



Indonesian Journal of Human Nutrition (IJHN)

Department of Nutrition, Faculty of Health Sciences, Universitas Brawijaya
Puncak Dieng Eksklusif, Kunci, Kalisongo, Dau, Malang 65151, Indonesia

Telp. +62 341 5080686 Pes: 132

Website: <https://ijhn.ub.ac.id/> Email: ijhn.giziub@gmail.com

Author Guidelines

The Indonesian Journal of Human Nutrition (IJHN) is a scientific journal that contains research articles in the field of human nutrition. IJHN is published by the Department of Nutrition, Faculty of Health Sciences, Universitas Brawijaya Malang, and is published twice a year (July and November).

The scope of IJHN includes the scientific scope of clinical nutrition (including but not limited to aspects of cell culture stage research (in vitro), experimental animals (in vivo), human interventions in the fields of biomolecular studies, nutrigenetics, nutrigenomics, fetal programming, gut microbiota, gut hormones), community nutrition (epidemiological aspects, observational, qualitative studies, nutrition education, public health), and institutional nutrition (functional food development, recipe development related to patient food intake).

Manuscripts written for IJHN can be the result of research (a research paper) or the result of a study (by invitation only) in the field of nutrition. Manuscripts are written in Indonesian. Manuscripts accepted are manuscripts that have never been published before. Accepted manuscripts will be published using the Open Journal System (OJS).

Manuscript Submission Procedure

1. The submitted article should be original and sent by online to <http://www.ijhn.ub.ac.id>
2. Authors can create an account as writers by registering online on the website (<http://ijhn.ub.ac.id/index.php/ijhn/user/register>) and upload article manuscripts online on the website.
3. Writers can get IJHN journal article templates from the website <http://www.ijhn.ub.ac.id> to make it easier to produce journal articles in a specific manner.
4. The author must fill out a statement form for the authenticity of the article manuscript, which includes an identity form for the author and his team (full name, degree, name of institution, address of correspondence) and a statement form stating that the article has never been published in any journal, signed with an IDR 10,000 stamp. When submitting the manuscript, please include a declaration certifying the legitimacy of the text.
5. Everything related to permission to quote or use computer software to produce manuscripts or other matters related to Intellectual Property Rights carried out by the author of the article, along with the legal consequences that may arise because of this, is the full responsibility of the author of the article.



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6. All article manuscripts that pass Mitra Bebestari's review procedure will be published with an open access method on the <http://www.ijhn.ub.ac.id> website.
 7. Authors are required to pay an article review fee contribution of Rp. 1,500,000.00 (one million five hundred thousand rupiah) when it is declared a review by the reviewer.

Manuscript Template

The manuscript should be prepared according to the following guidelines and template: [Download the IJHN template.](#)^[U1]

Manuscript Format

A. Original Research

1. All the article body title should be written in the font of Capital and Bold letters (UPPER CASE); furthermore, the sub title should be written in the font of Tittle Case.
 - Example: INTRODUCTION; METHODS; Research Design
2. Title
 - The title must be written by reflecting the research, a maximum of 12 words, and written in uppercase letters at the beginning of each word except the conjunctions.
3. Author name and affiliation
 - The author's name should be written without an academic title and followed by the institution's superscript number (e.g., Smith¹).
 - Present the author's affiliation under the article title, indicate complete Institution, City, Country.
 - If a research team writes an article, please only write the correspondence address of one of the authors with an email address.
4. Abstract
 - The abstract must contain the introduction, purpose, method, results, and conclusion.
 - Contains a maximum of 200 words.
 - Maximum Keywords are Five Keywords, Capitalise Each Word.
5. Introduction
 - The introduction must contain the background, research context, literature review results, and objectives.
 - References must be written using the Vancouver style (1).



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6. Methods

- a) Research Design: the paragraph that displays the research method used.
- b) Research Subjects: paragraphs containing information about the number of samples, how the samples were taken, and details of the samples used or involved. Inclusion and exclusion criteria.
- c) Data Collection/Materials and Tools:
 - For research that uses data collection and/or the use of secondary data, the authors can explain the details of data collection techniques/procedures and the use of instruments needed during the study.
 - While for the type of research related to laboratory experiments and formulation making, the authors can mention in detail the need for tools, materials, and procedures used during the research.
 - The authors must also provide an ethical clearance approval letter number/code of their procedure from an eligible source, especially for research requiring this statement.
- d) Data Analysis: contains an explanation of the authors regarding the analysis procedure performed, the determination of significance and p-value, and the statistical software used in the study.

7. Result

- The section's first paragraph contains the general results of the research including the sub-results which will be explained later. (e.g., Sub results 1, Sub results 2, Sub results 3, Sub results 4 ect).

Sub results section:

- In this section, the author can convey the sub-results in detail related to his research. If the results include a certain number or unit format, you can write it using the writing rules that are in accordance with the IJHN (decimal is written: 1.5; less than or more than sign is written with space before the number: < 2.3; numbers with per cent signs is written without space: 25%; units are written with a space after the number: 70 g, 1.5 ml/mol; minus sign - or + between numbers is written without space: 1.5-2.5 or 2+3; plus or minus signs between numbers are written with space: 12 ± 0.5; the ratio is written: RR 1.5 CI 95% 2.5-2.8 or OR -0.79 CI 95% 0.01-0.10; significance value is written: p = 0.03 or p < 0.01).

8. Discussion

- The first part contains two or three sentences explaining the general discussion of the results of this study. (e.g., Sub Discussion 1, Sub Discussion 2, Sub Discussion 3, Sub Discussion 4 ect).



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Sub discussion section:

- In this section, the author can write detailed sub-discussion discussions according to the results of his research. If the discussion uses paragraphs that contain numbers or certain unit formats, you can write them using the writing rules that are in accordance with the IJHN (decimal is written: 1.5; less than or more signs are written with spaces before numbers: < 2.3; numbers with a per cent sign written without space: 25%; units written with space after number: 70 g, 1.5 ml/mol; minus sign - or + between numbers written without space: 1.5-2.5 or 2+3; plus sign or less between numbers is written with a space: 12 ± 0.5; ratio is written: RR 1.5 CI 95% 2.5-2.8 or OR -0.79 CI 95% 0.01-0.10; significance value is written : p = 0.03 or p < 0.01). Each source of evidence is written in paragraphs with Vancouver-style citations (1).

9. Conclusion

- Write the conclusions you get from the results and discussion of your research here.

10. Author contributions

- In this section, the role of each author must be written clearly.
- Each author uses initials in the form of capital letters in each of their names, for example Indah Vinia is shortened to IV, Sutejo Sujarwo Putrandi becomes SSP.

11. Declaration of Conflict of Interest

- Author's statement regarding whether there is a conflict of interest or not.

12. Funding

- The author writes down whether this research was self-funded or funded by other funding institutions/sources.

13. Acknowledgement

- Acknowledgments from the author to individuals/institutions who have played an important role in supporting this research.

14. Data availability

- The author can state whether the data is available for access via meta data or must apply for access permission.

15. Ethical clearance

- Write down the certificate ethical clearance code here.



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B. Review Research

1. All the article body title should be written in the font of Capital and Bold letters (UPPER CASE); furthermore, the sub title should be written in the font of Tittle Case.
Example: INTRODUCTION; METHODS; Data Sources and search strategy
2. Tittle
The title must be written by reflecting the research, a maximum of 12 words, and written in uppercase letters at the beginning of each word except the conjunctions.
3. Author name and affiliation
 - The author's name should be written without an academic title and followed by the institution's superscript number (e.g., Smith¹).
 - Present the author's affiliation under the article title, indicate complete Institution, City, Country.
 - If a research team writes an article, please only write the correspondence address of one of the authors with an email address.
4. Abstract
 - The abstract must contain the introduction, purpose, method, results, and conclusion.
 - Contains a maximum of 200 words.
 - Maximum Keywords are Five Keywords, Capitalise Each Word.
5. Introduction
 - The introduction must contain the background, research context, literature review results, and objectives.
 - References must be written using the Vancouver style (1).
6. Methods
 - a) Data Sources and search strategy: this section contains the databases used and the search keywords used to obtain titles/topics/articles that are relevant to the review being conducted.
 - b) Eligibility Criteria:
 - This section contains the roles of each reviewer involved and how the review is carried out among the reviewers.
 - This section also conveyed that if there are differences of opinion regarding an article among the reviewers, whether the decision is taken by discussion or agreement.
 - This section also presents the inclusion criteria for determining the articles reviewed.



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c) Data extraction: in this section, the author explains clearly how all the extraction articles are extracted and what results can be obtained. Here also mentioned the use of PRISMA. Especially for systematic reviews, the authors are advised to carry out an analysis of the Newcastle Ottawa Scale (NOS).

7. Result

- The section's first paragraph contains the general results of the research including the sub-results which will be explained later.

a) Search summary

- A report in general on the results of the review conducted, such as how many were reviewed, the types of articles reviewed, and the things that make this review different from the same review. In addition, the author can discuss in more detail the PRISMA chart that was successfully compiled.

b) Narrative review result

- In this section, the author can convey the sub-results in detail related to his research. If the results include a certain number or unit format, you can write it using the writing rules that are in accordance with the IJHN (decimal is written: 1.5; less than or more than sign is written with space before the number: < 2.3; numbers with percent signs is written without space: 25%; units are written with a space after the number: 70 g, 1.5 ml/mol; minus sign - or + between numbers is written without space: 1.5-2.5 or 2+3; plus or minus signs between numbers are written with space: 12 ± 0.5; the ratio is written: RR 1.5 CI 95% 2.5-2.8 or OR -0.79 CI 95% 0.01-0.10; significance value is written: p = 0.03 or p < 0.01).

c) Meta-analysis result (must be presented for Systematic Review only)

- In this section, the author can convey the sub-results in detail related to his research. If the results include a certain number or unit format, you can write it using the writing rules that are in accordance with the IJHN (decimal is written: 1.5; less than or more than sign is written with space before the number: < 2.3; numbers with percent signs is written without space: 25%; units are written with a space after the number: 70 g, 1.5 ml/mol; minus sign - or + between numbers is written without space: 1.5-2.5 or 2+3; plus or minus signs between numbers are written with space: 12 ± 0.5; the ratio is



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written: RR 1.5 CI 95% 2.5-2.8 or OR -0.79 CI 95% 0.01-0.10; significance value is written: $p = 0.03$ or $p < 0.01$).

8. Discussion

- The first part contains two or three sentences explaining the general discussion of the results of this study. (e.g., Sub Discussion 1, Sub Discussion 2, Sub Discussion 3, Sub Discussion 4 ect).

Sub discussion section:

- In this section, the author can write detailed sub-discussion discussions according to the results of his research. If the discussion uses paragraphs that contain numbers or certain unit formats, you can write them using the writing rules that are in accordance with the IJHN (decimal is written: 1.5; less than or more signs are written with spaces before numbers: < 2.3 ; numbers with a per cent sign written without space: 25%; units written with space after number: 70 g, 1.5 ml/mol; minus sign - or + between numbers written without space: 1.5-2.5 or 2+3; plus sign or less between numbers is written with a space: 12 ± 0.5 ; ratio is written: RR 1.5 CI 95% 2.5-2.8 or OR -0.79 CI 95% 0.01-0.10; significance value is written : $p = 0.03$ or $p < 0.01$). Each source of evidence is written in paragraphs with Vancouver-style citations (1).

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14. Data availability

- The author can state whether the data is available for access via metadata or must apply for access permission.

References

- Use Vancouver Style References
- The reference list is prepared in the following way:

a) Book

- Author's work

Writer's name. Title: subtitle. Edition (if open first edition). Volume (if taken from a book with more than one volume). Place of publication: Publisher; Year. page number.

- Editor's work

Editor Name 1, Editor Name 2, editor. Title: Subtitle. Edition (if not the first edition). Volume (if taken from a book with more than one volume). Place of publication: Publisher; Year. page number.

Example:

- Single Author/Editor
 - Hoppert M. Microscopic Technique in Biotechnology. Weinheim: Wiley-VCH; 2003. 121-129
 - Storey KB, editor. Functional Metabolism: Regulation and Adaptation. Hoboken (NJ): Thomson Delmar Learning; 2005. 67-69
- Two or more Authors/Editors
 - Lawhead JB, Baker MC. Introduction to Veterinary Science. Clifton Park (NY): Thomson Delmar Learning; 2005. 135-142
 - Gilstrap LC, Cunningham FG, Van Dorsten JP, editor. Operative Obstetrics. Edisi 2. New York: McGraw-Hill; 2002. 149-156
- Later Edition
 - Murray PR, Osenthal KS, Kobyashi GS, Pfaller MA. Medical Microbiology. Edisi 4. St Louis: Mosby; 2002.
- No Author



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- The Oxford concise medical dictionary. Edisi 6. Oxford: Oxford University Press; 2003. Halaman 26.
 - Multivolume Work
 - Lee GR, Bitchell TC, Foester J, Athens JW, Lukens JN, editor. Wintrobres Clinical Hematology. Edisi 9. Volume 2. Philadelphia: Lea & Febiger; 1993. 193-192
 - Series
 - Unwin E, Codde JP, Bartu A. The Impact of Drugs other than Alcohol and Tobacco on The Health of Western Australians. Perth: Dept of Health; 2004. Epidemiology occasional papers series, No.20
 - Organisation
 - American Veterinary Medical Association. National Board Examination Committee. North American Veterinary Licensing Examination: Bulletin of information for candidates. Bismarck (ND): The Committee; 2001.
 - Government Publication
 - Australia. Commonwealth Department of Veterans Affairs and Defence. Australian Gulf War Veterans Health Study 2003. Canberra: Commonwealth of Australia; 2003.
 - Australian Bureau of Statistics. Disability, Ageing and Carers: Summary of Findings. Canberra: ABS; 1999. ABS publication 4430.
 - Scientific/Technical Report
 - Lugg DJ. Physiological Adaptation and Health of an Expedition in Antarctica: with comment on behavioural adaptation. Canberra: A.G.P.S; 1997. Australian Government Department of Science, Antarctic Division. ANARE scientific reports. Series B(4), Medical science No. 126
- b) Book Collection of Articles
- Writer's name. Title of chapter or section. In: Editor A, Editor B, editor. Title: book subtitle. Edition (if not the first edition). Place of publication: Publisher; Year. Page.
- Example:
- Chapter in an Edited Book
 - Meltzer PS, Kallioniemi A, Trent JM. Chromosome Alterations in Human Solid Tumors. Dalam: Vogelstein B, Kinzler KW, editor. The Genetic Basis of Human Cancer. New York: McGraw-Hill; 2002. Halaman 93-113.



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- Ford HL, Selifani RA, Degregori J. Cell cycle regulatory cascades. Dalam: Stein GS, Pardee AB, editor. Cell cycle and growth control: biomolecular regulation and cancer. Edisi 2. Hoboken (NJ): Wiley-Liss; 2004. Halaman 42-47
- Article in an Encyclopedia
 - Ford-Martin, P. Cognitive-behavioral therapy. Dalam: Thackery E, Harris M, editor. Gale encyclopedia of mental disorders. Vol 1. Detroit (MI): Gale; 2003. Halaman 226-8.
 - Article in an Encyclopedia: No Author
 - Mental disorders and their treatment. Dalam: The New encyclopedia Britannica. Vol 23. Edisi Chicago (IL): Encyclopedia Britannica; 1987. Halaman 965-975
- c) Articles in Journal or Magazine
 - Author Name of Article A, Author B, Author C. Article Title. Short name of the Journal. Year; volume: page number.
Example:
 - Journal articles
 - Drummond PD. Triggers of Motion Sickness in Migraine Sufferers. Headache. 2005; 45 (6): 653-6.
 - Halpern SD, Ubel PA, Caplan AL. Solid-organ Transplantation in HIV-infected Patients. N Engl J Med. 2002; 347 (7): 284-7.
 - Geck MJ, Yoo S, Wang JC. Assessment of Cervical Ligamentous Injury in Trauma Patients using MRI. J Spinal Disord. 2001; 14 (5): 371-7.
 - Journal article: More than six authors
 - Gillespie NC, Lewis RJ, Pearn JH, Bourke ATC, Holmes MJ, Bourke JB, et al. Ciguatera in Australia: occurrence, clinical features, pathophysiology, and management. Med J Aust. 1986; 145:584-90.
 - Journal article: No author
 - 21st Century Heart Solution May Have a Sting in the Tail. BMJ. 2002; 325 (7537): 184.
 - Journal article: Organization as author
 - Diabetes Prevention Program Research Group. Hypertension, Insulin, and Proinsulin in Participants with Impaired Glucose Tolerance. Hypertension. 2001; 40 (5): 679-86.
 - Journal article: Volume with supplement



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- Geraud G, Spierings EL, Keywood C. Tolerability and Safety of Frovatriptan with short- and long-term use for Treatment of Migraine and in Comparison, with Sumatriptan. Headache. 2002; 42 Suppl 2: S93-9.
 - Journal article: Issue with supplement
 - Glauser TA. Integrating Clinical Trial Data into Clinical Practice. Neurology. 2002; 58 (12 Suppl 7): S6-12.
 - Journal article: Volume with part
 - Abend SM, Kulish N. The Psychoanalytic Method from an Epistemological Viewpoint. Int J Psychoanal. 2002; 83 (Part 2): 491-5.
 - Journal article: Issue with part
 - Ahrar K, Madoff DC, Gupta S, Wallace MJ, Price RE, Wright KC. Development of a Large Animal Model for Lung Tumors. J Vasc Interv Radiol. 2002; 13 (9 Part 1): 923-8.
 - Journal article: Issue with no volume
 - Banit DM, Kaufer H, Hartford JM. Intraoperative Frozen Section Analysis in Revision Total Joint Arthroplasty. Clin Orthop. 2002;(401):230-8.
- d) e-Journal
- From a full-text database
Author A, Author B. Article Title. Short name of the Journal [article format]. Year [downloaded: date month year]; volume (number): page number. Available from: Database Name. Link address or URL.
 - From internet
Author A, Author B. Article Title. Short name of the Journal [article format]. Year [downloaded: date month year]; volume (number): page number. Available from: Link address or URL.
- e) e-book
- Author A, Author B. E-book title: subtitle [format]. Place of publication: Publisher; date of original publication [download date month year]. Available from: source or URL.
- Example:
- Electronic Books (E-Books)



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- Van Belle G, Fisher LD, Heagerty PJ, Lumley TS. Biostatistics: A Methodology for the Health Sciences [E-book]. Edisi 2. Somerset (NJ): Wiley Interscience; 2003 (Diunduh 30 Juni 2005). Available from: Wiley Interscience electronic collection.
 - Sommers-Flanagan J, Sommers-Flanagan R. Clinical Interviewing [E-book]. Edisi 3. New York: John Wiley & Sons; 2003 (Diunduh 30 Juni 2005). Available from: NetLibrary.
 - Chapter from an Electronic Book
 - Jones NA, Gagnon CM. The Neurophysiology of Empathy. Dalam: Farrow TFD, Woodruff PWR, editor. Empathy in Mental Illness. Cambridge University Press; 2007 (Diunduh 10 Agustus 2010): 217-238. Available from: Ebook Library
 - Article from an Electronic Reference Book
 - Widdicombe J. Respiration. Dalam: Blakemore C, Jennett S, editor. The Oxford Companion to the Body [E-book]. Oxford: Oxford University Press; 2001 (Diunduh 30 Juni 2005). Available from: Oxford Reference Online.
 - Article from an Electronic Encyclopedia
 - Lee HC, Pagliaro EM. Serology: Blood Identification. Dalam: Siegel J, Knupfer G, Saukko P, editor. Encyclopedia of Forensic Sciences [E-book]. San Diego: Academic Press; 2000 (Diunduh 30 Juni 2005): 1331-8. Available from: Science Direct Reference.
 - Article from an Electronic Dictionary: No Author
 - Haemocytoblast. Dalam: The Oxford Dictionary of Sports Science and Medicine. Oxford (UK): Oxford University Press; 2007 (Diunduh 6 Agustus 2010). Available from: Oxford Reference Online.
- f) Articles in Newspapers
- Article Author Name A. Article Title. Newspaper Title: Section of the newspaper. Date Month Year: page number.
Example:
 - Newspaper articles in print
 - Hatch, B. Smoke Lingers for those who keep hospitality flowing. Australian Financial Review. 13 Juli 2006: 14.
 - Kissane, K. Kiss or Kill: who is the victim when a battered woman kills? The Age: Extra. 5 September 1998: 6.



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- O’Leary C. Vitamin C does little to prevent winter cold. The West Australian. 29 Juni 2005: 1.
 - Newspaper article in print: No author
 - Problems Don’t End with Patel. The Australian. 1 Juli 2010: 15.
 - Newspaper article from a full text database
 - Lampathakis, P. Tantrums Seen as Suicide Warning. The West Australian [Koran online]. 11 Agustus 1997 (Diunduh 21 November 2001): 26. Available from: Factiva. <http://global.factiva.com>
 - O’Leary, C. Landmark Study to Aid Push for Public Smoking Ban. The West Australian [koran online]. 29 Juni 2006 (Diunduh 20 Oktober 2008): 14. Available from: Factiva. <http://global.factiva.com>
 - Newspaper article from internet
 - Devlin, H. Neuron Breakthrough Offers Hope on Alzheimer’s and Parkinson’s. The Times [koran di internet]. 28 Januari 2008 (Diunduh 31 Januari 2010). Available from: <http://www.timesonline.co.uk/tol/news/science/medicine/article>.
 - Hilts, P.J. In Forecasting their Emotions, most people flunk out. The New York Times [koran di internet]. 16 Februari 1999 (Diunduh 21 November 2001). Available from: <http://www.nytimes.com>.
- g) Undergraduate Thesis, Thesis, Dissertation, Research Report
- Unpublished paper
Author's name A. Thesis title: subtitle. Unpublished [format]. University Location: University; Year.
 - Published paper
Author's name A. Thesis title: subtitle. Place of Publication: Publisher; Year of Publication.
 - Thesis from full text database
Author's name A. Thesis title: subtitle. Type of Thesis [format]. University Location: University; Year. Available from: Database Name.
- Example:
- Thesis in Print: Unpublished
 - Borkowski MM. Infant Sleep and Feeding: A Telephone Survey of Hispanic Americans. PhD [disertasi]. Mount Pleasant (MI): Central Michigan University; 2002.



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- Hincks CL. The Detection and Characterisation of Novel Papillomaviruses. Biomedical Science, Honours [Thesis]. Murdoch (WA): Murdoch University; 2001.
- Thesis in Print: Published
 - Gruszczynski L. Regulating Health and Environmental Risks under WTO Law: A Critical Analysis of the SPS Agreement. New York: Oxford University Press; 2010.
- Thesis from a full text database
 - Gethin, A. Poor Suburbs and Poor Health: Exploring the Potential of a Locational Approach to Reducing Health Disadvantage in Australian Cities. PhD [disertasi]. Sydney: University of Western Sydney; 2007. Available from: Australian Digital Theses Program.
- h) Conference and Workshop
 - Conference printed proceedings

Author of paper A., Author of paper B. Title of paper. In: Editor A, Editor B, Editor. Title of Proceedings: Proceedings of the Conference Title: Subtitle of the Conference; date month Year; Location. Place of Publication: Publisher; Year. Page Number.
 - Conference paper online

Author of paper A., Author of paper B. Title of paper. In: Proceedings of the Conference Title: Conference Subtitle; date month Year; Location. Place of Publication: Publisher; Year. Available from: URL or Database Name.
 - Conference proceeding

Editor A, Editor B, Editor. Conference Title: conference subtitle; date month Year; Location. Place of Publication: Name of Publisher; Year.

Example:

 - Conference Paper in Print Proceedings
 - Rowling, L. Schools and Grief: How Does Australia Compare to the United States. Dalam: Wandarna coowar: hidden grief: Prosiding dari the 8th National Conference of the National Association for Loss and Grief (Australia); September 1993; Yeppoon, Queensland. Turramurra, NSW: National Association for Loss and Grief; 1993. Halaman 196-201.
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