

## Strengthening the Practice of Writing Research Titles That Reflect Actual Study Findings

**Heru Santoso Wahito Nugroho<sup>1</sup>**

<sup>1</sup>Department of Health, Poltekkes Kemenkes Surabaya, Surabaya / Forum Ilmiah Kesehatan (FORIKES), Ponorogo, Indonesia  
Correspondence: **Heru Santoso Wahito Nugroho**: Jl. Cemara 25, Dare, Sukorejo, Ponorogo, Indonesia; [hruwsw@gmail.com](mailto:hruwsw@gmail.com)

The title of a scientific article serves as the primary gateway for readers. In an increasingly crowded scholarly landscape, a strong title is not merely a label but a concise scientific statement that conveys value, relevance, and novelty. It shapes the reader's first impression and often determines whether an article will be explored further or overlooked. Reviewers, editors, and researchers frequently make this initial judgment within seconds, making the clarity and strength of a title essential for visibility and impact [1-5].

To fulfill this role effectively, an article title must be concise, direct, and easy to understand. Clarity is fundamental: readers should be able to grasp the core message or key finding without ambiguity. Titles that are overly long, filled with unnecessary jargon, or vague in their intent often obscure the true contribution of the study. In contrast, a well-crafted, focused title enhances discoverability, strengthens scientific communication, and aligns with best practices in reputable academic journals [6-8].

Despite this, many manuscripts still employ titles that resemble research proposals rather than completed studies. Titles such as *"Description of Hypertension Risk Factors..."*, *"The Influence of Education on Knowledge..."*, *"Differences in HbA1c Levels Between..."*, or *"Correlation Between Physical Activity and..."* tend to describe research intentions rather than research outcomes. Such titles imply that hypotheses remain untested, even though the article itself presents analyzed data and definitive conclusions. As a result, the title becomes less informative and fails to highlight the study's actual contribution.

To enhance the quality of submissions to this journal, we encourage authors to foreground their main findings or conclusions directly in the title. This approach not only clarifies the scientific contribution but also increases the article's relevance and appeal. A findings-based title provides readers with a concrete understanding of what has been demonstrated, rather than what was merely investigated.

In the health sciences, this shift toward findings-based titles is both practical and beneficial. Many manuscripts still use proposal-style titles that merely describe what the researchers plan to examine. For example, a title such as *"The Effect of Green Betel Leaf Compress on Breast Engorgement Pain"* reflects a hypothesis-driven formulation and does not communicate whether the intervention was actually effective. A more informative and findings-oriented title is the published version, *"Green Betel Leaf Compress as an Effective Therapy for Reducing Breast Engorgement Pain During Lactation,"* which clearly conveys the demonstrated therapeutic benefit [9].

A similar issue appears in studies examining determinants of professional behavior. Authors often submit titles such as *"The Influence of Gender, Age, Education, Work Experience, Additional Employment, and Tenure on Pharmacists' Provision of Self-Medication Information,"* which resembles a hypothesis suggesting that all six variables may or may not influence the outcome. This type of framing leaves readers uncertain about what the study actually found. In reality, the analysis showed that only a subset of these variables—specifically age, work experience, and tenure—had statistically significant effects, while the others did not contribute meaningfully to the model. Therefore, the published title, *"Age, Work Experience, and Tenure as Determinants of Pharmacists' Provision of Self-Medication Information,"* appropriately highlights only the variables that were empirically verified as determinants [10]. Such findings-based titles provide immediate value to readers by emphasizing the study's actual contributions rather than its initial research intentions.

Ultimately, adopting findings-oriented titles is not merely a stylistic preference but an essential component of rigorous and transparent scientific communication [11]. A title that accurately reflects the verified outcomes of a study serves as a concise scientific statement—one that immediately signals the article's contribution to the field [12]. When authors present titles grounded in actual results rather than hypothetical relationships, they help ensure that readers, reviewers, and indexers can quickly grasp the relevance, novelty, and evidentiary strength of the work.

Clear and concise titles also play a critical role in strengthening the visibility and discoverability of research [13-17]. In an era where scholars rely heavily on digital databases and keyword-driven searches, a findings-based title increases the likelihood that an article will be retrieved, read, and cited. This, in turn, enhances the scholarly impact of the work and contributes to the broader dissemination of evidence-based knowledge. For journals, such titles reinforce credibility by demonstrating a commitment to precision, methodological integrity, and high editorial standards [18].

Moreover, findings-oriented titles support the scientific community's need for efficient knowledge appraisal [19,20]. Researchers, clinicians, policymakers, and educators often scan large volumes of literature to identify studies that offer actionable insights. A title that communicates the actual determinants, effects, or outcomes of a study allows these stakeholders to immediately assess the study's relevance to their practice or inquiry. This clarity reduces ambiguity, prevents misinterpretation, and accelerates the integration of research findings into real-world decision-making. For these reasons, we strongly encourage all authors to embrace this approach so that each published article reflects both high academic standards and substantive scientific contribution. By presenting titles that are grounded in empirical evidence, authors not only elevate the quality of their own work but also contribute to a more transparent, efficient, and impactful scientific ecosystem. The journal remains committed to fostering this culture of clarity and rigor, and we invite our contributors to join us in advancing these principles through every manuscript they submit.

### Ethical consideration, competing interest and source of funding

- As an opinion-based scholarly piece that does not involve human participants, data collection, or experimental procedures, an editorial does not require ethical approval or an ethics clearance certificate.
- There is no conflict of interest related to this publication.
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