Growth of the Journal from Age 8 to 23: An Exciting and Joyous Journey for a Proud Guardian

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This is my last editorial as the Editor-in-Chief of the *American Journal of Geriatric Psychiatry* (AJGP), the flagship journal of the American Association for Geriatric Psychiatry (AAGP). I am writing it with mixed emotions. I will miss a number of the regular activities related to editing the Journal. However, I am happy to hand over the Journal to the perfect successor in Chip Reynolds, a long-time friend and highly respected colleague. Mostly though my feeling is one of unadulterated pride.

To prepare this editorial I went through the handful of editorials¹⁻⁶ that I had written over the years as specific milestones were reached by the Journal and also over my semi-annual progress reports I had submitted to the AAGP Board of Directors. It was like going through a trove of old family photos and letters and realizing how far we have come. When I assumed the editorship, the Journal was an 8-year-young quarterly with about 70 submissions per year, mostly from within the United States; the entire process of submission, review, and decisions was through postal service; and the Impact Factor was about 1.5. Today, the AJGP is a 23-year-old grown-up monthly with nearly 350 submissions per year, nearly two-thirds of them from outside the United States; the entire process of submission, review, and decisions is online; and the Impact Factor exceeds 4.1, the highest among all geriatric journals (including Geriatric Medicine) in the world. When a journal is young the editor is its parent, responsible for its growth and development. As it matures, the editor's role changes to that of a guardian of its interests

and helper, when necessary, as the young adult begins to operate on an auto-pilot.

The primary mission of the AJGP has always been to be the leading forum for publication of cutting-edge science in aging-related mental and behavioral health and neuroscience. The papers are judged scientifically, yet, they are also intended to be useful to clinicians and trainees. In many ways the growth of the AJGP reflects on the growth of the field of academic geriatric psychiatry as a whole.

THE EARLY YEARS

The AJGP made its debut in 1992 under the pioneering leadership of Gene Cohen.¹ Four years later it was included in MEDLINE (now called PubMed) and continued to grow. In 2001 I was appointed as its Editor-in-Chief. Consistent with the goal of leading the Journal into the new millennium and increasing its impact on the field, we implemented a number of changes. I selected two prominent Associate Editors, Chip Reynolds and Anand Kumar, and a Statistical Editor, Steve Arndt. Dan Blazer chaired the Journal's Advisory Committee. A new Editorial Board was selected; it was relatively small (with 15 members) and diverse in terms of age, gender, background expertise, and geography. We generally had a 3- to 4-year term limit for the Editorial Board members, enabling us to have a number of junior and senior geriatric psychiatry experts to serve on the Board.

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@ 2015 American Association for Geriatric Psychiatry. Published by Elsevier Inc. All rights reserved. http://dx.doi.org/10.1016/j.jagp.2015.11.002 The editorial review process became faster. We switched from mail correspondence to online submissions and reviews with a short turnaround. Every databased article was reviewed by a statistician and 2 or 3 additional reviewers. One of our new initiatives focused on theme-based issues. We solicited articles on a particular theme from authorities in the field and also included appropriate unsolicited papers to produce an issue in which several articles were on the same theme. A guest editorial was invited from an expert.

A major early goal was to increase the rate of submissions. The average number of submissions during the 1990s was about 70. It increased to 104 in 2001, 166 in 2002, 207 in 2003, and 250 in 2004. The rate of rejections also increased proportionately. Nonetheless, the increased rate of submissions enabled us to increase the frequency of publication of the Journal from quarterly to bimonthly in 2002. The average time lag for publication of accepted manuscripts was reduced by 50%.

There was an almost immediate jump in the number of citations of the papers published in the AJGP. The citations of all the scientific Journals in PubMed are tracked by the Institute for Scientific Information, which calculates an Impact Factor (the number of times a journal is cited divided by the number of articles published during the previous 2 years). A journal's Impact Factor is a measure of the frequency with which an average article in that journal has been cited in a particular year. It helps in evaluating a journal's relative importance, especially in comparing it with others in the same field. Of course, there are other ways of assessing a journal's value; however, academically, the Impact Factor remains the best-known and most accepted measure. The "in-cites," a magazine of the Institute for Scientific Information, identified the AJGP as "the journal with the highest increase in citations in psychiatry/psychology during October-December 2002," and I was invited to write an article summarizing the "secrets of our success." The AJGP's Impact Factor rose from about 1.5 during the 1990s to more than 3.0, and the Journal became the top-ranked geriatric psychiatry journal in the world. A matter of pride was that we did not rely on quick fixes to increase the Impact Factor, for example, publishing open-label or small sample drug studies or those with a slant to make the treatments look better or having industry-supported supplements. In January 2005 the Journal became a monthly, thus announcing it had "arrived."5

Some of the most exciting research in the understanding, management, and prevention of aging-related behavioral disorders in geriatric neuropsychiatry was published in the AJGP. We issued press releases for prominent papers published. As an example, Gary Small and colleagues published the first ever papers on live amyloid imaging in the brains of patients with Alzheimer disease⁷ and on cerebral activation during internet searching. These articles received wide publicity in the lay media and made the AJGP well known even among scientists outside of geriatric psychiatry.

We made changes in the formal of the Journal for example, the abstracts of data-based articles were structured, and introduced a new cover design with multiple colors. Several new features were initiated, based on readers' recommendations. These included a new category of Clinical Reviews, modeled after those published in the *New England Journal of Medicine* and intended to provide clinicians with a succinct and objective update of the specific clinical topic. We continued to have Special Articles that are scholarly and critical reviews of the literature with primarily a research focus. Of course, regular research articles remained the main form of the Journal's content.

To ensure a high level of transparency regarding ethical issues and avoidance of conflicts of interest, we used a disclosure form that required listing of all potential conflicts of interest and/or funding disclosures from all authors. Equally importantly, all members of the Editorial Board also had to complete this form annually. This information is published in the January issue of the Journal. As is common with journals that grow, there was a change of publishers from the American Psychiatric Press, Inc. to the Lippincott Williams & Wilkins (LWW) in 2005. The transition was smooth.

RECENT PROGRESS

The Journal has continued to grow and progress. In 2009 the number of submissions exceeded 300 for the first time, with more than half of them coming from outside the United States. Importantly, two-thirds of the submissions were Regular Research Articles, which are generally considered the "meat" of good scientific journals. The last year was the most successful year in the Journal's history in terms of the total number of submissions and the Impact Factor. The Journal received 345 new submissions (an increase of almost 10%)

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