

Writing Introductions for health research papers (research proposals dissertations)

Selecting your journal

- Relevant
- Published studies on your topic before
- Read by the audience to which you are aiming to disseminate results
- Well respected
- Speed of publication
- Impact factors
- Be aware of predatory journal (take fees, promise rapid publication, no robust peer review)

Paper style and structure

- Follow the journal guidance for authors
- Use a standard reporting structure for the type of study

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Use the
STROBE-NUT
guideline

to report observational
studies in nutrition



The work of the introduction

- Interest and engage the readers
- Makes the case for the paper (practice, policy, method etc)
- Establishes the credibility of the paper

What to Include

1. Introduce your topic
2. Create some context and background
3. Tell your reader about the research you plan to carry out
4. State your rationale
5. Explain why your research is important
6. State your hypothesis or research questions or research aims and objectives

Introduce the topic

- General introduction (not too specialised)
- Then focus down on your particular topic

Give context

- Brief overview of the relevant literature
- Describe current state of the art if relevant
- Identify gaps in the literature and why they are important

(In a funding application or research proposal – this section will be quite substantial and show you really know the literature)

State the thesis or questions or
aims/objectives

Maybe give an outline of the structure of the rest of the paper

- Depends on the journal and type of paper (empirical or theoretical or discussion paper).