The ***JMISST- Video*** *Author Instructions* can be found on the [For Authors](https://focusvideo.msubmit.net/cgi-bin/main.plex?form_type=display_auth_instructions) page of the submission website. This template should be used as a guide in formatting your abstract/transcript file. We appreciate your adherence to the format guidelines that will expedite peer review. Non-compliance will result in processing delays.

**Formatting Tips**

1. Please upload the entire abstract/transcript as **one** Microsoft Word file; do **not** upload each part separately.
2. Do **not** embed tables or figures or video hyperlinks within the Word file. Supplemental content must be submitted as a separate file.

**Title Page: (must match opening screen of video)**

Title:

Authors: First Name, Middle Initial(s), if applicable, Last Name, and Highest Academic Degrees

Affiliations: Department, Institution, City, State or Province, Country (Use superscripted numbers to identify which author belongs to which department and institution.)

Corresponding Author’s name, current institution, and email(s):

Keywords: 3 to 5 words

Acknowledgments: If applicable, thank individuals who contributed to the article or video preparation but who do not fulfill all the criteria of authorship.

**Abstract**

Not to exceed 200 words.

Do not include references or citations in this section.

**Written Transcript**

This section must match the oral narrative in video.

Include highlighted timepoints from your video (include the start of timepoints, followed by a space, followed by text).

An example of correct format is shown below.

0:15 Patient prepared for surgery

*Text of narrative*

1:10 Surgical instruments

*Text of narrative*

2:30 Endoscopic discectomy

*Text of narrative*

3:00 Postoperative Course

*Text of narrative*

**References**

Between 5 and 10 references are required and must be cited in the transcript section (not in the abstract) with superscripted Arabic numbers. The numbers should be listed in numerical order of appearance within text.

The identical numbered reference list must be included on the closing screen of the video.

* All references should be listed in correct AMA format (<https://www.amamanualofstyle.com>).
* List up to 6 authors for each reference; for more than 6, list 6 authors then “et al”. List authors by last name then initials (e.g., “Smith AB, Jones BC”).
* Please use black font for references and citations; it is not necessary to bold the citations in text.

Please use the NLM (PubMed) abbreviations for journal titles. (<https://www.ncbi.nlm.nih.gov/nlmcatalog/journals>).

Example:

* - Qiuhang Z, Feng K, Bo Y, Hongchuan G, Mingchu L, Ge C, et al. Transoral endoscopic odontoidectomy to decompress the cervicomedullary junction. Spine (Phila Pa 1976) 2013;38:E901-E906.