



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 over 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. In each issue we include a range of articles from contributors both within New Zealand and international, with a theme or focus in each issue. 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.

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 – April online (need info by 1st Feb)

Issue 2 – August online (need info by 1st June)

Issue 3 – December online (need info by 1st Oct)

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 - Max 2000 words, including references (for feature articles we can be flexible about the maximum)
- Format – MS Word document
- Font - Arial size 12
- Indents - Please use one tab to set indents and avoid using double spacing after fullstops. The magazine team will take care of all formatting.
- Grammar – Articles (with the exception of opinion-pieces and reviews), must be written in third person. Contributors must spell and grammar check their article before submitting. We have high standards in terms of the quality of writing so please ensure articles are 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 of these include systematic reviews, meta analyses, original research.
- Referencing - Must be appropriately done to avoid plagiarism and to show that there is evidence supporting what has been discussed in the article. APA 6 is the preferred format but we are flexible on this if another format is preferred by the contributor. As long as the citation format is recognised, consistent and correctly applied, both in-text and in 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. You are responsible for organising and checking references before submitting an article. We are unable to do your reference list for you.
- 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.