



October 2024

## Who Moved My Cheese?

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### Recommended Citation

Hill CJ. Who Moved My Cheese?. The Internet Journal of Allied Health Sciences and Practice. 2024 Oct 04;22(4), Article 28.

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### Author Bio(s)

Cheryl J. Hill, PT, MS, DPT, PhD, is a Professor in the Physical Therapy Department at Nova Southeastern University. She is also the Editor-in-Chief of the Internet Journal of Allied Health Sciences and Practice.

## *Moved my Cheese?*

*Who Moved my Cheese?*, by Spencer Johnson, is a book on dealing with change. First published in 1972, its message is profound: Change is inevitable, and our response to it determines our fate. In the book, Johnson highlights the importance of letting go of the past, embracing change with a positive mindset, and actively seeking new opportunities.<sup>1</sup>

The Internet Journal of Allied Health Sciences and Practice is going to “move the cheese” beginning with manuscripts submitted on and after January 1, 2025. After 23 years of publishing articles with no charge to the authors, we find that this practice is no longer sustainable.

In the inaugural issue of the Journal (2003), we published a handful of articles, none of which would be considered hard core research by today's standards. Most were reviews on the current state of one or more of the professions identified as being “allied health.” In addition, the Journal was only published twice a year. Today, the Journal is published four times a year, and each issue includes between 25 to 30 articles.

So, as of January 1, 2025, we will be implementing a nominal article processing charge of \$500 USD to publish in the Journal. The fee is primarily for supporting the copy editing, formatting of articles, and publication of articles. Those authors who have published in this Journal as a steppingstone to publishing in more prestigious journals will recognize that the \$500 fee is very reasonable in comparison. For example, the fee to publish in the Journal of the American Medical Association Network Open is \$3000 USD, and \$5000 USD to publish in JAMA Network Specialty Journals.<sup>2</sup> The fee for publishing in the IJAHSP will not be collected until the article has been accepted for publication, and there will be no fee or subscription required for readers to download an article.

Waivers and discounts may be offered to the country of residence of the primary author from a list of countries in the developing world as defined by the World Health Organization as part of their Research4Life program. The list of countries, updated yearly is available at <https://www.research4life.org/access/eligibility/>. Students serving as the primary investigator in entry level health care programs may also be eligible for a discount.

Allied health has been an association specific enterprise, and seldom do we have the opportunity to publish in the same journal. Rarely are new authors encouraged to send in their first attempts at authorship. We at the IJAHSP welcome the first-time writer as well as the seasoned researcher. Being an academically based journal, we will continue to make it a point to assist authors of all experience levels to publish.<sup>3</sup>

We look forward to continuing our relationships with authors and readers alike as we move into the future.

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  2. JAMA Network. Article Processing Charges. <https://jamanetwork.com/pages/access-resource-center>
  3. Nehrenz G. Editorial. The Internet Journal of Allied Health Sciences and Practice. 2003 Jan 01;1(1), Article 1.
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