

Submission checklist

Please use this checklist before sending your manuscript to the journal in order to maximize the chance for your manuscript to be considered for review. Please note that this checklist is provided for reference purposes only. Authors are strongly advised to consult the journal's [Instructions for Authors](#) for additional information and more detailed instructions. If you require any further assistance, please contact the journal office at pamw@mp.pl.

- One author has been designated as the corresponding author with contact details provided (name and surname, academic credentials, name of the institution with full postal address [*the name and address of the Polish institution are to be given in Polish*], a phone number with area and country code, and an e-mail address)
- All necessary files have been uploaded and contain: the manuscript formatted in accordance with the journal's guidelines (including the title page, abstract, main body, references, tables, figure legends); all figures submitted as separate files
- All tables and figures have been properly labeled and formatted
- Photographs have a resolution of at least 300 dpi
- SI units have been used or conversion factors have been provided for conventional units
- American spelling has been used
- The manuscript has been spell-checked and grammar-checked (if you used external editing services, please include a certificate to confirm this)
- References are in the correct format for this journal
- All references mentioned in the reference list are cited in the text, and vice versa
- Contribution statement has been included in the manuscript (original articles only)
- Permission has been obtained for use of copyrighted material from other sources (including the internet)