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Editor in Chief

Okan Çaliyurt , MD

Department of Psychiatry, Trakya University School of Medicine, Edirne, Turkey
caliyurt@hotmail.com

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chong_guan@um.edu.my

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Kolkata, India
opsingh.nm@gmail.com

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Department of Psychiatry and Neuropsychology,
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Netherlands
sinan.guloksuz@maastrichtuniversity.nl

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steven.taylor@ubc.ca

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Contact
Address: Büyükdere Cad.
105/9 34394
Şişli, İstanbul, Turkey
Phone: +90 212 217 17 00
Fax: +90 212 217 22 92
E-mail: info@avesyayincilik.com

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Alpha Psychiatry is an international, scientific, open access periodical published in accordance with independent, unbiased, and double-blinded peer-review principles. It is an online-only journal owned by AVES and published biannually in January, March, May, July, September, and November. The publication language of the journal is English.

Alpha Psychiatry is a peer-reviewed general psychiatry journal. The aim of the journal is to contribute to science by publishing high quality publications of scientific and clinical significance. For this purpose, original research articles, invited reviews and letters to the editor are published in all fields of psychiatry and other areas related to mental health.

The scope of the journal includes but not limited to all areas of psychiatry, basic and clinical neuroscience and behavioral sciences.

The target audience of the journal includes psychiatrists, mental health workers, neuroscientists and researchers who are interested or working in in all fields of medicine.

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The editorial and publication processes of the journal are shaped in accordance with the guidelines of the International Committee of Medical Journal Editors (ICMJE), World Association of Medical Editors (WAME), Council of Science Editors (CSE), Committee on Publication Ethics (COPE), European Association of Science Editors (EASE), and National Information Standards Organization (NISO). The journal is in conformity with the Principles of Transparency and Best Practice in Scholarly Publishing (doaj.org/bestpractice).

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Please note that all submissions are evaluated by the Editorial Board and the external reviewers in terms of scientific quality and ethical standards. APC payments have not any effect on the outcome of the article's evaluation and/or publication priority.

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Editor in Chief: Okan Çaliyurt

Address: Trakya University School of Medicine, Department of Psychiatry, Balkan Campus, 22030, Edirne, Turkey

E-mail: caliyurt@hotmail.com

Publisher: AVES

Address: Büyükdere Cad., 105/9 34394 Şişli, İstanbul, Turkey

Phone: +90 212 217 17 00

Fax: +90 212 217 22 92

E-mail: info@avesyayincilik.com

INSTRUCTIONS TO AUTHORS

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Originality, high scientific quality, and citation potential are the most important criteria for a manuscript to be accepted for publication. Manuscripts submitted for evaluation should not have been previously presented or already published in an electronic or printed medium. The journal should be informed of manuscripts that have been submitted to another journal for evaluation and rejected for publication. The submission of previous reviewer reports will expedite the evaluation process. Manuscripts that have been presented in a meeting should be submitted with detailed information on the organization, including the name, date, and location of the organization.

PEER REVIEW PROCESS

Manuscripts submitted to Alpha Psychiatry will go through a double-blind peer-review process. Each submission will be

reviewed by at least two external, independent peer reviewers who are experts in their fields in order to ensure an unbiased evaluation process. Editors and editorial board members cannot take part in the editorial processes of the articles they submit. If necessary, an independent editor is invited to manage the evaluation processes. The Editor in Chief is the final authority in the decision-making process for all submissions.

All manuscripts submitted to Alpha Psychiatry subject to the evaluations of the Editorial Board and the external reviewers. AVES, the publisher and the owner of the journal, is not involved in the decision-making process of the submissions.

ETHICAL GUIDELINES

An approval of research protocols by the Ethics Committee in accordance with international agreements (World Medical Association Declaration of Helsinki "Ethical Principles for Medical Research Involving Human Subjects," amended in October 2013, www.wma.net) is required for experimental, clinical, and drug studies and for some case reports. If required, ethics committee reports or an equivalent official document will be requested from the authors. Submission which do not have ethical approval will be reviewed according to COPE's Research, Audit and Service Evaluations guideline. Such manuscripts can be rejected after editorial review due to the lack of ethics committee approval.

For manuscripts concerning experimental research on humans, a statement should be included that written informed consent of patients and volunteers was obtained following a detailed explanation of the procedures that they may undergo.

It is the authors' responsibility to protect the patients' anonymity carefully. For photographs that may reveal the identity of the patients, signed releases of the patient or their legal representative should be enclosed, and the publication approval must be provided in the Methods section.

For studies carried out on animals, an approval research protocols by the Ethics Committee in accordance with international agreements (Guide for the care and use of laboratory animals, 8th edition, 2011" and/or "International Guiding Principles for Biomedical Research Involving Animals, 2012") is required. Also, the measures taken to prevent pain and suffering of the animals should be stated clearly in such studies.

Information on patient consent, the name of the ethics committee, and the ethics committee approval number and date

should also be stated in the Methods section of the manuscript.

PLAGIARISM AND ETHICAL MISCONDUCT

Alpha Psychiatry is extremely sensitive about plagiarism. All submissions are screened by a similarity detection software (iThenticate by CrossCheck) at any point during the peer-review and/or production process.

When you are discussing others' (or your own) previous work, please make sure that you cite the material correctly in every instance.

Authors are strongly recommended to avoid any form plagiarism and ethical misconduct that are exemplified below.

Self-plagiarism (text-recycling): Overlapping sections or sentences with the author's previous publications without citing them. Even if you are the author of the phrases or sentences, the text should not have unacceptable similarity with the previously published data.

Salami slicing: Using the same data of a research into several different articles. Reporting the same hypotheses, population, and methods of a study is into different papers is not acceptable.

Data Fabrication: It is the addition of data that never occurred during the gathering of data or the experiments. Results and their interpretation must be based on the complete data sets and reported accordingly.

Data Manipulation/Falsification: It means manipulating research data with the intention of giving a false impression. This includes manipulating images (e.g. micrographs, gels, radiological images), removing outliers or 'inconvenient' results, changing data points, etc.

In the event of alleged or suspected research misconduct, e.g., plagiarism, citation manipulation, and data falsification/fabrication, the Editorial Board will follow and act according to COPE flowcharts.

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Alpha Psychiatry does not consider preprint publications as prior publication. In other words, authors are allowed to present and discuss their findings on a non-commercial preprint server before submission to a journal.

Authors must provide the journal with the pre-print server deposition of their article accompanying its DOI during initial submission.

If the article is published in the Alpha Psychiatry, it is the responsibility of the authors to update the archived preprint and link it to the published version of the article.

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Each person listed as an author should fulfill the authorship criteria recommended by the International Committee of Medical Journal Editors (ICMJE - www.icmje.org). The ICMJE recommends that authorship is based on the following four criteria:

1. Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work; AND
2. Drafting the work or revising it critically for important intellectual content; AND
3. Final approval of the version to be published; AND
4. Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

In addition to being accountable for the parts of the work he/she has done, an author should be able to identify which co-authors are responsible for specific other parts of the work. Also, authors should have confidence in the integrity of the contributions of their co-authors.

All those designated as authors should meet all four criteria for authorship, and all who meet the four criteria should be identified as authors. Those who do not meet all four criteria should be acknowledged in the title page of the manuscript.

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Alpha Psychiatry reviews the authorship according to the author's declaration in the Title Page; thus, it is the authors responsibility to send the final order of the complete author names.

Requests in the change of authorship (e.g. removal/addition of the authors, change in the order etc.) after submission are subject to editorial approval. Editorial Board will investigate this kind of cases and act following COPE flowcharts.

Change of authorship requests should be submitted to the Editorial Office with an official letter stating the reasons of the change. The letter must be signed by all authors and include their approval on the change in authorship. If the request is approved by the Editorial Board, authors need to submit a new Copyright Agreement Form according to the final order list.

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MANUSCRIPT PREPARATION

The manuscripts should be prepared in accordance with ICMJE-Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals (updated in December 2019 - <http://www.icmje.org/icmje-recommendations.pdf>). Authors are required to prepare manuscripts in accordance with the CONSORT guidelines for randomized research studies, STROBE guidelines for observational original research studies, STARD guidelines for studies on diagnostic accuracy, PRISMA guidelines for systematic reviews and meta-analysis, ARRIVE guidelines for experimental animal studies, and TREND guidelines for non-randomized public behavior.

Manuscripts can only be submitted through the journal's online manuscript submission and evaluation system, available at <https://alphapsy.manuscriptmanager.net/>. Manuscripts submitted via any other medium and submissions by anyone other than one of the authors will not be evaluated.

Manuscripts submitted to the journal will first go through a technical evaluation process where the editorial office staff will ensure that the manuscript has been prepared and submitted in accordance with the journal's guidelines. Submissions that do not conform to the journal's guidelines will be returned to the submitting author with technical correction requests.

Authors are required to submit the following:

Copyright Agreement and Acknowledgement of Authorship Form, and

ICMJE Potential Conflict of Interest Disclosure Form (should be filled in by all contributing authors) during the initial submission. These forms are available for download at www.alpha-psychiatry.com.

Preparation of the Manuscript

Title Page: A separate title page should be submitted with all submissions and this page should include:

- The full title of the manuscript as well as a short title (running head) of no more than 50 characters,
- Name (s), affiliations, highest academic degree (s), and ORCID iDs of the author (s),
- Grant information and detailed information on the other sources of support,
- Name, address, telephone (including the mobile phone number), and email address of the corresponding author,
- Acknowledgment of the individuals who contributed to the preparation of the manuscript but who do not fulfill the authorship criteria.

Abstract: An abstract should be submitted with all submissions except for Letters to the Editor. The abstract of Original Articles should be structured with subheadings (Objective, Methods, Results and Conclusion). Please check Table 1 below for word count specifications.

Keywords: Each submission must be accompanied by a minimum of three to a maximum of five keywords for subject indexing at the end of the abstract. The keywords should be listed in full without abbreviations. The keywords should be selected from the National Library of Medicine, Medical Subject Headings database (<https://www.nlm.nih.gov/mesh/MBrowser.html>).

Main Points: All submissions except letters to the editor should be accompanied by 3 to 5 “main points” which should emphasize the most noteworthy results of the study and underline the principal message that is addressed to the reader. This section should be structured as itemized to give a general overview of the article. Since “Main Points” targeting the experts and specialists of the field, each item should be written as plain and straightforward as possible.

Manuscript Types

Original Article: This is the most important type of article since it provides new information based on original research. Acceptance of original papers will be based upon the originality and importance of the investigation. The main text of original

articles should be structured with Introduction, Methods, Results, and Discussion subheadings. Please check Table 1 for the limitations for Original Articles. In a study that requires ethical reporting, the information about the ethics committee approval and financial disclosure should be included in the text.

Clinical Trials

Alpha Psychiatry adopts the ICMJE’s clinical trial registration policy, which requires that clinical trials must be registered in a publicly accessible registry that is a primary register of the WHO International Trials Registry Platform (ICTRP) or in ClinicalTrials.gov.

Instructions for the clinical trials are listed below.

- Clinical trial registry is only required for the prospective research projects that study the relationship between a health-related intervention and an outcome by assigning people.
- To have their manuscript evaluated in the journal, author should register their research to a public registry at or before the time of first patient enrollment.
- Based on most up to date ICMJE recommendations, Alpha Psychiatry accepts public registries that include minimum acceptable 24-item trial registration dataset.
- Authors are required to state a data sharing plan for the clinical trial registration. Please see details under “Data Sharing” section.
- For further details, please check ICMJE Clinical Trial Policy at www.icmje.org

Data Sharing

As of 1 January 2019, a data sharing statement is required for the registration of clinical trials. Authors are required to provide a data sharing statement for the articles that reports the results of a clinical trial. The data sharing statement should indicate the items below according to the ICMJE data sharing policy:

- Whether individual deidentified participant data will be shared
- What data in particular will be shared
- Whether additional, related documents will be available
- When the data will be available and for how long
- By what access criteria will be shared

Table 1. Limitations for each manuscript type

Type of manuscript	Word limit	Abstract word limit	Reference limit	Table limit	Figure limit
Original Article	4000	350 (Structured)	30	6	5 or total of 10 images
Invited Review Article	5000	350	75	6	10 or total of 15 images
Letter to the Editor	400	No abstract	5	No tables	No media

Authors are recommended to check the ICMJE data sharing examples at <http://www.icmje.org/recommendations/browse/publishing-and-editorial-issues/clinical-trial-registration.html>

While submitting a clinical trial to Alpha Psychiatry;

- Authors are required to make registration to a publicly accessible registry according to ICMJE recommendations and the instructions above.
- The name of the registry and the registration number should be provided in the Title Page during the initial submission.
- Data sharing statement should also be stated in the Title Page even the authors do not plan to share it.

Clinical trial and data sharing policy of the journal will be valid for the articles submitted from 1 January 2021.

Statistical analysis to support conclusions is usually necessary. Statistical analyses must be conducted in accordance with international statistical reporting standards (Altman DG, Gore SM, Gardner MJ, Pocock SJ. Statistical guidelines for contributors to medical journals. *Br Med J* 1983; 7; 1489-93). Information on statistical analyses should be provided with a separate subheading under the Materials and Methods section and the statistical software that was used during the process must be specified.

Units should be prepared in accordance with the International System of Units (SI).

Invited Review Article: Authors who have extensive knowledge on a particular field and whose scientific background has been translated into a high volume of publications with a high citation potential are invited by the journal to prepare an invited review on a specific topic in psychiatry. All invited review articles will also undergo peer review before acceptance. Invited reviews should describe, discuss, and evaluate the current knowledge of a topic in clinical practice and guide future studies. The subheadings of the review articles should be planned by the authors. However, each review article should include an "Introduction" and a "Conclusion" section. Please note that unsolicited review submissions will not be evaluated. Please check Table 1 for the limitations for Invited Review Articles.

Letters to the Editor: This type of manuscript discusses important parts, overlooked aspects, or lacking parts of a previously published article. Articles on subjects within the scope of the journal that might attract the readers' attention, particularly educative cases, may also be submitted in the

form of a "Letter to the Editor." Readers can also present their comments on the published manuscripts in the form of a "Letter to the Editor." Abstract, Keywords, and Tables, Figures, Images, and other media should not be included. The text should be unstructured. The manuscript that is being commented on must be properly cited within this manuscript.

Tables

Tables should be included in the main document, presented after the reference list, and they should be numbered consecutively in the order they are referred to within the main text. A descriptive title must be placed above the tables. Abbreviations used in the tables should be defined below the tables by footnotes (even if they are defined within the main text). Tables should be created using the "insert table" command of the word processing software and they should be arranged clearly to provide easy reading. Data presented in the tables should not be a repetition of the data presented within the main text but should be supporting the main text.

Figures and Figure Legends

Figures, graphics, and photographs should be submitted as separate files (in TIFF or JPEG format) through the submission system. The files should not be embedded in a Word document or the main document. When there are figure subunits, the subunits should not be merged to form a single image. Each subunit should be submitted separately through the submission system. Images should not be labeled (a, b, c, etc.) to indicate figure subunits. Thick and thin arrows, arrowheads, stars, asterisks, and similar marks can be used on the images to support figure legends. Like the rest of the submission, the figures too should be blind. Any information within the images that may indicate an individual or institution should be blinded. The minimum resolution of each submitted figure should be 300 DPI. To prevent delays in the evaluation process, all submitted figures should be clear in resolution and large in size (minimum dimensions: 100 × 100 mm). Figure legends should be listed at the end of the main document.

All acronyms and abbreviations used in the manuscript should be defined at first use, both in the abstract and in the main text. The abbreviation should be provided in parentheses following the definition.

When a drug, product, hardware, or software program is mentioned within the main text, product information, including the name of the product, the producer of the product, and city and the country of the company (including the state if in USA), should be provided in parentheses in the following format: "Discovery St PET/CT scanner (General Electric, Milwaukee, WI, USA)"

All references, tables, and figures should be referred to within the main text, and they should be numbered consecutively in the order they are referred to within the main text.

Limitations, drawbacks, and the shortcomings of original articles should be mentioned in the Discussion section before the conclusion paragraph.

References

Both in-text citations and the references must be prepared according to the AMA Manual of style.

While citing publications, preference should be given to the latest, most up-to-date publications. Authors are responsible for the accuracy of references. If an ahead-of-print publication is cited, the DOI number should be provided. Journal titles should be abbreviated in accordance with the journal abbreviations in Index Medicus/MEDLINE/PubMed. When there are six or fewer authors, all authors should be listed. If there are seven or more authors, the first three authors should be listed followed by "et al." In the main text of the manuscript, references should be cited in superscript after punctuation. The reference styles for different types of publications are presented in the following examples.

Journal Article: Economopoulos KJ, Brockmeier SF. Rotor cuff tears in overhead athletes. *Clin Sports Med.* 2012;31(4):675-692.

Book Section: Fikremariam D, Serafini M. Multidisciplinary approach to pain management. In: Vadivelu N, Urman RD, Hines RL, eds. *Essentials of Pain Management.* New York, NY: Springer New York; 2011:17-28.

Books with a Single Author: Patterson JW. *Weedon's Skin Pathology.* 4th ed. Churchill Livingstone; 2016.

Editor (s) as Author: Etzel RA, Balk SJ, eds. *Pediatric Environmental Health.* American Academy of Pediatrics; 2011.

Conference Proceedings: Morales M, Zhou X. Health practices of immigrant women: indigenous knowledge in an urban environment. Paper presented at: 78th Association for Information Science and Technology Annual Meeting; November 6-10; 2015; St Louis, MO. Accessed March 15, 2016. <https://www.asist.org/files/meetings/am15/proceedings/openpage15.html>

Thesis: Maiti N. Association Between Behaviours, Health Characteristics and Injuries Among Adolescents in the United States. Dissertation. Palo Alto University; 2010.

Online Journal Articles: Tamburini S, Shen N, Chih Wu H, Clemente KC. The microbiome in early life: implications for health outcomes. *Nat Med.* Published online July 7, 2016. doi:10.1038/nm4142

Epub Ahead of Print Articles: Websites: International Society for Infectious Diseases. ProMed-mail. Accessed February 10, 2016. <http://www.promedmail.org>

REVISIONS

When submitting a revised version of a paper, the author must submit a detailed "Response to the reviewers" that states point by point how each issue raised by the reviewers has been covered and where it can be found (each reviewer's comment, followed by the author's reply and line numbers where the changes have been made) as well as an annotated copy of the main document. Revised manuscripts must be submitted within 30 days from the date of the decision letter. If the revised version of the manuscript is not submitted within the allocated time, the revision option may be canceled. If the submitting author (s) believe that additional time is required, they should request this extension before the initial 30-day period is over.

Accepted manuscripts are copy-edited for grammar, punctuation, and format. Once the publication process of a manuscript is completed, it is published online on the journal's webpage as an ahead-of-print publication before it is included in its scheduled issue. A PDF proof of the accepted manuscript is sent to the corresponding author and their publication approval is requested within 2 days of their receipt of the proof.

Editor in Chief: Okan Çaliyurt

Address: Trakya University School of Medicine, Psychiatry Department, Balkan Campus, Edirne 22030 Turkey

E-mail: caliyurt@hotmail.com

Publisher: AVES

Address: Büyükderece Cad., 105/9 34394

Şişli, İstanbul, Turkey

Phone: +90 212 217 17 00

Fax: +90 212 217 22 92

E-mail: info@avesyayincilik.com

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EDITORIAL

Time for a Change

There is an increasing excitement and work in our journal in recent weeks. Even the severe effects of the pandemic could not overshadow this excitement. The Istanbul-based independent publishing house AVES took over the Anatolian Journal of Psychiatry.¹ Subsequently, changes were made step by step to make the journal a journal that meets international standards and contributes to science universally. In order to provide a widespread awareness, the name of the journal has been changed from its national and local connotation (Anatolian Journal of Psychiatry) to a way that everyone can easily understand and associate a scientific journal with, worldwide. Our journal is now called the Alpha Psychiatry. With this name, we think our journal will reflect its scientific identity. On the other hand, we believe that being short and concise will be useful for communication. In fact, we prefer to write and use it even shorter as αP in-house, and maybe our readers may prefer to use it as such. In order to serve science universally, we determined the language of the journal as English. In addition to these, various developments and innovations are being made and will be shared with you upon completion.

We will continue to work diligently to become an internationally known and guiding journal in the field of psychiatry. In this process, we aim to achieve our goal by applying high scientific and ethical standards. On this occasion, we would like to thank the previous editors of the journal and those on the editorial board, those involved in the peer review process, and the authors who form the main element of the journal with their valuable articles. In the new phase, it would be possible for us to progress and reach our goals with your support. We would like to convey that we will be honored to evaluate the articles you would submit to the journal and to contribute to the literature together.

Reference

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Okan Çaliyurt, MD

Editor in Chief

Department of Psychiatry, Trakya University School of Medicine, Edirne, Turkey

caliyurt@hotmail.com

EDITORIAL

Journey

Every journey has a purpose, a starting point, and a destination. The journey of the Anatolian Journal of Psychiatry is like a never-ending journey in life.

Approximately 30-40 years ago, the distribution of employees working in the field of mental health in Turkey was worse than it is now. Outside the three major cities, mental health workers had a higher burden, but their visibility and recognition levels were low. The aim and starting point of the Anatolian Journal of Psychiatry was to eliminate this deficiency, and its name was chosen accordingly. The journal was open for studies from all our colleagues and those working within the framework of behavioral sciences. This situation can be clearly seen when the studies and authors included in the journal are reviewed.

The journey of the Anatolian Journal of Psychiatry started in Sivas, in the middle of Anatolia. Its first issue was published in 2000. Later, I briefly describe the functioning and important aspects of the journal's ongoing journey.

In the early days, articles were being submitted to the Anatolian Journal of Psychiatry either on paper or on a CD. In the years that followed, we first started to receive submissions by e-mail and then through an online submission system. After an assessment of their compliance with the rules and scope of the journal submissions were assigned to at least 2 of our reviewers. All papers went through a technical review before the peer review process in order to provide our reviewers with documents that were easier to review which meant that they could focus on the quality of content. Our research assistant physicians at that time undertook the task of bringing the envelopes to the post office. In the following years, after these changes were made, the articles were sent to our reviewers by e-mail, and the evaluations were also received by e-mail.

One of the most important features in the functioning of the Anatolian Journal of Psychiatry was to send the evaluations of our reviewers to the authors of the articles that were not accepted. In this communication, we paid attention to using the expressions such as "reviewer evaluation" instead of "reviewer criticism" and "refusal to be published" instead of "rejection." From the feedback we received, we learned that the authors benefited a lot from the reviewer feedback and that the interaction with the journal was "like a school" for them. Some of our authors thanked us for these reviews, even though their articles were not accepted. There was a close collaboration with the authors of the articles that were deemed appropriate to be accepted after they were edited.

In the annual evaluations of journals regularly conducted by TUBITAK/ULAKBIM, these "editorial processes" of our journal have been praised twice.

The Anatolian Journal of Psychiatry fundamentally evaluated whether the topics of the articles were suitable for the journal; it did not take into account who the authors were, their titles, and which discipline they were from. Because of objective evaluations, studies in which our reviewers took part as authors could not be accepted. In this context, we have had authors from disciplines such as adult psychiatry, child and adolescent psychiatry, psychiatric nursing, psychology, social work, and family medicine.

Another feature of the Anatolian Journal of Psychiatry was that it was author friendly. We made it author friendly by using Turkish correctly and by interacting with authors in a fast and supportive way.

During both the evaluation of articles and the final editing process, the authors were always supported, and we acted very quickly. We have received feedback stating that it differs from other journals in the correct use of Turkish. Some of our authors stated that they did not find a mechanical editor, but a “fast and supportive human editor.”

The publication policy of the Anatolian Journal of Psychiatry was to reach everyone concerned. Therefore, we sent our journal free of charge to our authors; reviewers; all adult, child, and adolescent psychiatry departments; and libraries that wish and anyone who wishes to receive the journal.

Another issue with our editorial policy was that studies conducted online were not evaluated. This has scientific grounds such as the selection of the sample in the method of the studies and the fact that the sample does not represent the universe. An article on this topic was published in our December 2020 issue.

Another important issue regarding the editorial policy concerns the review articles. Review articles provide important information and comments on a topic and are the most advanced stage for an author. However, in Turkey, plagiarism can be common with review. To prevent this, we set out a condition that the review author (s) should have worked on that subject and should have at least three publications on that subject. To write a review, it is not enough to convey some information on the subject, it is also necessary to make comments based on the knowledge and experience on that subject.

Because of lack of financial support after 2011, the Anatolian Journal of Psychiatry started to collect an article processing charge as of 2013. This situation did not affect our journal's publication policy at all. Statistics show that our acceptance rate was below 25%, and this rate is not considered high.

For a scientific journal to be accepted by scientific community, the indices in which it is covered by is important. The Anatolian Journal of Psychiatry started to be indexed by the Turkish Medical Index in the middle of its first year of publication and by the Science Citation Index-Expanded in 2008 which promoted international submissions.

The journey I summarized above started from an Anatolian city, in an amateur setup but a professional product was produced as a result of it. I would like to thank our editorial board, reviewers, authors and readers for their contributions in this.

The journey of a journal is endless, and our journal needs to be institutionalized to continue this journey with firm steps. Our journal, which turns 21 years, has passed its childhood and has become an adult. With the transfer of the franchise, I believe our journal's journey will sail to wider horizons with the new team.

Orhan Doğan
Former Editor in Chief
ordogan@gmail.com