

Guidelines for Writing a Thesis

**Example of the Title Page:**

**Sudan Medical Specialization Board**

**Council of General Surgery**

Title of the thesis (14 Romans)

By

**Ahmed Mohamed Ahmed (14 bold)**

**M.B.B.S (U of K) 1990**

**A thesis submitted in partial fulfillment for the requirements of the  
Degree of .....Clinical MD (Sudan) in General Surgery, October 2002  
(12 bold Romans)**

**OR**

**A thesis submitted for the degree of Ph. D in Medicine**

**Supervisor**

**Professor Hassan Musa Hamad**

**MD, FRCS**

**Professor of Surgery**

**U of K**

**(12 bold Romans)**

**The Bound thesis should have the followings written on the side of the  
cover:**

Co supervisor name is written in the inside title page and not in the main title page.

The thesis should be bound in a temporary folder or paperpack until being corrected and passed by examiners, the supervisor and the president of the Council. A letter from the president of the council authorizing final binding must be issued.

**The thesis layout :**

**Numbering for preliminary pages on Romans**

Title Page

Declaration

Dedication

Table of contents I

Acknowledgement II

Abbreviations III

English Abstract IV

Arabic abstract IV

List of Figures V

List of Tables VI

**Only 4 Chapters are included**

Start with numerical Arabic numbering

Chapter One Introduction & Literature Review eg.(1 - 23)

Chapter Two	Patients & Methods	(24 - 45)
	OR Material & Methods	
Chapter Three	Results	
Chapter Four	Discussion	
	Conclusion	
	Recommendations	
	References	
	Appendices	

**Declaration:** Statement of originality and that it fulfills the requirements of the University, not being submitted elsewhere.

**Dedication: (optional)**

The work is dedicated to those who are very dear to the author.

**Acknowledgement:**

The author acknowledges all those who contributed to the work by permitting the use of their patients or materials but not to the level of being co supervisor or an author in an article. Also those who contributed by typing, computing or doing statistical analysis.

**Abbreviations:**

Terminology that repeats frequently in the thesis should be mentioned first in full. Example ARDS: Adult respiratory distress syndrome

**Abstract:**

Structured abstract is written in the following headings :

= Background general statement about the problem and its magnitude

- = Design eg .(prospective case control study)
- = Setting (in Khartoum Teaching hospital)
- = Objective What you intends to prove
- = Methods Description of the material or patients used and procedures adopted
- = Results The main results
- = Conclusion The final outcome of the study

Chapter 1:

### **Introduction & Literature Review**

1. This includes an up-to-date overview of the subject.
2. Data from international , regional and local publications are reviewed.
3. You can write short historical note on the subject.
4. Only relevant data from basic science (anatomy, physiology, pathology etc that are pertinent to the research theme can be included. Example: an elaborate account on the anatomy of the recurrent laryngeal nerve is needed in a thesis about post-thyroidectomy complications but no need for writing elaborately about each type of thyroid malignancy (papillary, follicular, medullary and anaplastic carcinoma).
5. More data should be focused on the theme of the subject eg if the thesis is on treatment, the introduction would give a rich account on treatment.

6. The introduction should end by giving the justification for doing this study. It will describe the works being done locally in Sudan and show the gap or deficiency that needs to be addressed..
7. In Vancouver style References in the text are numbered in sequence starting 1;.2,.3 etc and written between 2 brackets example Acute appendicitis is a clinical diagnosis (3). More than one reference can be written as follows: Acute appendicitis is a common disease (1,2,3,4)  
Or you can write (1-4).
8. In Harvard style: the authors and the year of publication is written in the text. If one author (Ahmed 1978), if more than one (Ahmed et al 1978)

## **Chapter 2**

### **Patients & Methods**

#### **Or Material and Methods**

Describe the design of the study (eg prospective case controlled study)

Set up Location where the study was done.

In experimental study the details of the experiment should written in details.

In clinical studies describe in details what had actually being done. Example:

All patients seen in the casualty with pain in the right iliac fossa were included

All patients were examined by the author.

Describe briefly the data sheet you are using for data collection . (include the sheet as an appendix)

Any procedure must be described in details or referred to a reference.

Statistical package that is being used is to be mentioned.

## Chapter 3

### **Results**

Results can be presented as text, tables or figures (plates or photos are included as figures).

Avoid repetition by presenting the same data on two formats (eg both fig and table Or table and text).

Avoid discussing your results in this section, just plain statement of facts and their significance.

**Text:** Simple data like mean age and SD or sex ration can be expressed as text format and no need for figures or tables. The age distribution is given on a table or figure. Age distribution should follow the usual pattern used in the literature for that particular disease. Example; age distribution is usually done in the following 0- 10 yrs, 11 to 20 yrs, 21 to 30 yrs etc.

In case of tables, just describe the most important information provided in the table. Example ;

Table 1 showed that 90% of cases presented with vomiting.

You do not need to write all other non-significant data like: eg 3% presented with fever, 2% with nausea etc. These data are present in the table if one is interested to know more details.

All tables and figures must be mentioned in the text in sequence 1,2,3 etc.

When the word Table or Figure comes at the beginning of the sentence , it is written without bracket Example: Table 1 shows -----etc. If it comes at the end , it will be between 2 brackets:

Example: The main cause of bleeding is portal hypertension in 70% of cases (Fig. 1). And not Fig (1).

All numbers between two brackets are reserved for references only.

Example (2).

You can use this format for number of patients or items like (n=50) which means the number of that particular thing.

### ***Title of tables and figure:***

The title should be self explanatory and would give all essential information about the table without need for reading the text.

### ***Statistical analysis***

This is the most important part of your results. Statistically significant data is the real output message of your study. It will be the focus of your discussion and conclusion. Non-significant data is a very low priority. You need to talk to the statistician early one before starting you study to plan before hand the number of subjects to be included and if there is a need for a control group and how the data sheet is structured to retrieve the results later. New statistical packages like Odd ratio, Intention to treat

### **Discussion**

Discussing the results obtained is the most important part of your thesis. It should start in sequence by discussing the age and sex distribution and other data as presented in the results section. Relevant literature is used to compare and explain the difference or concordance with the international or local results. Avoid repeating the results without discussion, a very common practice. You may remind the reader by restating results that you will discuss in details.

Statistically significant results deserves more discussion. Recent publications must be included. The number of references will depends on the subject and the Degree. In Ph. D , one expects roughly 150 - 300 .

### **Conclusion**

These are mentioned in points an would summarize the main outcome from the study. Statistically significant data should be projected out clearly.

It is usually one to one and half page.

### **Recommendations**

These are also mentioned in points.

What are the most important recommendations from this study.

Do not give recommendations that are not based on your own findings.

Usually one to one and half page.

### **References**

Vancouver style is used is recommended.



**Reference from a journal;**

**Ahmed HD, Hassan GT, Ali KJ. Acute appendicitis in Khartoum. Br J Surg 2005;65(6):12 – 34.**

**Up to 6 authors should all be written. In case of more than 6 authors, write the first 3 with et al.**

**Reference from a book**

**Ahmed HD, Hassan GT. Text book of surgery. London: Blackwell; 2005.p.45-66**

**Reference from chapter in a book**

**Omer HJ, Ali HG. Acute appendicitis. In: Ahmed HD, Hassan GT. Text book of surgery . London:Blackwell;2005.p.45 – 66.**

**General information**

Do not start a sentence with a numerical number, it should be written in words. Example      Ninety patients with acute appendicitis were studied. Do not write 90 patients with acute appendicitis were studied. Numbers can be used in the middle of the sentence:

Example: There were 50 patients with acute appendicitis.