

From Practice to Publication: Sharing Your Work in the Substance Use Field

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Origins of Scientific Writing



Scientific communication is relatively recent



First journals appeared in 1665



IMRaD developed in the last century



Designed to preserve and test knowledge

Why Publication Matters



Journals are the main communication system



Publishing transforms work into knowledge



Local work becomes global evidence

What Is a Scientific Paper?

Without publication, science is dead.
-Gerard Piel

- Report of original research
- Follows structure and ethics
- Must be validly published



Why IMRaD Became the Backbone of Scientific Communication?

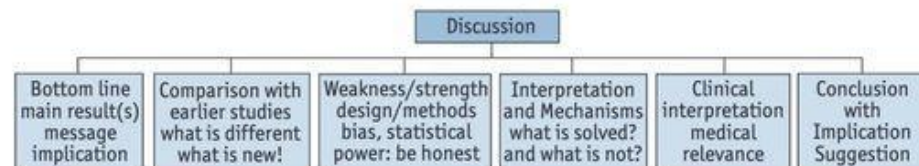
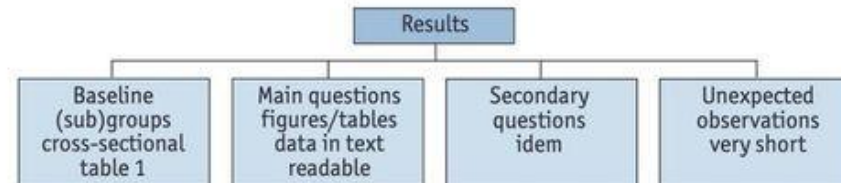
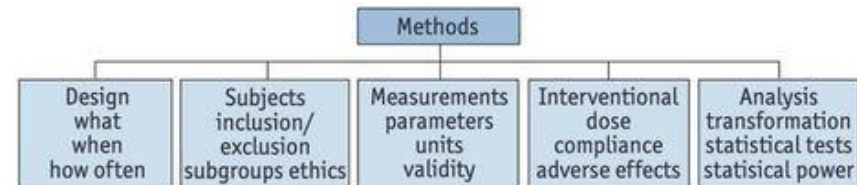
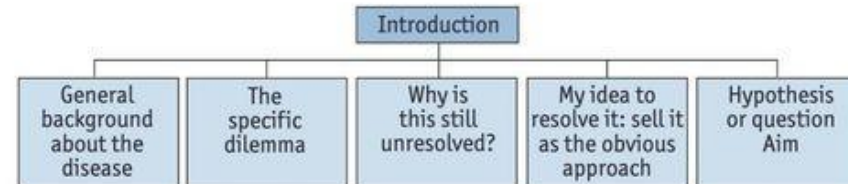
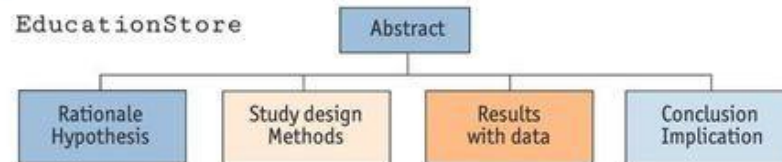
- IMRaD is not arbitrary formatting
- It organizes a paper around the logic of scientific inquiry:
 - Introduction: what problem exists
 - Methods: how the question was investigated
 - Results: what was found
 - Discussion: what the findings mean
- The format supports rapid reading, peer review, and reproducibility
- It turns research into a communicable, testable unit of knowledge

IMRaD Paper Breakdown



IMRaD Paper Breakdown

EducationStore



From: Sterk, P. J., & Rabe, K. F. (2008). The joy of writing a paper. *Breathe*, 4(3), 224-232.

The Importance of the Title

- The title may be the most-read part of the paper
- It is often the first element seen in indexing systems and search databases
- The main danger is not only being too long; it is being too vague
- General titles create ambiguity about:
 - intervention or exposure
 - population
 - outcome
 - scientific scope
- Specificity increases discoverability and interpretability

Abstract

I have the strong impression that scientific communication is being seriously hindered by poor quality abstracts written in jargon ridden mumbo-jumbo.

-Sheila McNab

The Abstract Is the Paper's Decision-Making Zone

- The abstract is a mini-version of the full paper Its function is not to impress, but to enable judgment Readers use it to decide:
 - relevance
 - credibility
 - whether to continue reading
- Core components:
 - objective/scope
 - methods
 - main results
 - principal conclusions
- It must match the paper exactly; no new claims, no unsupported conclusions, no literature review detours



How to write Abstract

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Importance

Research Gap

Objective

Methodology

Key Findings

Implications

Abstract

While many language teachers leave the profession early, others thrive and teach until retirement. Understanding how these teachers maintain their passion can help identify the support needed for their personal and professional growth. However, research on the factors behind their sustained happiness in the teaching profession is limited. The main objective of this qualitative study was to explore the beliefs and career stories of three recently retired German language teachers in Norway, recognized for their long-term motivation and effective teaching over several decades. Data were generated from in-depth semistructured interviews and analyzed through the lens of self-determination theory. The analysis revealed that the teachers shared several key characteristics. First, they enjoyed a high degree of autonomy related to the choice of subject content and teaching approaches. Second, they perceived themselves as highly competent in the subject and expressed a passion for it. Third, they cherished being with students and managed to establish good relationships with them. The findings suggest that teachers should be aware of their basic psychological needs and reflect on how they can be fulfilled. Furthermore, school administrators should foster trust in teachers as autonomous professionals and actively support their competency development and relationships with students and colleagues.

KEYWORDS

basic psychological needs, language teacher, motivation, retired teachers, self-determination theory

Mitsy_bitsy

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What a Good Abstract Includes

How to Write the Introduction?

A bad beginning makes a bad ending.

-Euripides

Introduction Purpose

- A strong introduction performs five jobs:
 1. defines the problem
 2. reviews relevant literature
 3. indicates the methodological approach
 4. previews key results
 5. signals the principal conclusion

The Introduction Must Create a Hook Through Significance

- If the problem is unclear, the solution will seem unimportant
- The first duty of the introduction is not exhaustiveness, but relevance Literature review should orient, not overwhelm
- The introduction should answer:
 - What is the problem?
 - Why does it matter?
 - Why was this approach chosen?
 - Why should the reader keep reading?



Methods Is Where Credibility Becomes Testable



The purpose of Methods is not mere description



It must provide enough detail for a competent researcher to repeat the work



Reproducibility is a cornerstone of scientific merit



Reviewers read Methods to assess whether results can be trusted



A dazzling result cannot rescue an irreproducible study



Methods Also Reflect Research Design Logic

- Method sections should usually follow chronological logic
- But related procedures should be grouped conceptually when needed
- Good ordering helps the reader reconstruct the study design
- Methods should show both:
 - what was done
 - why that design supports the research question

Choosing the Right Methodological Lens

- Logical sequence
- Research can be primary or secondary Primary research
- Qualitative methods suit exploratory questions
- Quantitative methods suit measurement, testing, and generalization
- Mixed methods combine depth with breadth when the question requires both

Sections in the methods

- Methods/setting
 - A) Sample
 - B) Recruitment
 - C) Procedure
 - D) Interview material (or refer to interview questions in Appendix)
 - E) Analysis

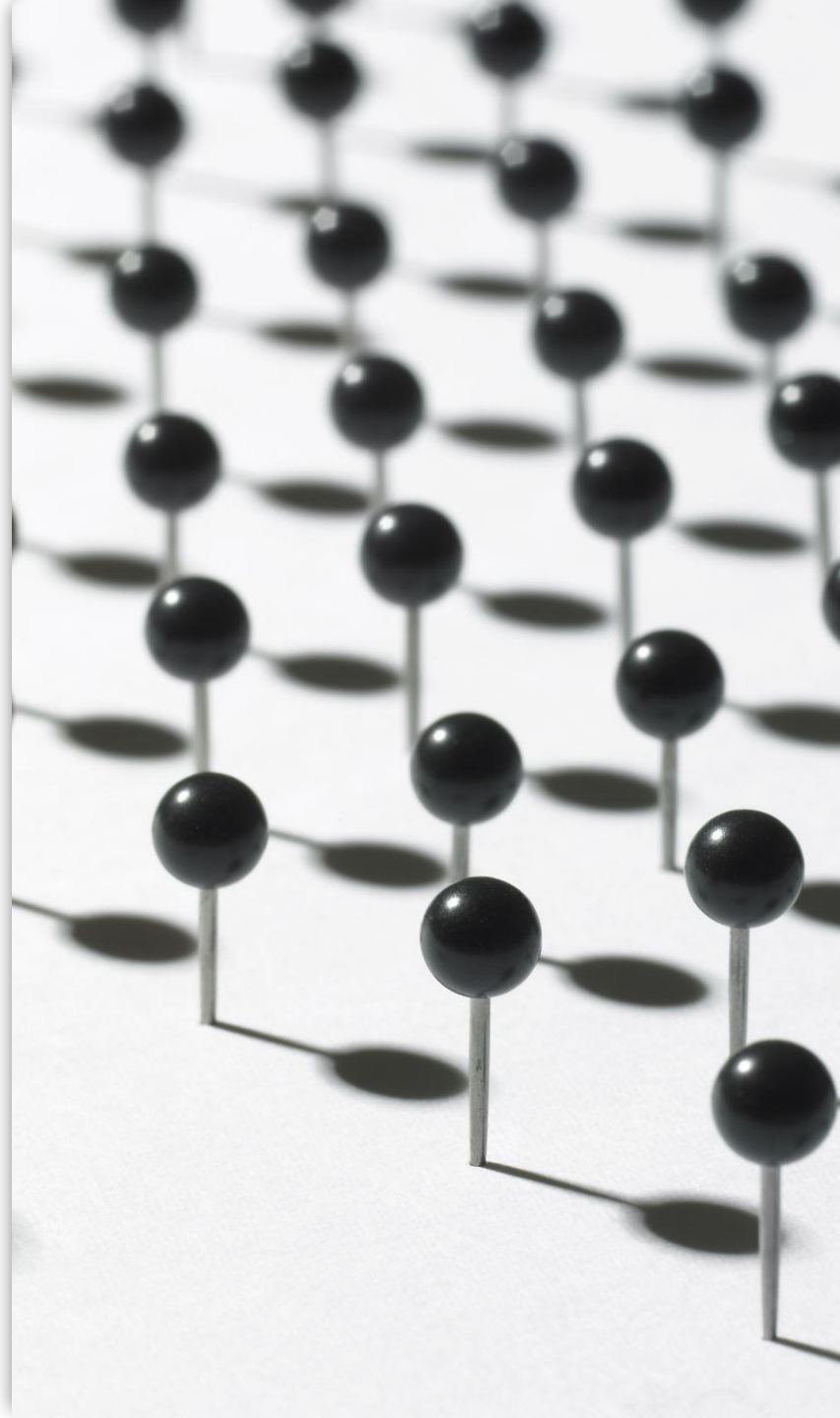
Results Must Be Selected, Not Dumped

- Results are the core data-bearing section of the paper
- But raw accumulation is not the goal
- Authors should present:
 - the big picture of the experiment
 - the most representative findings
- Endless repetition signals poor discrimination, not rigor
- Good Results sections are selective, structured, and efficient



Results Should Avoid Redundancy

- Do not repeat in words everything already visible in tables and figures
- Do not move omitted Methods details into Results
- Refer to figures and tables economically
- But clarity still matters: brevity should not create ambiguity
- The goal is compression with precision



Discussion Is the Most Difficult Section Because Meaning Is Harder Than Reporting

- Many manuscripts fail not because data are weak, but because interpretation is weak
- Discussion is where the author must move from findings to meaning



Discussion

- Common failures:
 - verbosity
 - overstatement
 - evasion of contradictions
 - unclear significance
- A weak Discussion can obscure strong data and lead to rejection



What a Good Discussion Actually Does

- Identifies principles, relationships, and generalizations shown by the data
- Addresses exceptions and unresolved points honestly
- Compares findings with previous literature
- Explains theoretical and practical implications
- States conclusions clearly
- Summarizes the evidence supporting each conclusion



What to Look for in a Strong Discussion?

- Discussion
 - A) Summary of results
 - B) Integration of the literature from the introduction
 - C) Interpretation
 - D) Critical evaluation (strengths and limitations of your study)
 - E) Recommendations for future research
- No quotes!
- No new info from your interviews!

Common Problems in Discussion

Too long and unclear

Repeating results instead of interpreting them

Avoiding contradictions or limitations

Overcomplicating explanations



If the Reader Ends With “So What?”, the Paper Has Failed Its Final Task


Significance must be made explicit

Readers must understand not only the findings but their importance

A paper should end with a strong, fitting conclusion

Weak endings often drain force from otherwise good work

Good scientific writing ends with interpretive clarity, not a fade-out



Reference Sections Reveal Professional Discipline

- Include only significant, published references
- Avoid cluttering references with secondary or non-primary sources
- Every citation must be checked against the original source
- Common failure: mismatch between text citations and reference list

Core Message for First-Time Authors

A manuscript is not just a form to complete

It is a structured argument designed for evaluation

Every section answers a distinct scientific need:

- relevance
- reproducibility
- evidence
- interpretation

Strong papers are not those that say the most

Strong papers are those that make their contribution precise, credible, and meaningful

Ethical Considerations in Research

- Primary research involving people requires attention to:
 - informed consent
 - confidentiality
 - anonymity
 - data protection
- Ethical integrity is essential in substance use research
- Ethical considerations should be clearly stated in the Methods section

Publishing Opportunities with ISSUP & Addictology Journal

Releases

- The Journal publishes FOUR issues per year every three months

Articles Support

- ISSUP offers its members one article to be submitted for free in every issue
- In addition, ISSUP members will automatically receive 40% discount and 60% discount from low-income countries.

ISSUP content

- Each edition of the Journal will have a section from ISSUP to keep readers informed about its events, scientific contributions, conferences, trainings, news, membership, and national chapters.

Final Message



Scientific writing is structured and learnable



Focus on clarity, logic, and honesty



Strong papers:

answer clear questions

use appropriate methods

present focused results

provide meaningful interpretation

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References

- To be added

Thank you for your attention

Addictology Journal and ISSUP

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