**Thesis Guidelines Handbook**



For

**MPhil**

**MPhil leading to PhD**

**PhD Program**

**Institute of Basic Medical Sciences**

**Khyber Medical University**

**Peshawar**

**Guidelines for Thesis Writing**

1. **A thesis should comprise of the following components**
   1. Title pages 1&2
   2. Dedication (optional)
   3. Certificate
   4. Declaration
   5. Acknowledgements (One page only)
   6. Abstract
   7. Table of contents
   8. List of tables (if there)
   9. List of figures (if there)
   10. List of abbreviations
   11. Chapter 1: Introduction
   12. Chapter 2: Materials and Methods
   13. Chapter 3: Results
   14. Chapter 4: Discussion
   15. Conclusion (One page only)
   16. References (Harvard style)
   17. Appendices (Optional)
2. **General guidelines for thesis writing and binding**
   1. Page size should be A4, with 1inch margins on the top, bottom and right side while 1.5 inches on left side.
   2. All the pages from abstract to dedication should be numbered as in lower case Roman numerals (i, ii, iii…).
   3. All pages starting from introduction to the end of the thesis should be numbered in Arabic numeral (1, 2, 3…).
   4. Page numbers should appear on the center bottom of the page.
   5. Chapter number and respective chapter title should be written on the page header in the center for example 1-Introduction.
   6. Time New Roman or Calibri script should be used for writing thesis.
   7. All the headings should be written in bold face.
   8. Major headings should appear centered all in capitals (16pt).
   9. First order headings should be left aligned (14pt).
   10. Second order headings should be left aligned (12pt).
   11. Third order headings should be left aligned and italicized (12pt)
   12. Font size should be 12pt in main body text and 10pt for table & figure legends.
   13. Line spacing should be 1.5 and 6pt (before and after) between the paragraphs.
   14. Thesis should be printed on one side of a good quality paper at least 70g and bound in soft (strip binding) to be sent for external review.
   15. All prints should be taken on portrait format and use of landscape format should be avoided but if used should not be numbered though the number shall be counted.
   16. At the time of submission for review the thesis must be final in all aspects except the hard binding and incorporation of any amendments as required by the examiner(s).
   17. Final hard bound copy should be in black in case of MPhil and Maroon in case of PhD with golden writing. The contents in covering front board should be the same as presented in the covering page of thesis in soft binding.
   18. The spine of the thesis should carry name of the scholar, name of the degree and year.
   19. The title of the thesis should be exactly the same in all aspects as approved and notified by the AS&RB.
   20. The final copy of thesis (after viva examination) should be duly signed by all the concerned.

Thesis Title (Font 20, Regular)

*Student Name* (*14, Italics)*

Registration Number (14 regular)

MPhil/PhD Thesis

Histopathology (18, Regular)

Institute of Basic Medical Sciences

Khyber Medical University

Peshawar (16, Regular)

Month Year (14, Regular)



Thesis Title (Font 20, Regular)

A thesis submitted in the partial fulfillment of the requirement for the degree of (14, Regular)

Master/Doctor of Philosophy

In

Histopathology (16 Regular)

*Student Name (14, Italics)*

Registration Number (14 regular)

Institute of Basic Medical Sciences

Khyber Medical University

Peshawar (16, Regular)

Month Year (14, Regular)



**CERTIFICATE**

This thesis by **xxxxxxx** is accepted in its present form, by the Department of Histopathology, Institute of Basic Medical Sciences, Khyber Medical University Peshawar, as satisfying thesis requirements for award of degree of Master of Philosophy in Histopathology.

Supervisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Dr. xxxx)

Co-Supervisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Dr. xxx)

External Examiner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Dr…………………...)

Director: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Prof. Dr. xxx)

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DEDICATION (Optional)**

This is dedicated to my parents who always guided, supported and helped me to complete my M Phil program. This success is achieved because of my parents’ prayers. Without their support I would have unable to achieve anything. I thank Allah Almighty for blessing me with such kind and loving parents.

**DECLARATION**

I hereby declare that the work accomplished in this thesis is my own research effort carried out in Gastroenterology and Pathology Departments of Hayatabad Medical Complex Peshawar and Institute of Basic Medical Sciences, Khyber Medical University Peshawar. The thesis has been written and composed by me.

The work in this thesis has neither been previously submitted for examination leading to the award of a degree nor does it contains any material from the published resources that can be considered as the violation of the international copyright law.

I also declare that I am aware of the terms ‘copyright’ and ‘plagiarism’. I will be solely responsible for the consequences of violation to these rules (if any) found in the thesis. The thesis has been checked for plagiarism by turnitin software.

Name: xxxxx

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_

Date: May 12, 2014

**ABSTRACT**

**ACKNOWLEDGMENT**

Thanks to Allah, Almighty for all his blessing on me throughout my life and who enable me to complete my thesis because of His blessing I am able to achieve this goal. I sincerely pay my humble and heartedly thanks to my most affectionate parents who supported and encouraged me throughout my life time in completing my education. My success is fruit of their devoted prayers.

I am deeply obliged to my supervisor Dr xxxxxx who guided me during my research and thesis. His keen interest and valuable suggestions made this work to end. Thanks to my co supervisor Dr xxxxx Histopathologist at Hayatabad medical complex Peshawar who gave his expert opinion regarding gastric biopsy and to all laboratory staff at Hayatabad medical complex Peshawar.

I would like to thanks to senior registrars Dr xxxx and Dr xxx gastroenterologist at Hayatabad Medical complex, Peshawar who help in providing gastric biopsies of concern cases and also to the trainee medical officers Dr xx, Dr xx, Dr xx and Dr xx who helped me in providing gastric biopsies and endoscopic findings.

I am also thankful to xxxx who is master in statistics and gold medalist she gave her precious time to calculate statistical analysis regarding thesis.

xxxxx

**TABLE OF CONTENTS**

**DEDICATION (OPTIONAL) i**

**DECLARATION ii**

**ABSTRACT iii**

**ACKNOWLEDGEMENTS (ONE PAGE ONLY) iv**

**TABLE OF CONTENTS v**

**LIST OF TABLES (IF THERE) vi**

**LIST OF FIGURES (IF THERE) vii**

**LIST OF ABBREVIATIONS viii**

**1. introduction 1**

1.1 Dyspepsia 1

1.1.1 Types of dyspepsia 1

**2. MATERIAL AND METHODS 10**

2.1 Study design 10

2.2 Setting 10

2.3 Statistical analysis 13

**3. RESULTS 14**

3.1 Age and sex wise distribution of patients 14

3.2 Endoscopic findings 15

**4. DISCUSSION 26**

**5. CONCLUSION 30**

**REFERENCES 31**

**Publications**

**LIST OF TABLES**

Table 3.1 Age and sex wise distribution of patients 14

Table 3.2 Endoscopic findings with helicobacter frequency and percentage

and sex wise distribution of gastric lesion 15

Table 3.3 Frequency and percentage of *Helicobacter pylori* according to sex 16

Table 3.4 Percentage and frequency of *H pylori* in histopathology specimens 17

**LIST OF FIGURES**

Figure 3.1 Percentage of *H pylori* according to sex 17

Figure 3.2 Percentages of *H pylori* in gastric pathologies 21

**LIST OF ABBREVIATIONS**

α Alpha (12, regular)

β Beta

**1 INTRODUCTION (Centered, 16 Bold)**

**1.1 Dyspepsia (left aligned, 14 bold)**

Main body text (Justified, 12pt) **(**[**Bannatyne et al., 2009**](#_ENREF_1)**,** [**Grant et al., 2004**](#_ENREF_3)**,** [**Bruce and Grofova**](#_ENREF_2)**)**

* + 1. **Types of dyspepsia (Left aligned, 12 bold)**

1. **MATERIAL AND METHODS (Centered, 16 Bold)**

(On new page)

**2.1 Study design (Left aligned, 14 bold)**

**3 RESULTS (Centered, 16 Bold)**

(On new page)

**3.1 Age and sex wise distribution of patients (Left aligned, 14 Bold)**

**4 DISCUSSION (Centered, 16 Bold)**

(On new page)

**5 CONCLUSIONS (Centered, 16 Bold)**

(On new page)

**REFERENCES (Centered, 16 Bold)**

(On new page)

BANNATYNE, B. A., LIU, T. T., HAMMAR, I., STECINA, K., JANKOWSKA, E. & MAXWELL, D. J. 2009. Excitatory and inhibitory intermediate zone interneurons in pathways from feline group I and II afferents: differences in axonal projections and input. *The Journal of Physiology,* 587**,** 379-399.

BRUCE, K. & GROFOVA, I. *Notes on a light and electron microscopic double-labeling method combining anterograde tracing with Phaseolus vulgaris leucoagglutinin and retrograde tracing with cholera toxin subunit B* [Online]. Available: <http://www.sciencedirect.com/science/article/pii/016502709290040K> [Accessed 1-2 45].

GRANT, G., KOERBER, H. R. & GEORGE, P. 2004. Spinal Cord Cytoarchitecture. *The Rat Nervous System (Third Edition).* Burlington: Academic Press.