

Guidelines for Submissions to The Considerable Journal

1. Mission:

The Considerable Journal's mission is to bring relevant scientific findings closer to people who seek evidence-based paths to integral well-being, by providing briefed, straightforward expositions of scientific research regarding mental and physical health, relationships, habits, and more. The Considerable Journal is non-for-profit: we are moved by the mission of disseminating relevant scientific findings.

2. Content:

Articles must be an original work of its author based primarily on a single **scientific paper** in the field of psychology or a related scientific field. Said scientific paper must be referenced using APA rules under "Source", at the bottom of the article. Additional sources may be cited using APA rules under "Other Sources", below "Source". The author must present the information using their own words, only using citations sparingly. The articles should not exceed three pages.

Please also note that we refrain from working with research that included animal experimentation.

3. Relevance:

The focus of the topic of the scientific paper and article should be something that the reader can apply to their lives and make different decisions based on the findings presented. The article should emphasize what the reader **can do** to achieve better well-being based on the information presented.

4. Language:

The language used in the article must be easily understood by the general public while still being scientifically accurate and carefully worded. A relatively informal tone should be used while conveying accurate information. Please refrain from making absolute, all-or-nothing statements, since usually such statements aren't scientifically accurate. Good grammar and syntax are expected. The information must be presented in a clear, organized, and relevant manner to ensure it is easily understood by the public. Please read some of [our articles](#) for reference.

5. Text Citations:

Text citations should be used **sparingly** and must include the author and year of the study in parentheses. Cited texts must be referenced under “Sources” / “Other Sources”.

6. Title Format:

The title format we use for our articles is, "X (verb in present) Y". Article titles should be written as statements in the present tense, using language that is carefully chosen (for instance X "*can reduce*" Y), or (X *relates to* Y).

7. Sources and Conflicts of Interest:

All sources used in the article must be fully disclosed (APA style under “Sources” and “Other Sources”), and any potential conflicts of interest must be declared.

8. Author Attribution:

The name of the author of the article will be displayed at the bottom right of the article, with the notation "*Article written by ____*". In the Instagram post, the profile of the author can be tagged.

9. Licensing:

By submitting your article:

- a) If your submission is accepted, you are granting us a perpetual, royalty free exclusive license to use the article on theconsiderablejournal.com, the Instagram account, the Facebook account, as well as in our newsletter. The article should only be published by The Considerable Journal, as we seek original content.
- b) You exonerate us for any infringements brought up by another party in relation to the content submitted by you.

10. Pre-Submission Inquiry:

The author is encouraged to send us an email before submitting an article to inquire about the alignment of the intended topic and focus with the goals of the journal. Our email is theconsiderable@gmail.com.

11. Submission Process:

Submitting an article does not guarantee that it will be accepted for publication. The submission will be reviewed, and the author will be notified of its status:

accepted, not accepted, or requiring revisions. We may accept the article but we may slightly edit the text to fit the website better. In case of significant editing or major changes, we will contact you first for your approval before we post the article.

Submissions must be done via email: our email is theconsiderable@gmail.com.

Thank you for your interest in contributing to The Considerable Journal. We look forward to receiving your submission.