Guidelines for Article Contributors

Thank you for showing an interest in contributing an article for MNZ Magazine. Massage New Zealand (MNZ) is the professional association of Massage Therapists here in New Zealand. As the Massage Therapy profession is not currently regulated in New Zealand, MNZ is a self-regulating volunteer membership organisation. We have a growing membership with 400-500 registered members across the country. The magazine is published 3 times per year in digital and pdf formats. All members of MNZ get access to the latest issues of the magazine via the members' area of our website (www.massagenewzealand.org.nz). Past issues (2+ years prior) are also posted on the public area of the website to promote MNZ and MNZ Magazine to potential members and the public. These can be found here.

We are interested in contributions from people working directly in the field of massage therapy as well as other forms of manual therapy, physio/physical therapy, psychology, and other areas of medicine and health that also have a bearing on massage therapy. We like to include articles from health professionals wider than just massage therapy, so that our members are exposed to new research and information that can inspire them to think wider and further develop their skills and evidence-based knowledge. In each issue we include a range of articles from contributors both within New Zealand and internationally, and each issue also has a specific theme or focus.

We are interested in articles on a range of areas including new treatment approaches and techniques, new theories, case studies and original research, opinion-pieces, book/literature and course reviews, information about what is going on in the world of massage therapy and other allied and related health fields.

The deadlines for content for each issue are:
Issue 1 – 1st February
Issue 2 – 1st June
Issue 3 – 1st October

As we are a non-profit organisation, we are unable to pay contributors unfortunately. All contributors do get a pdf of the published issue, for their records. We greatly value the contributions we receive from people who are willing to write an article for MNZ Magazine and include a bio and photo of each contributor as a way of recognising their contribution. We encourage contributors to share details of any website, blog or other online forum they manage, as this can generate traffic from our readership.

The following is a list of requirements for those interested in contributing an article to an up-coming issue of MNZ Magazine.

- Word count (not including references):
    - Standard article 250-1000 words

- o Feature article 1000-2000 words. We can be flexible about the maximum length for feature articles, particularly where an article is a case study or other academic piece.
- Format – MS Word document
- Font - Arial size 12
- Indents - Please use one tab to set indents and avoid using double spacing after full-stops. The magazine team will take care of all formatting.
- Grammar – Articles (with the exception of opinion-pieces and reviews), should ideally be written in third person, although we do recognise that first person is becoming more accepted in academic work. Contributors must spell and grammar check their own article before submitting. We have high standards in terms of the quality of writing so please ensure your article is appropriately written for the target audience. While articles are proof-read by the MNZ Magazine editorial team before publication, if an article does not meet our required standard for publication and the number of changes required are more than expected from standard proof-reading, you may be asked to re-write and re-submit the article.
- Referencing – Articles must include primary research sources (seminal and recent journal articles) from peer-reviewed academic journals. Examples include systematic reviews, meta analyses, original research. Referencing is used to avoid plagiarism and to provide evidence supporting what has been discussed in the article. The citation format should be correctly applied for both in-text references and the reference list itself. If you are new to using referencing, the following tool is a very useful guide to using APA - http://owll.massey.ac.nz/referencing/apa-interactive.php Another free tool is Mendeley - https://www.mendeley.com/ this is a complete referencing tool that helps you to organise and store articles and documents, add in-text references and compile a reference list at the end.
  - o APA 6 or 7 is the preferred format.
  - o We will accept a numbered citation style such as Vancouver if that is standard in your field, but please discuss this with us in advance.

  You are responsible for organising and checking references before submitting an article. We are unable to do your reference list for you. We may, however, randomly check references to ensure their legitimacy.
- Images - Maximum 4 images per article. Images must be sent as separate files, not embedded into the Word document. Each image must be at least 1.0MB, of high quality and in jpg or png format.
- Bio and photo - We like to include a short bio and photo of contributors at the end of each article. This can be included at the end of the article or as a separate Word document. The photo should also be provided as a separate file.