anti-phospholipid syndrome", and received a gold medal from the Slovak Society of Physicians for his contribution to Israel – Slovakia collaboration (March 2006). He is also an honorary member of the Hungarian Association of Rheumatology and the Royal Society of Physicians (UK). In UC Davis, USA, Professor Shoenfeld received the Nelson's Prize for Humanity and Science for 2008. In 2009 he was honoured as Doctoris Honoris Causa, from Debrecen University (Hungary) Hasselt University in Belgium (2018) Trnava University Slovakia, and from 2009 he is honorary member of the Slovenian National Academy of Sciences. He was recently awarded a Life Contribution Prize in Internal Medicine in Israel, 2012 as well as the ACR Master Award in 2013. In 2018 he was elected to the Israeli Academy of Sciences. 2021 -Was nominated as a President of the Ariel University in Israel.

Professor Shoenfeld has educated a long list of students with becoming heads of departments and institutes.

3. Overview of the seminar

Vice-Rector for Science of Rīga Stradiņš University opened the seminar. VirA Project Coordinator introduced audience with leader of the seminar - Professor Yehuda Shoenfeld (Figure 1) and his colleagues from Israel – Dr. Boris Gilburd and Yuri Ostrinski.

Professor Yehuda Shoenfeld starts the seminar with question: "Why to deal with research?", explaining meaning of a research, mistakes and motivates to conduct research as much as it is possible.

He talks about necessity to search for literature before beginning a research and books – collection of research, which are less important nowadays, though e-books are more topical. Books should be used to know what has been done by far, in order not to replicate the work again.

To be updated, he mentions Fridays Mosaic of Autoimmunity seminars each Friday morning, that helps to follow the latest information on research. Professor sees Latvia as high-level country and suggests to publish worldwide in order reach higher position.

Discussion on the most important part of the paper is conducted. Title serves as the hook to read the paper. Title should not contain a question. Though the most important part of the paper is key words. The suitable number of key words is five to seven. Though, instruction for authors must be read to follow requirements for the number of references, abstract limit, result section positioning in the manuscript etc.

Professor explains that questionnaire is the lowest level of scientific research and that list of references should not be too long.

Congress of Autoimmunity in June 2022 is depicted and explained that leader in the field of certain work has to generate scientific papers, books and organize a congress.

Following the topic within agenda “How to choose the title of the article and the most important points of the article” it is further stated that title includes key words. Most likely 1000 people will read a title, 50 – abstract and only 2 – the whole paper. Therefore, title should be clear to everyone, short and avoid question mark as well as abbreviations.

Professor Yehuda Shoenfeld explains how to choose a journal for publication, discusses collaboration with Israel and matter of studying abroad. Then he touches section of conclusions, which should consist of single sentence, including maximum two to three conclusions.

Following professor continues on “How to write the abstract and the introduction”, saying that abstract must be limited in number. Introduction must not be too long, within one to two pages including what was done, short summary, introduction on what is known written in a way of story and with a logical connection, so people, who are not an experts in the topic would be able to understand it.

Subsequently topics of What is important in “Material and methods” and in “Results” are discussed, emphasising importance of detailed section of Material and methods, so people can repeat the research done in the paper. Result description in tables, diagrams, text, as well as proper legends, location in the paper and significance of p-value are described. Results should not repeat section of materials and methods.

Then Professor Shoenfeld talks on How to write a “Discussion”, including publications in “Nature”, that has to be read for 10 times, in order to understand. He describes bias in medicine, finding the statistical difference and research statistics. First of all, at least three good review papers, considering journal and authors, must be read. Authors should not conclude, that some research must be done in future, but do it yourself and publish.

Regarding the topic “How to choose the Reference list”, leader of the seminar suggests to follow instructions for the authors. It is preferable to have 40 references for a paper, 25 – for original articles and five for letters to the editors, listing first three authors followed by “et al”. He finds Vancouver reference style the best one. Caps locks must be used only for the abbreviations. Subsequently Professor explains authors order indicated in the papers and reasons for articles acceptance for publishing. The reasons in open access journals are the fee for publication, however impact factors tend to be skewed by the journals.

Concluding part of the seminar “Enhancement of scientific manuscripts preparation quality” includes analysis of two original articles and one review article in preparation by VirA Rīga Stradiņš University Institute of Microbiology and Virology members as well as planning the articles to be written in the framework of VirA grant by Rīga Stradiņš University team.

Professor Yehuda Shoenfeld summarizes that research must be done by everyone, because of money and because it is interesting and challenges your brain. He repeats the importance of including key words in the title of manuscript and finishing the introduction with the aim of the study.



Figure 1. Professor Yehuda Shoenfeld leading the seminar “Enhancement of scientific manuscripts preparation quality” on March 28, 2022 at Rīga Stradiņš University in Riga, Latvia

4. Conclusions

The seminar “Enhancement of scientific manuscripts preparation quality” lead by Professor Yehuda Shoenfeld provided excellent knowledge and fruitful discussions, meanwhile generated new contacts and networking options and resulted in collaboration within joint publications submitted to international peer reviewed journals.

5. Agenda

The attachment of this report contains seminar agenda (Figure 2) (also available following the link https://vira-twinning.eu/sites/default/files/imce/Agenda_28.03.2022.pdf)



Seminar

“ENHANCEMENT OF SCIENTIFIC MANUSCRIPTS PREPARATION QUALITY”

Rīga Stradiņš University, Dzirciema Street 16, Rīga, Latvia
Hippocrates Lecture Theatre, Block A

and online Zoom meeting platform
28th March, 2022

Seminar leader Professor Yehuda Shoenfeld

AGENDA

| March 28, 2022 | |
|----------------|---|
| 8.30 – 8.50 | Registration |
| 8.50 – 9.00 | Opening remarks and Welcome Agrita Kiopa, Vice-Rector for Science Modra Murovska, Professor, Project Coordinator |
| 09.00 – 09.30 | How to choose the title of the article and the most important points of the article. |
| 09.30 – 10.00 | How to write the abstract and the introduction. |
| 10.00 – 10.30 | What is important in “Material and methods” and in “Results”. |
| 10.30 – 11.00 | How to write a “Discussion”. |
| 11.00 – 11.30 | How to choose the Reference list. |
| 11.30 – 12.00 | What is the difference between a Review article and an Original article. |
| 12.00 – 13.00 | <i>Lunch break</i> |
| 13.00 – 14.30 | Analysing 2 example articles in preparation by VirA Team members. |
| 14.30 – 16.00 | Planning the articles to be written in the framework of VirA grant by RSU team: 1. EBV and autoimmunity; 2. Helicobacter pylori and autoimmunity; 3. Herpesviruses and autoimmunity. |

Figure 2. Agenda of the seminar “Enhancement of scientific manuscripts preparation quality” on March 28, 2022 at Rīga Stradiņš University in Riga, Latvia

6. List of participants

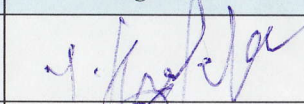


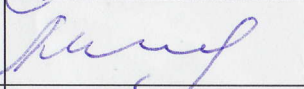
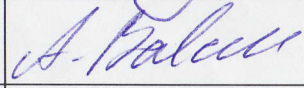
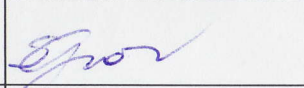
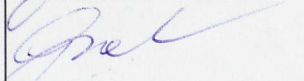
List of participants in the seminar “Enhancement of scientific manuscripts preparation quality” is added to the report.

Seminar *Enhancement of scientific manuscripts preparation quality*

Rīga Stradiņš University, Dzirciema Street 16, Riga, Latvia
Hippocrates Lecture Theatre, Block A

28 March 2022

List of participants

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