



Getting ready to write a paper

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[@MarkATully](https://twitter.com/MarkATully)





**THE SECRET TO GETTING AHEAD
IS GETTING**

STARTED.

Mark Twain

Rank these common barriers to writing in the order that you experience them

Rank Options

1 Finding quality writing time

2 Choosing a topic

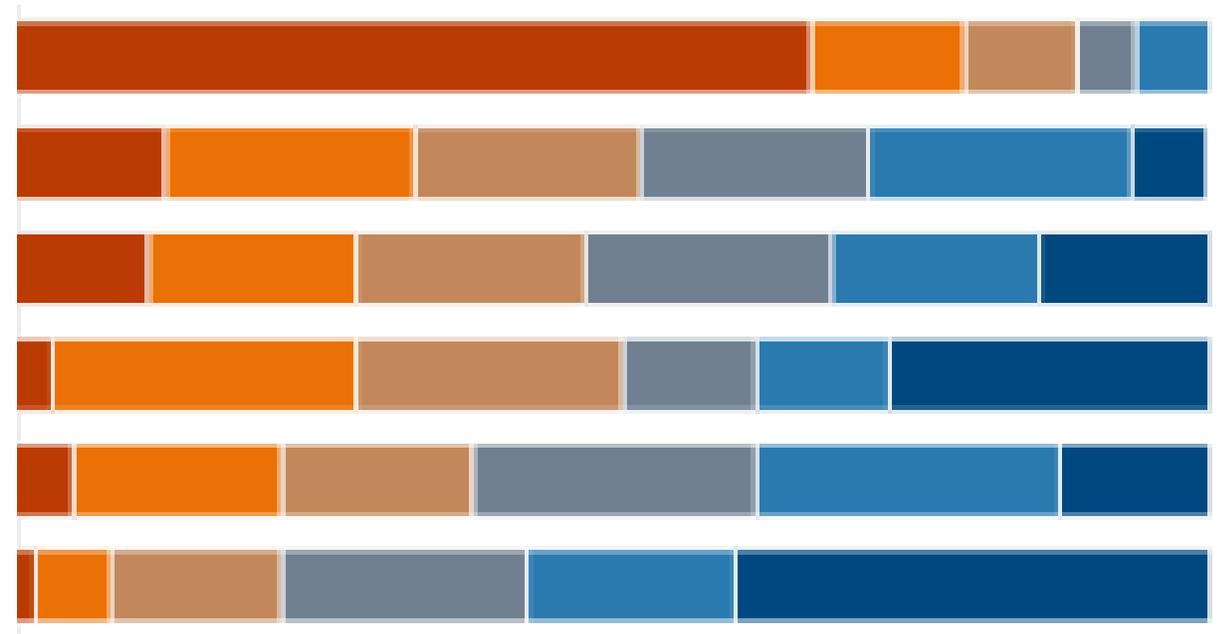
3 Difficulty creating a compellin...

4 Staying motivated

5 Choosing the method

6 Not having access to data

First choice Last choice





EXERCISE

Some motivation required.

Finding your motivation

Why are you writing a paper?

To be recognised/validated

For your CV?

Because you have something to say

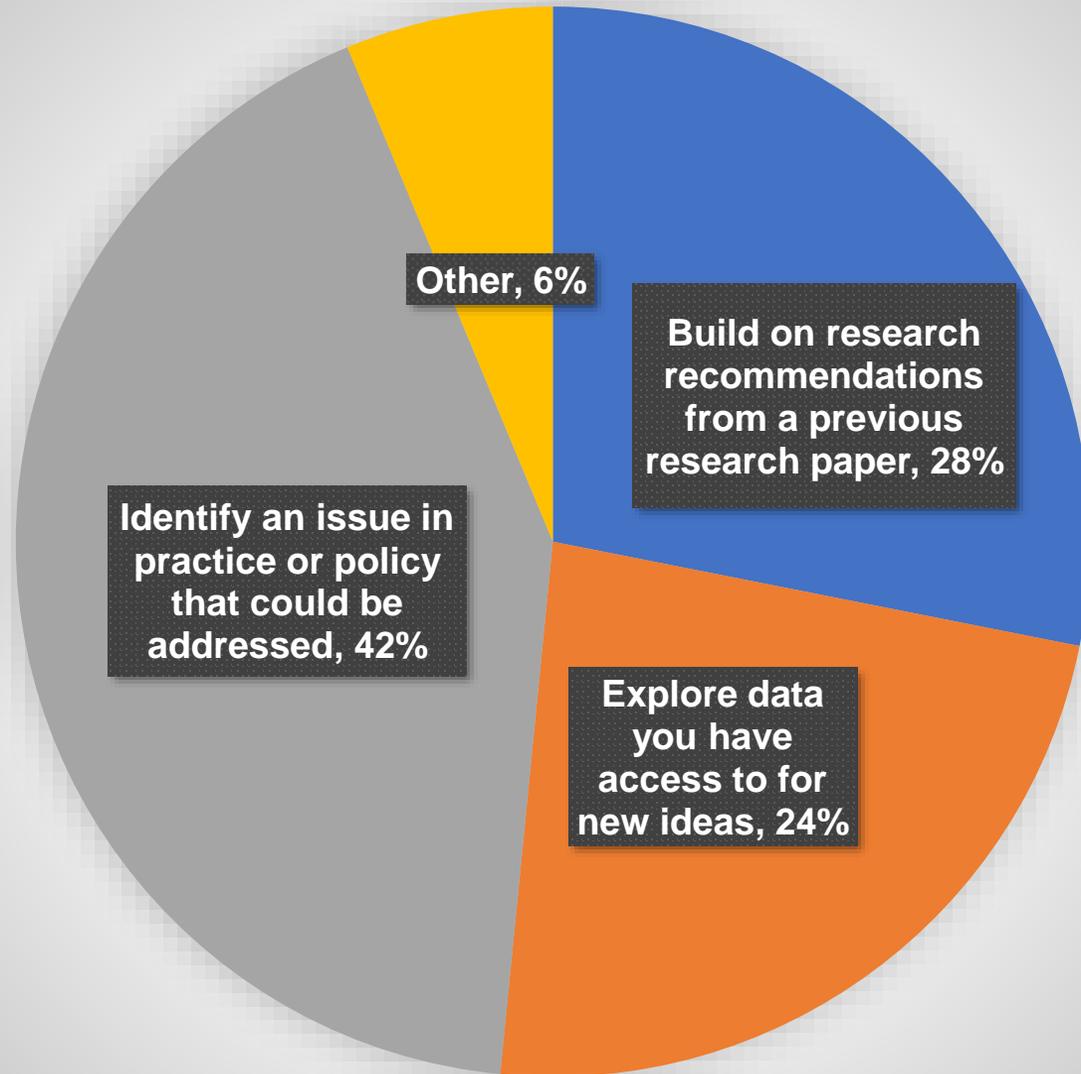
Address a problem/issue

REF?



Choosing a Topic

Which of these do you think is the best starting point when developing a topic for a new paper?



Other:

- “any three of the above, create a perfect storm”
- “Depends on article- Original or Review”
- “PhD topic is a good starting point”
- “Respond to an invite from a journal special issue”



Some ideas:

- Immerse yourself in journal articles to identify gaps or questions that excite you
- Write/reword research question with a narrower focus
- Be specific, original and realistic about what you're able to achieve
- Talk through emerging ideas with a friend or friendly journal editor



Who, what, where, when and why?

WHY did you choose the topic?

What interests you about it?

Do you have an opinion about the issues involved?

WHO are the key stakeholders on this topic?

Who is affected by the topic?

Do you know of organizations or institutions affiliated with the topic?

WHAT are the major questions for this topic?

Is there a debate about the topic?

Are there a range of issues and viewpoints to consider?

WHERE is your topic important

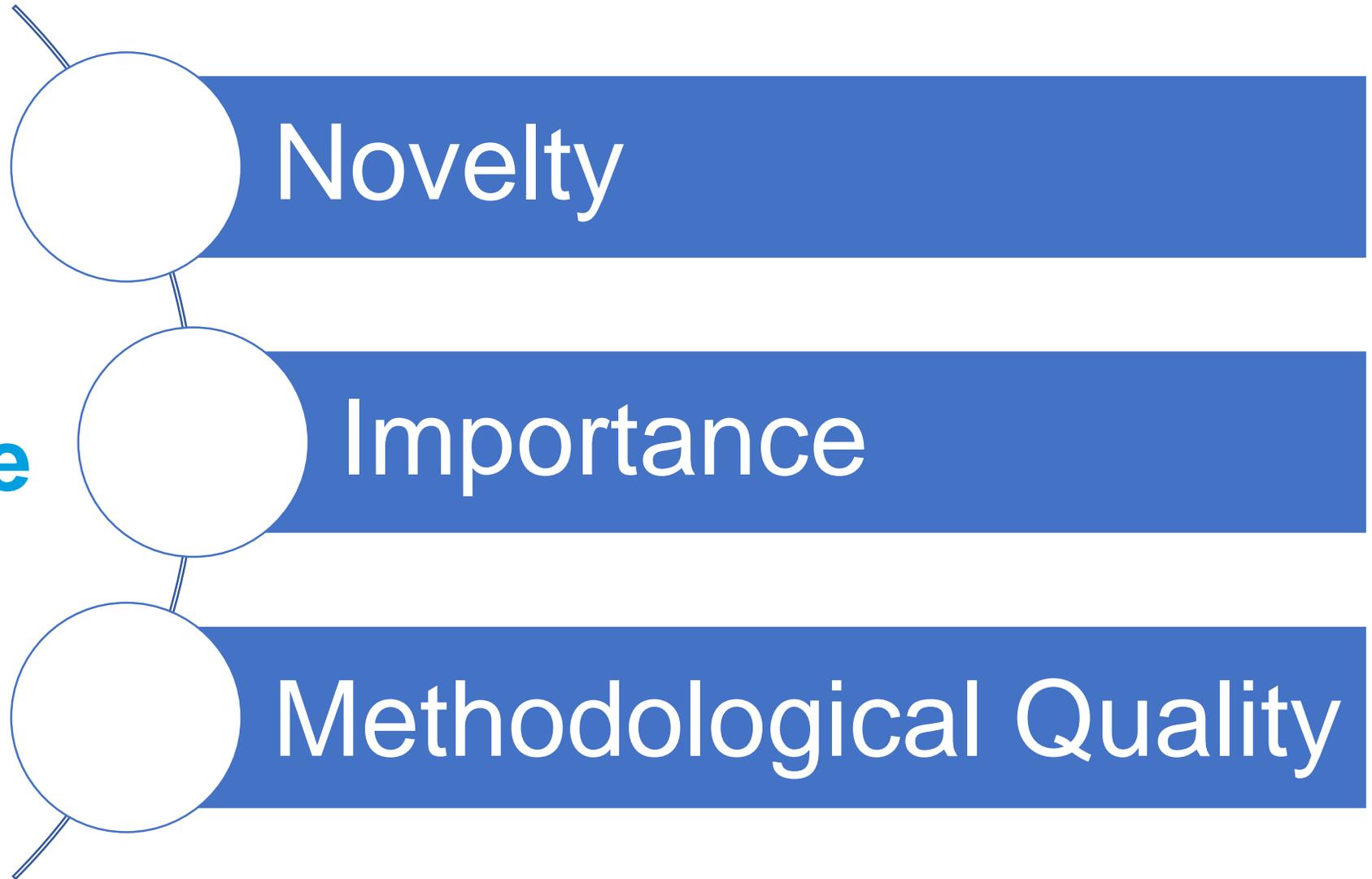
Local, national or international level?

WHEN is/was your topic important?

Is it a current event or an historical issue?

Do you want to compare your topic by time periods?

Topic Choice





Novelty/Originality

The extent to which the output introduces a new way of thinking about a subject, or is distinctive or transformative compared with previous work in an academic field

- What is different about your research?
- What have you done that has not been done before?
- Have you used a new technique or modified an existing one?
- Have you studied a cohort of individuals that have never been studied before?



Article
Text



Article
info

Research report

Direct healthcare costs of sedentary behaviour in the UK

 Leonie Heron ¹, Ciaran O'Neill ¹, Helen McAneney ¹, Frank Kee ¹, Mark A Tully ²

Correspondence to Leonie Heron, Centre for Public Health, Queen's University Belfast Centre for Public Health, Belfast BT12 6BA, UK;

lheron01@qub.ac.uk



< Previous Article Next Article >

The Mediating Role of Self-Regulation and Self-Efficacy on Physical Activity Change in Community-Dwelling Older Adults (≥65 Years): An Experimental Cross-Lagged Analysis Using Data From SITLESS

in Journal of Aging and Physical Activity

Ilona I. McMullan, Brendan P. Bunting, Nicole E...

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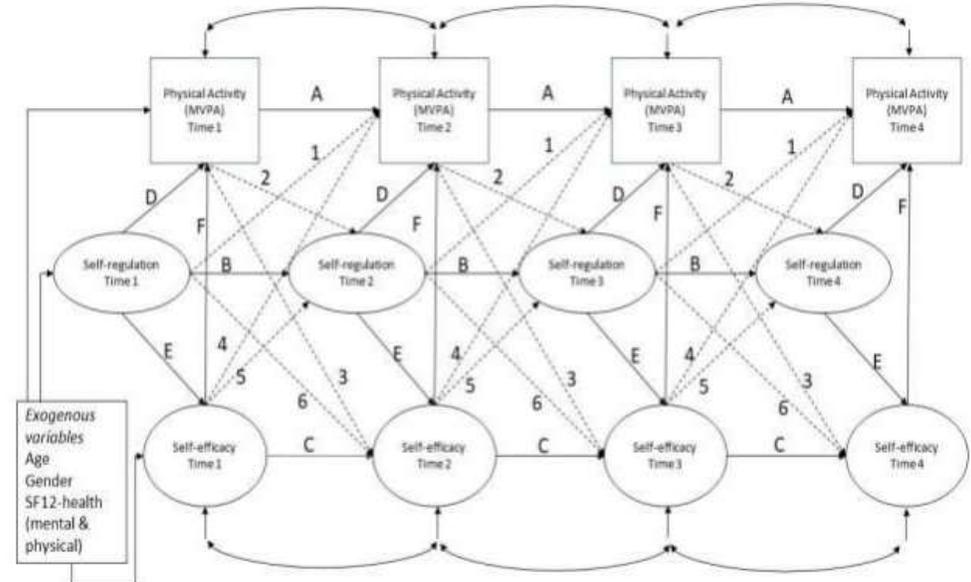
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Novelty (methods)

Figure 1 Longitudinal effects between moderate to vigorous physical activity, self-regulation, and self-efficacy



Note: MVPA = Moderate-vigorous Physical Activity; Time 1 = baseline; Time 2 = intervention completion at 4 months; Time 3 = 12-month follow-up; Time 4 = 18-month follow-up; SF-12-health = 12-item Short Form Survey health questionnaire

Novelty (population)



 SpringerLink

Original Article | [Published: 05 January 2022](#)

Sleep problems and subjective cognitive complaints among middle-aged and older adults in 45 low- and middle-income countries

[Lee Smith](#), [Hans Oh](#), [Louis Jacob](#), [Guillermo F. López-Sánchez](#) , [Nicola Veronese](#), [Pinar Soysal](#), [Jae Il Shin](#), [Felipe Schuch](#), [Mark A. Tully](#), [Laurie Butler](#), [Yvonne Barnett](#) & [Ai Koyanagi](#)

[Aging Clinical and Experimental Research](#) (2022) | [Cite this article](#)

52 Accesses | 5 Altmetric | [Metrics](#)

- No studies on this topic exist from low- and middle-income countries (LMICs). Thus, we investigated the association between sleep problems and SCC in a large sample of middle-age and older adults from 45 LMICs.
- Data on 60,228 adults aged ≥ 50 years were analysed



Sci STKE, 2004 Apr 20;2004(230) RE6.

Carbon monoxide: to boldly go where NO has gone before.

Ryder SW[†], Morse D, Choi AM

Human Microbiome Journal

Available online 3 July 2019, 100058

In Press, Accepted Manuscript 

Original Article

The effect of having Christmas dinner with in-laws on gut microbiota composition

Nicolien C de Clercq ^a   ... Max Nieuwdorp ^d 

Understanding the Dynamics of Emerging and Re-Emerging Infectious Diseases Using Mathematical Models, 2012: 157-177 ISBN: 978-81-7895-549-0 Editors: Steady Mushayabasa and Claver P. Bhunu

7. A mathematical model of Bieber Fever: The most infectious disease of our time?

Valerie Tweedle¹ and Robert J. Smith?²

¹Department of Biology, The University of Ottawa, 585 King Edward Ave, Ottawa ON K1N 6N5 Canada; ²Department of Mathematics and Faculty of Medicine, The University of Ottawa 585 King Edward Ave, Ottawa ON K1N 6N5, Canada



Importance/Significance

The extent to which the work has exerted, or is likely to exert, an influence on an academic field or practical applications.

- What will people do differently as a result of your work?
- What are its implications for other researchers and for people in the wider world?
- How has our knowledge of the world changed?

SCANDINAVIAN JOURNAL OF
MEDICINE & SCIENCE IN SPORTS

REVIEW ARTICLE

Consequences of physical inactivity in older adults: A systematic review of reviews and meta-analyses

Conor Cunningham , Roger O' Sullivan, Paolo Caserotti, Mark A. Tully

First published: 04 February 2020 | <https://doi.org/10.1111/sms.13616> | Citations: 103



Title Abstract X

Cochrane Reviews ▾ Trials ▾ Clinical Answers ▾ About ▾ Help ▾

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Cochrane Database of Systematic Reviews | Review - Intervention

Physical activity interventions for disease-related physical and mental health during and following treatment in people with non-advanced colorectal cancer

✉ Maresa McGettigan, Chris R Cardwell, Marie M Cantwell, Mark A Tully Authors' declarations of interest

Version published: 03 May 2020 Version history

<https://doi.org/10.1002/14651858.CD012864.pub2>

Importance (practice)

ANNALS OF MEDICINE
2021, VOL. 53, NO. 1, 1935-1944
<https://doi.org/10.1080/07853890.2021.1992496>



Open access

What are the recommendations for returning athletes who have experienced long term COVID-19 symptoms?

Rosie K. Lindsay^a, Jason J. Wilson ^b, Mike Trott^c, Olawale Olanrewaju^d, Mark A. Tully ^e, Guillermo F. López-Sánchez^c, Jae Il Shin^f, Damiano Pizzol^g, Peter Allen^a, Laurie T. Butler^h, Yvonne Barnettⁱ, and Lee Smith ⁱ

PUBLISH

ABOUT

BROWSE

PLOS ONE

 OPEN ACCESS  PEER-REVIEWED

RESEARCH ARTICLE

The effect of different COVID-19 public health restrictions on mobility: A systematic review

Mark A. Tully , Laura McMaw, Deepti Adlakha, Neale Blair, Jonny McAneney, Helen McAneney, Christina Carmichael, Conor Cunningham, Nicola C. Armstrong, Lee Smith

Published: December 8, 2021 • <https://doi.org/10.1371/journal.pone.0260919>

Methodological Quality/Rigour

The extent to which the purpose of the work is clearly articulated, an appropriate methodology for the research area has been adopted, and compelling evidence presented to show that the purpose has been achieved.

- Have you chosen a sensible research question?
- Have you used the best methodology to answer that question?
- Have you applied standardised techniques robustly or properly validated innovative techniques?
- Have you presented your results as clearly and convincingly as possible?



Peer-led walking programme to increase physical activity in inactive 60- to 70-year-olds: Walk with Me pilot RCT

Public Health Research, No. 7.10

Mark A Tully, Conor Cunningham, Ashlene Wright, Ilona McMullan, Julie Doherty, Debbie Collins, Catrine Tudor-Locke, Joanne Morgan, Glenn Phair, Bob Laventure, Ellen EA Simpson, Suzanne M McDonough, Evie Gardner, Frank Kee, Marie H Murphy, Ashley Agus, Ruth F Hunter, Wendy Hardeman, and Margaret E Cupples.

► Author Information

Southampton (UK): [NIHR Journals Library](https://doi.org/10.1136/bmj.n2061); 2019 May.



FIGURE 1 Integrated model to design intervention content.

Annals of Behavioral Medicine

Issues Advance Articles Submit Purchase Alerts About



Volume 46, Issue 1
August 2013

The Behavior Change Technique Taxonomy (v1) of 93 Hierarchically Clustered Techniques: Building an International Consensus for the Reporting of Behavior Change Interventions

Susan Michie, DPhil, Psychol, Michelle Richardson, PhD, Marie Johnston, PhD, Psychol, Charles Abraham, DPhil, CPsychol, Jill Francis, PhD, CPsychol, Wendy Hardeman, PhD, Martin R. Eccles, MD, James Carr, PhD, Candace E. Wood, PhD Author Notes

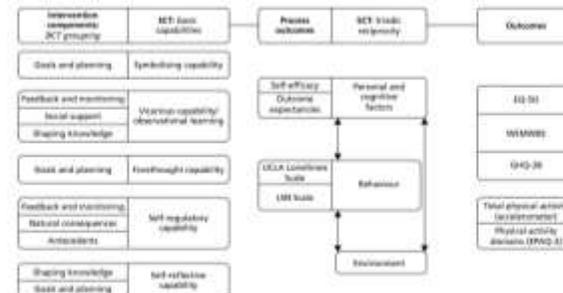


FIGURE 2 Walk with Me 'top' model. EQ-5L, EuroQol-5 Dimensions; GHQ-28, General Health Questionnaire-28 items; ULS, Lubben Social Network; WEMWBS, Warwick-Edinburgh Mental Well-being scale.

Research Methods & Reporting

A new framework for developing and evaluating complex interventions: update of Medical Research Council guidance

BMJ 2021 ; 374 :doi: <https://doi.org/10.1136/bmj.n2061> (Published 30 September 2021)
Cite this as: BMJ 2021;374:n2061

Article Related content Metrics Responses Peer review

Kathryn Skivington¹, research fellow¹, Lyrisay Matthews¹, research fellow¹, Sharon Anne Simpson¹, professor of behavioural sciences and health¹, Peter Craig¹, professor of public health evaluation¹, Janis Baird¹, professor of public health and epidemiology², Jane M Blazeby³, professor of surgery⁴, Kathleen Anne Boyd, reader in health economics⁵, Neil Craig, acting head of evaluation within Public Health Scotland⁶, David P French, professor of health psychology⁶, Emma McIntosh, professor of health economics⁶, Mark Pateiro, professor of public health evaluation⁷, Jo Rycholt-Malone, faculty dean⁸, Martin White, professor of population health research⁹, Laurence Moore, unit director¹

Research Methods & Reporting

Process evaluation of complex interventions: Medical Research Council guidance

BMJ 2015 ; 350 :doi: <https://doi.org/10.1136/bmj.h1256> (Published 19 March 2015)
Cite this as: BMJ 2015;350:h1256

Article Related content Metrics Responses Peer review

Graham F Moore, research fellow¹, Suzanne Audrey, research fellow², Mary Barker, associate professor of psychology³, Lyndal Bond, principal research officer⁴, Chris Bonell, professor of sociology and social policy⁵, Wendy Hardeman, senior research associate in behavioural science⁶, Laurence Moore, director⁷, Alicia O'Connell, professor of health services research⁸, Tannazee Trivani, research fellow⁹, David Wright, children, young people, families and health programme leader¹, Janis Baird, associate professor of public health²

Tully et al. *Pilot and Feasibility Studies* (2019) 4:117
<https://doi.org/10.1186/s13063-019-0106-2>

Pilot and Feasibility Studies

STUDY PROTOCOL

Open Access

Walk with Me: a protocol for a pilot RCT of a peer-led walking programme to increase physical activity in inactive older adults

Mark A. Tully^{1,2}, Conor Cunningham¹, Margaret E. Cupples^{1,2}, Duane Farrell¹, Wendy Hardeman¹, Ruth F. Hunter^{1,2}, Bob Laventure¹, Suzanne M. McDonough^{1,2,3}, Joanne Morgan^{1,2}, Marie H. Murphy¹, Ellen E. A. Simpson^{1,2}, Catrine Tudor-Locke¹, Ashlene Wright^{1,2} and Frank Kee^{1,2}



GUIDANCE FOR CLINICAL TRIAL PROTOCOLS

SPIRIT (Standard Protocol Items: Recommendations for Interventional Trials)

Key Documents



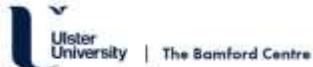
"To maximise the benefit to society, you need to not just do research but do it well."
— Professor Doug Altman
Medical Research Council, Health Services Research Unit, Edinburgh

Welcome to the CONSORT Website

CONSORT stands for Consolidated Standards of Reporting Trials and encourages researchers to follow the CONSORT Group to ensure the publication of high-quality reports of randomised controlled trials.

Finding Data





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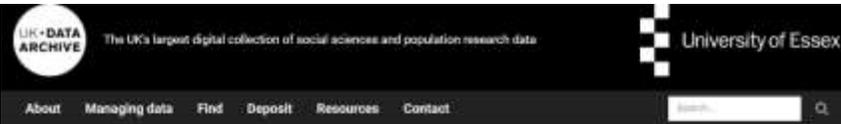
ADRC-NI

About

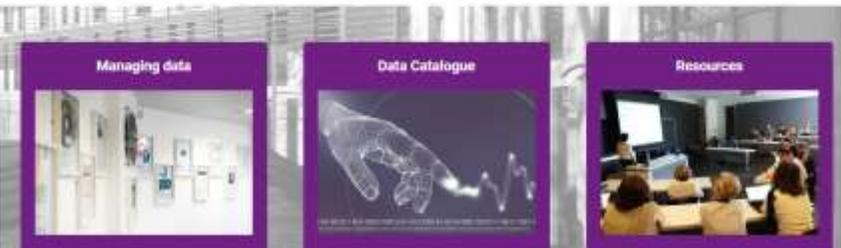
People

ADRC-NI - Administrative Data Research Centre - Northern Ireland

The Administrative Data Research Centre Northern Ireland (ADRC NI) is a partnership between Ulster University and Queen's University Belfast.



Home to the UK's largest collection of social, economic and population data for over 50 years, we provide researchers with training, support and data access as lead partner of the UK Data Service.



<https://www.data-archive.ac.uk/>



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Enabling your vision to improve public health

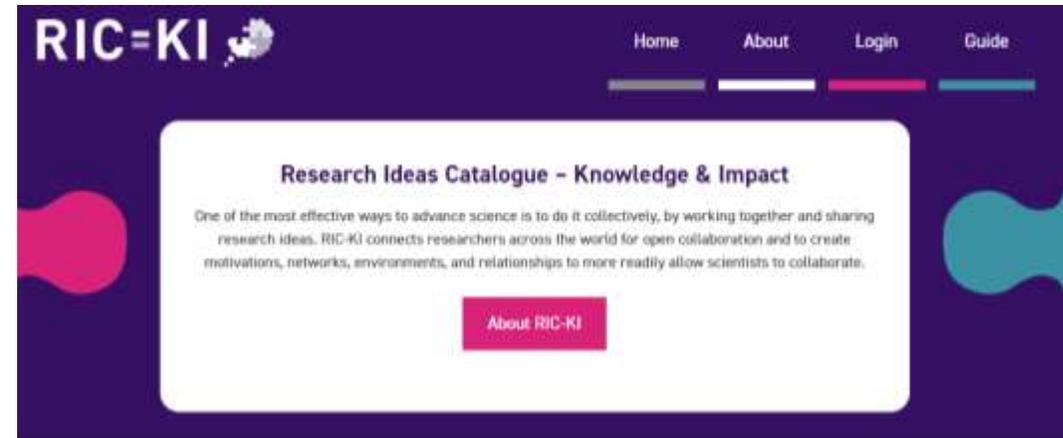
Data drives discovery. We have curated a uniquely powerful biomedical database that can be accessed globally for public health research. Explore data from half a million UK Biobank participants to enable new discoveries to improve public health.

[Data Showcase](#)

[Future data releases](#)

UK Biobank is a large-scale biomedical database and research resource, containing in-depth genetic and health information from half a million UK participants. The database is regularly augmented with additional data and is globally accessible to approved researchers undertaking vital research into the most common and life-threatening diseases. It is a major contributor to the advancement of modern medicine and treatment and has enabled several scientific discoveries that improve human health.

<https://www.ukbiobank.ac.uk/>



Research Ideas Catalogue - Knowledge & Impact

One of the most effective ways to advance science is to do it collectively, by working together and sharing research ideas. RIC=KI connects researchers across the world for open collaboration and to create motivations, networks, environments, and relationships to more readily allow scientists to collaborate.

[About RIC=KI](#)

<https://ric-ki.lboro.ac.uk/>

Developing a Writing Habit

Finding the right place to start

What's known?

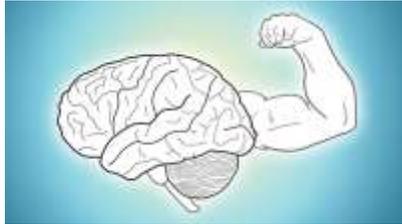
What should I do?

What's new?

ALL TOGETHER



Developing the Habit



“If you don’t have time to read, you don’t have time (or the tools) to write”
Stephen King

Train your Brain

- Develop a reading hobby
- Sign up for Table of Content alerts
- Selectively read articles



Developing the Habit

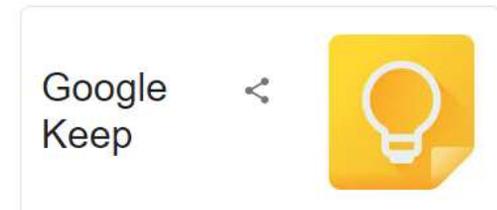


“Suggestions of problems
for research are gold”
Sir David Cox

Get the ‘right’ gear

Keep notes...

- seminars/papers/conversations etc.
- notebook by bed/desk
- phone app
- scrap paper etc.





Develop Routine

- Habits developed by repeating the behaviour
- Set a reminder (diary appointment)
- Develop pattern – e.g. no meeting Monday
- Develop accountability
 - e.g. 100 words in 100 days
- Reward progress

Developing the Habit



Share Ideas



BMC Research Notes

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Research note | [Open Access](#) | [Published: 11 January 2019](#)

Association of objective sedentary behaviour and self-rated health in English older adults

[Jason J. Wilson](#)  [Nicole E. Blackburn](#), [Rachel O'Reilly](#), [Frank Kee](#), [Paolo Caserotti](#) & [Mark A. Tully](#)

Space to Think



Your suggestions...

Your Top Tips

Preparation

Plan your paper

Planning, do detailed plan of paper before you start to write anything

Read lots around the area before starting!

Read other papers

Read, read and read a lot other relevant paper

Read lots of papers so you can identify good practice and implement those characteristics e.g. structure, style etc.



Action

Set the structure

Start with data presentation

Start, stop thinking about all the challenges that stop you from writing, just start

To focus on the research questions and outline the manuscript

Write in sections; select journal; consider key message and not seek to include everything - be specific

Others comments

Stay motivated

Time management is key

Unsure

Practice makes better and each draft will get better and better until the final version is reached

Write the aim of the paper down and keep it next to you

In Summary...

- Identify your motivation
- Spend time refining your research question
- Identify best source for data
- Develop a writing habit



Getting ready to write a paper

Over to You

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