

Get published!

AI tools and tips for publishing academic papers

Antony P
uni-edit

English Editing & Translation



Host:
National Taiwan Normal
University Library



國立臺灣師範大學
National Taiwan Normal University

uni-edit

English Editing & Translation

**Research Paper Editor and
Seminar Presenter**

The image shows a man in a light blue shirt, patterned tie, and dark trousers standing next to a tall digital display. He is smiling and has a black backpack on. The display shows a poster for a seminar by uni-edit. The poster includes the uni-edit logo, the text 'University English Editing and Translation Service', a photo of the speaker, the date and time '2023/7/21(五 FRI) 中午12:30-13:30', the location '協力樓3F 合心會議室', the speaker's name 'ANTONY DAVID PARNIGONI 安東尼·華爾外師講師', the title '"Common errors in academic writing" "學術寫作之常見錯誤"', a list of bullet points, and two QR codes with the text '0721-預約填單' and '0721-回饋問卷填寫'.

uni-edit
University English Editing
and Translation Service
專業編輯或翻譯各類學術報告與論文

2023/7/21(五 FRI)
中午12:30-13:30
協力樓3F 合心會議室

講員 SPEAKER:
ANTONY DAVID PARNIGONI
安東尼·華爾外師講師

"Common errors in
academic writing"
「學術寫作之常見錯誤」

- 來自美國，擁有教育碩士學位，是學術寫作老師。
- 主要提供服務給亞洲地區學術人員關於學術寫作及出版發表的講座課程。
- Antony 提供大學和研究部門客製講座課程，主題包括「如何寫作並濃縮成摘要」、「提高寫作水準的方法」和「常見的寫作錯誤」。
- 講員詳細資訊，請見報名表單說明。

0721-預約填單 0721-回饋問卷填寫

主辦單位：花蓮縣清雲學院研究部 聯絡人：李月鳳 0204093020 轉12741

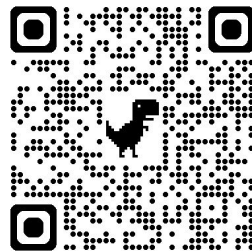
uni-edit

English Editing & Translation

WILL BE YOUR BEST PARTNER

- 期刊論文英文編修
- 碩博士論文英文編修
- 中翻英暨英文編修
- 研究所申請文件之英文編修
- 一對一英文課程
- 英文寫作講座課程

uni-edit
English Editing & Translation



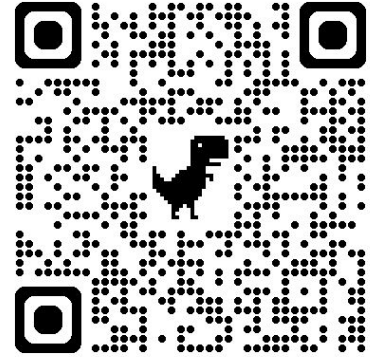
聯絡我們

Antony.uniedit@gmail.com
uniedit.taiwan@gmail.com

Invite me to your campus or department!

Example seminar and workshop topics:

- Common errors in academic writing
- How to write the different sections of a research paper
- How to give a poster presentation
- How to give a conference presentation
- How to publish a research paper
- Advanced tips for EMI TAs
- Business English basics
- How to interview for a job
- Professional self-introductions
- How to write a resume
- How to write a cover letter

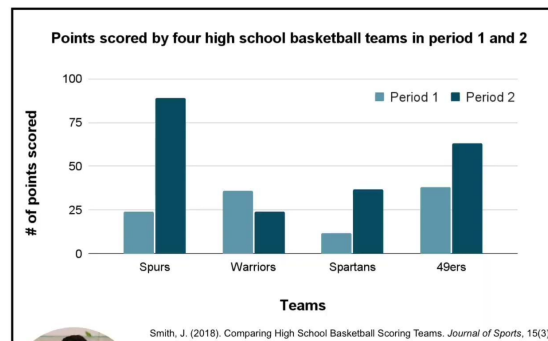




Academic Writing and Public Speaking Tutor



Academic Presentations Video Series



*Simulated/fake data for illustration purposes only

5 Characteristics:

clear and engaging graphs, charts, tables, and visuals

1. Large text and numbers in standard fonts
2. Explicit category labels
3. Coloring that is clear on a projector screen
4. Units of measurement, eg. kg, lbs, mm
5. Citations for data from other studies



Semesterly career development workshops with CLA



About Antony



From Cincinnati in the USA



I take photos



Currently living
in Wenshan Taipei



Started teaching many
years ago in Japan



Hiking and sports

I am joined by Angela Ivana

NTNU English Major



I am nice! Ask me
questions :)

**Thank you for
inviting us!**



Get published!

AI tools and tips for publishing academic papers



Ask questions at any time
- Online? Type your questions



Lesson plan 50-minutes

1. Your role as a writer using AI
2. Brainstorming strategies
3. Prompt engineering: revise, critique, polish, paraphrase
4. Specific tools and their strengths
5. AI limitations

Key Terms for this seminar

- Input and prompt: the text you give AI
- Output: the text AI gives you



The benefits of learning academic English

The benefits of learning academic English

Critical thinking:

- How can you tell fake news from real news?
You need to be able to analyze and make thoughtful inferences.
- ✓ Academic English is analytical and methodical.

The benefits of learning academic English

International communication:

- The global language for science is English. Therefore, if you have strong academic English skills, then you will make international connections easily.

Business English:

- Business communication often uses the same logic and formalities that academic writing uses.



Your role as a writer using AI

Your role as a writer using AI

Scenario:

- You want to buy some candy bars
- You have \$100ntd
- Each candy bar costs \$20ntd
- You use your calculator to learn how many candy bars you can buy!
- You type in $100 / 20$ and the calculator sayssss.....



Your role as a writer using AI

Scenario:

- You type in $100 / 20$ and the calculator sayssss.....
- 2000!
- WOW You can buy 2000 candy bars! That's amazing!



Your role as a writer using AI

Just like using an AI to help you with
your academic writing



What is Antony's point?

- You need to understand math to use a calculator AND to understand and interpret its answer.



As a calculator helps you do math, AI can help you to write, but it can't write for you.

Activity: What is the difference?

Sentence 1:

- Our findings are significant because they will influence corporate marketing strategies in Southeast Asia.



Sentence 2:

- Our findings are important because they will influence corporate marketing strategies in Southeast Asia.

Activity: What is the difference?

Sentence 1:

- Our findings are significant because they will influence corporate marketing strategies in Southeast Asia.
 - In academic writing, “significant” indicates a statistical significance ($p < 0.05$ or $p < 0.01$).



Activity: Understanding nuance

Antony's point:

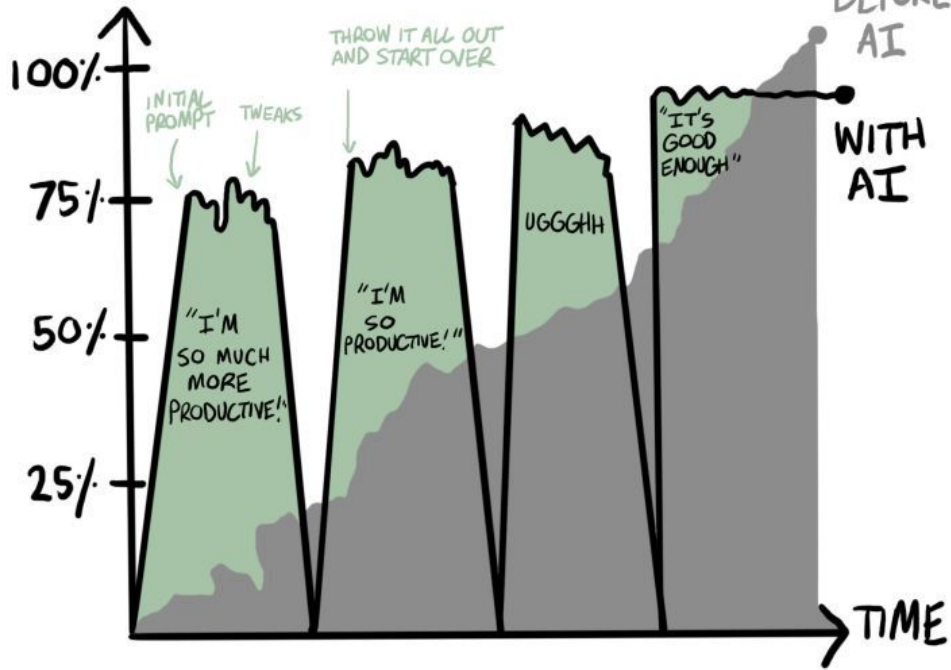
- Understanding nuance is your ability to correctly interpret an AI's output.
- Being able to read and write academic text is a skill you can develop.
- Overutilizing AI inhibits your academic English ability.





AI and productivity

TASK
PROGRESS



THE ILLUSION OF AI PRODUCTIVITY

@forrestbrazeal

Ask questions at any time
- Online? Type your questions





Brainstorming strategies



Strategy 1: Brainstorming

Strategy 1: Brainstorming

Brainstorm to produce fresh ideas

Are you stuck on a problem?

Do you need help figuring out what to write next?

Are you having trouble expressing a specific thought?



ChatGPT

Strategy 1: Brainstorming

Brainstorming example prompt 1:

“Hi ChatGPT. I don’t know how to conclude this paragraph. Can you give me three different suggestions?”



ChatGPT

Strategy 1: Brainstorming

Brainstorming example prompt 1:

“...three different suggestions?”



ChatGPT

Brainstorming tips:

- **DO** use AI to give you **many** different ideas
- **DO NOT** search for **one** right answer

Example Input: “...three different suggestions? ‘The results showed a lack of "good" environmental microbes. These are the kind typically found in soil, water, and plants on Earth. The only microbes present were human-related. They included bacteria from the astronauts' skin and the food they ate.’”

ChatGPT Brainstorm Output:

1. Analytical/Scientific Implication:

This suggests that the spacecraft's closed environment may hinder microbial diversity and could pose challenges for long-term human health and ecosystem stability in space.

2. Practical Concern:

This lack of environmental microbes highlights the importance of developing strategies to introduce or maintain beneficial microbial communities during space missions.

3. Forward-Looking/Research-Oriented:

Further research is needed to understand how to preserve or restore microbial diversity in artificial habitats like space stations or future Mars colonies.

Strategy 1: Brainstorming

Brainstorming example prompt 2:



ChatGPT

Based on this study's discussion, what follow-up research can I do? *“Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults”*

Strategy 1: Brainstorming

Brainstorming example output 2:



ChatGPT

**These suggestions are just ok.
They lack specificity from the
research.**

**It seems ChatGPT is giving us
suggestions based on the title
of the paper**

Policy Imp
taxes, food

Socioecon
socioecon

Health Ou
the incidence
health disc

Vulnerable
communiti
challenges

Predictive
and obesity, b
technological advancements.


interventions like sugar
rates.

cultural attitudes,
n and weight trends.

between weight trends and
conditions, and mental

as indigenous
understand unique

trends in underweight
economic shifts, and



Let's look directly at the study's discussion and see what the authors write about their study's limitations – to determine what follow up research can be done.

Text from the study's discussion on limitations:

As with all global analyses, our study has limitations. Some countries had fewer data and three had none; their estimates were informed to a stronger degree by data from other countries through geographical hierarchy. There were also differences in data availability by age group, with less data available for ages 5–9 years, and in older adults (≥ 65 years), which increased the uncertainty of estimates in these age groups. Despite our systematic and rigorous process of evaluating study representativeness, data from health surveys are subject to error if sample weights do not fully adjust for non-response. We did not report on height, a marker of the quality of nutrition and the living environment, and predictive of health throughout the life course,¹⁵ as reported previously.^{4,11} BMI is an imperfect measure of the extent and distribution of body fat, but is widely available in population-based surveys, and is used in clinical practice; it is also correlated with the more complex and costly dual-energy x-ray absorptiometry.¹⁶ Cutoffs for thinness and obesity for school-aged children and adolescents are based on BMI distributions in a reference population, and were not selected to represent optimal BMI in epidemiological studies, as was done for adults, or optimal nutritional status, as for children younger than 5 years.^{8,9} Finally, various hypotheses exist about the impact of the COVID-19 pandemic on BMI. Data on the impact of the pandemic on obesity are scarce,¹⁷ and there are even fewer data on the impact on underweight. The available data on obesity, mostly from high-income countries, indicate a small rise in prevalence, with large heterogeneity across studies;¹⁷ it is unclear whether these effects are transitory or permanent. Studies from low-income and middle-income countries have indicated worsening food security and diet quality during and after the pandemic, but did not measure underweight prevalence.¹⁸ We used 103 studies from 2020 and later, but additional data are needed to evaluate the population-level effects. Finally, although our statistical model has been shown to be unbiased and have small deviation (ie, random error) in cross-validation analyses,^{3,10} fitting to data that vary in relation to age, country, and year has the potential for model misspecification.

Specific areas for further research as stated in the study.

As with all global analyses, our study has limitations. Some countries had fewer data and three had none; their estimates were informed to a stronger degree by data from other countries through geographical hierarchy. There were also differences in data availability by age group, with less data available for ages 5–9 years, and in older adults (≥65 years), which increased the uncertainty of estimates in these age groups. Despite our systematic and rigorous process of evaluating study representativeness, sample weights do not fully adjust for non-response. BMI is a poor proxy for the living environment, and not a perfect measure of the extent of malnutrition in clinical practice; it is also not a good measure of thinness and obesity for children, and were not selected to represent optimal BMI for children younger than 5 years. 8, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000 on the impact of the pandemic on the impact on underweight. The available data on obesity prevalence, with large heterogeneity across studies; 17 it is unclear whether these effects are transitory or permanent. Studies from low-income and middle-income countries have indicated worsening food security and diet quality during and after the pandemic, but did not measure underweight prevalence. 18 We used 103 studies from 2020 and later, but additional data are needed to evaluate the population-level effects. Finally, although our statistical model has been shown to be unbiased and have small deviation (ie, random error) in cross-validation analyses, 3,10 fitting to data that vary in relation to age, country, and year has the potential for model misspecification.

To get more relevant and impactful outputs from AI, be specific with your prompt.

Strategy 1: Brainstorming deeper!

Brainstorming SPECIFIC example prompt 3:

In the discussion of a research paper, the author wrote, “The available data on obesity, mostly from high-income countries, indicate a small rise in prevalence, with large heterogeneity across studies; it is unclear whether these effects are transitory or permanent.” The citation was from this study “Obesity and weight change during the COVID-19 pandemic in children and adults: a systematic review and meta-analysis”. What are some follow up studies I can do?

Strategy 1: Brainstorming deeper!

Brainstorming example output 4:

Follow-Up Research Ideas:

1. Long-Term Tracking Studies

- Study whether weight changes seen during COVID-19 persisted **after** the pandemic (e.g., 2022–2025).
- Example Research Question:
"Did children and adults maintain pandemic-associated weight changes three years after lockdowns ended?"

2. Country or Region-Specific Trends

- COVID affected countries very differently. Study a particular country or compare a few regions.
- Example Research Question:
"Comparative analysis of post-pandemic obesity trends in high-income vs. low-income countries."

Strategy 1: Brainstorming deeper!

Brainstorming example output 4:

3. Age Group Focus

- Was the effect stronger in children, teenagers, adults, or elderly people?
 - **Example Research Question:**
"Age-specific patterns of weight change during and after COVID-19: A longitudinal cohort study."
-

4. Impact of Pandemic Behavior Changes

- Study how specific pandemic habits (like remote work, school closures, screen time, or food delivery use) affected weight differently.
- **Example Research Question:**
"Associations between increased screen time during COVID-19 and sustained weight gain among adolescents."

Strategy 1: Brainstorming deeper!

Brainstorming example output 4:

5. Social Inequality and Weight Change

- Did certain socioeconomic groups experience worse outcomes?
 - **Example Research Question:**
"Socioeconomic disparities in pandemic-related obesity: A study of urban and rural populations."
-

6. Psychological Factors

- Anxiety, depression, and emotional eating spiked during COVID — how did that influence weight changes?
- **Example Research Question:**
"Mental health, emotional eating, and weight gain: Untangling the COVID-19 pandemic's indirect effects."

Strategy 1: Brainstorming deeper!

Brainstorming example output 4:

7. Intervention Studies

- Test programs designed to reverse pandemic weight gains (especially in schools or workplaces).
 - **Example Research Question:**
"Effectiveness of post-pandemic school-based nutrition programs on reversing childhood obesity trends."
-

8. Temporary vs. Permanent Change Modeling

- Build models that predict whether COVID-related weight changes are permanent for different populations.
- **Example Research Question:**
"Predicting weight normalization versus persistent obesity following pandemic-related lifestyle changes."

Strategy 1: Brainstorming deeper!

Brainstorming example output 4:

Quick Tip:

Since the original meta-analysis said "mostly high-income countries" and "large heterogeneity," you could especially stand out by:

- Focusing on **low- and middle-income countries** (less studied!)
- Studying **specific behaviors** instead of only weight numbers
- Following **longer time periods** (3–5 years after 2022)

Repeat Slide

Brainstorming example output 2 when we didn't include specific text from the study's discussion:

**Good prompt engineering
= higher quality output**

Policy Imp
labeling, and

Socioecon
status, and

Health Out
incidence of
disorders.

Vulnerable
refugees, or individuals with disabilities, to understand unique challenges and needs.

Predictive Modeling: Developing models to forecast future trends in underweight and obesity, considering variables like climate change, economic shifts, and technological advancements.

ns like sugar taxes, food

ttitudes, socioeconomic

weight trends and the
and mental health


igenous communities,

Ask questions at any time
- Online? Type your questions





Strategy 2: Explaining errors or improvements



AI can give you detailed personalized feedback on your writing. Like a 24hr 1-on-1 tutor!

Strategy 2: Explaining errors or improvements

AI can be a great learning partner!

Example Input 1: “Please explain my errors: The results showed a lack of "good" environments microbes.”

Example Output:

- **"Environments"** is incorrect here. It should be **"environmental"** to describe the kind of microbes.
- When you want to describe the type of microbes, you need an **adjective**, not a plural noun.
- The corrected noun phrase should be: **"environmental microbes"** (meaning microbes that come from the environment)



Strategy 2: Explaining errors or improvements

Example Input 2: Please check this sentence for errors and explain all errors: "South Korea and China had the lowest combination of prevalence for women, and Sierra Leone, South Korea, and China had the lowest prevalence for men."

Example Output

"Wordiness / awkward phrasing:

- The phrase "lowest combination of prevalence" sounds unnatural.
- In academic English, we usually say "lowest prevalence" or "lowest prevalence," depending on the context.
- "Combination of prevalence" is strange because *prevalence* is already a combined measure — you don't usually need "combination."



Strategy 2: Explaining errors or improvements

Example Input 2: Please check this sentence for errors and explain all errors: "South Korea and China had the lowest combination of prevalence for women, and Sierra Leone, South Korea, and China had the lowest combined prevalence for men."



Example Output pt 2:

Consistency between parts:

- For women, you say "**combination of prevalence**," but for men, you say "**combined prevalence**."
- It's better to keep the phrasing consistent for clarity and smoothness.



Use AI to enhance your English ability.

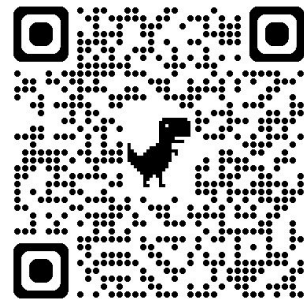


AI Tools for Academic Research

Elicit : The AI Research Assistant

Key features:

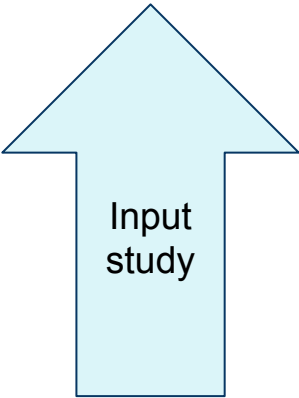
- Delivers information from research-backed sources (less hallucinations)
- Can compile and highlight findings from dozens of studies with just one prompt
- Will always let you check with the source research paper for confirmation



Effectiveness of Magnesium
Supplementation on Sleep Quality and
Mood for Adults with Poor Sleep Quality: A
Randomized Double-Blind Placebo-
Controlled Crossover Pilot Trial

Michael Breus, Stephanie L Hooper, T. Lynch

📖 Medical Research Archives, 2024



• Include

A randomized double-blind placebo-controlled crossover pilot trial examining magnesium supplementation in adults with mild sleep issues meets all screening criteria, including a standalone intervention, healthy population, validated outcome measures, and appropriate study design. The research focused on human participants, used regular supplementation over time, and measured both sleep quality and stress-related outcomes across multiple validated scales.

• Study Population

The study includes human participants (31 adults with mean age of 46.01 years).

• Intervention Type

The study clearly examines magnesium supplementation (Upgraded Magnesium™) alone, with no mention of additional active ingredients.

• Study Design

The study is explicitly described as a "randomized double-blind placebo-controlled crossover pilot trial," which fits within the accepted study designs.

• Outcome Measures

The study measures multiple validated outcomes related to both sleep quality (Insomnia Severity Index, Pittsburgh Sleep Quality Index, sleep duration, efficiency) and stress/anxiety (Trait Anxiety Inventory, Perceived Stress Scale).

• Intervention Duration

The study examines regular supplementation over a 2-week period per condition, with a two-week washout period between conditions.

• Population Health Status

The study focuses on adults with "nonclinical insomnia symptoms," indicating they are generally healthy individuals with mild sleep issues rather than severe medical conditions.



Effectiveness of Magnesium
Supplementation on Sleep Quality and
Mood for Adults with Poor Sleep Quality: A
Randomized Double-Blind Placebo-
Controlled Crossover Pilot Trial

Michael Breus, Stephanie L Hooper, T. Lynch

📖 Medical Research Archives, 2024

Elicit output
synthesis

- Include

A randomized double-blind placebo-controlled crossover pilot trial examining magnesium supplementation in adults with mild sleep issues meets all screening criteria, including a standalone intervention, healthy population, validated outcome measures, and appropriate study design. The research focused on human participants, used regular supplementation over time, and measured both sleep quality and stress-related outcomes across multiple validated scales.

- Study Population

The study includes human participants (31 adults with mean age of 46.01 years).

- Intervention Type

The study clearly examines magnesium supplementation (Upgraded Magnesium™) alone, with no mention of additional active ingredients.

- Study Design

The study is explicitly described as a "randomized double-blind placebo-controlled crossover pilot trial," which fits within the accepted study designs.

- Outcome Measures

The study measures multiple validated outcomes related to both sleep quality (Insomnia Severity Index, Pittsburgh Sleep Quality Index, sleep duration, efficiency) and stress/anxiety (Trait Anxiety Inventory, Perceived Stress Scale).

- Intervention Duration

The study examines regular supplementation over a 2-week period per condition, with a two-week washout period between conditions.

- Population Health Status

The study focuses on adults with "nonclinical insomnia symptoms," indicating they are generally healthy individuals with mild sleep issues rather than severe medical conditions.



Effectiveness of Magnesium
Supplementation on Sleep Quality and
Mood for Adults with Poor Sleep Quality: A
Randomized Double-Blind Placebo-
Controlled Crossover Pilot Trial

Michael Breus, Stephanie L Hooper, T. Lynch

📖 Medical Research Archives, 2024

**This greatly
accelerates
your literature
review
research!**

- Include

A randomized double-blind placebo-controlled crossover pilot trial examining magnesium supplementation in adults with mild sleep issues meets all screening criteria, including a standalone intervention, healthy population, validated outcome measures, and appropriate study design. The research focused on human participants, used regular supplementation over time, and measured both sleep quality and stress-related outcomes across multiple validated scales.

- Study Population

The study includes human participants (31 adults with mean age of 46.01 years).

- Intervention Type

The study clearly examines magnesium supplementation (Upgraded Magnesium™) alone, with no mention of additional active ingredients.

- Study Design

The study is explicitly described as a "randomized double-blind placebo-controlled crossover pilot trial," which fits within the accepted study designs.

- Outcome Measures

The study measures multiple validated outcomes related to both sleep quality (Insomnia Severity Index, Pittsburgh Sleep Quality Index, sleep duration, efficiency) and stress/anxiety (Trait Anxiety Inventory, Perceived Stress Scale).

- Intervention Duration

The study examines regular supplementation over a 2-week period per condition, with a two-week washout period between conditions.

- Population Health Status

The study focuses on adults with "nonclinical insomnia symptoms," indicating they are generally healthy individuals with mild sleep issues rather than severe medical conditions.



Elicit : The AI Research Assistant

Ask questions to papers

Ask a question

What was the effect size in the first trial arm?



The effect size in the first trial arm is a marked reduction in spectral power in the ultra low frequency band for both heart rate variability and EMG when going from active to rest conditions, as well as significant changes in mean heart rate and EMG activity between the active and rest days. Additionally, there was a significant sex-by-activity



Pick a plan that's right for you

Monthly



Annually

Basic

For casual exploration

Free

- ✓ Automated research reports
- ✓ Unlimited search across more than 125 million papers
- ✓ Unlimited summaries of 4 papers at once
- ✓ Unlimited chat with 4 papers at once
- ✓ Extract data from 20 papers per month
- ✓ Add 2 columns to your tables at a time
- ✓ View sources for answers
- ✓ Import from Zotero

Try for free

Plus

For deeper research

\$10 per month, billed annually
\$120 per year

Everything in Basic and...

- ✓ Unlimited chat with 8 full-text papers at once
- ✓ Unlimited summaries of 8 papers at once
- ✓ Export to RIS, CSV, BIB
- ✓ Extract data from 600 papers per year
- ✓ Add 5 columns to your tables at a time

Sign up

Pro

For systematic reviews

\$42 per month, billed annually
\$499 per year

Everything in Plus and...

- ✓ Extract data from 2,400 papers per year
- ✓ Extract data from tables inside papers
- ✓ Dedicated workflows for systematic reviews
- ✓ Add 20 columns to your tables at a time
- ✓ Binary & multi-select fields for paper coding
- ✓ Explanations for AI-generated answers

Sign up

Team

For collaboration

\$65 per user, per month
billed annually \$780

Everything in Pro and...

- ✓ Extract data from up to 3,600 papers per user per year, pooled across your team
- ✓ Add 30 columns to your tables at a time
- ✓ Live-editing for Notebooks and Systematic Reviews
- ✓ Admin panel with usage tracking and seat management

Sign up

Enterprise

For companies and schools

Custom

Everything in Team and...

- ✓ Custom usage limits
- ✓ Volume discounts
- ✓ Training and onboarding
- ✓ Data configuration
- ✓ Co-branding of Notebooks and assets
- ✓ Custom workflow development

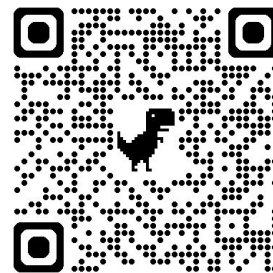
Contact us

Scite.AI : Critical evaluation of citations

Key features:

- Gives easy access to sources
- Can tell you how a cited article is used in the research paper (as support, context, counterargument, etc.)
- Can extract exactly how an article is being cited in the research
- Developed before ChatGPT (No hallucinations)

scite_



Scite.AI : Critical evaluation of citations

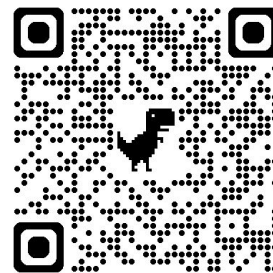
“...**Tremelimumab** (CP- 675206, Pfizer, Inc., New York, NY) is a human IgG2 mAb against CTLA-4. Phase I and II clinical trials determined the therapeutic **tremelimumab dosage** to be 15 mg/kg once every three months (Ribas et al, [ref] ; Camacho et al, [ref]; Ribas et al, [ref]). This is in stark contrast to ipilimumab, which is infused every 3 weeks, because **tremelimumab** has a longer plasma half-life...”

Section: Targeted Therapies ⌚ mentioning confidence: 99%

Melanoma treatments: Advances and Mechanisms

Alexander ¹, Laura C. Huang², Nicholas A. Josakis³ et al. 2015 *J. Cell. Physiol.*

scite_



Scite.AI : Critical evaluation of citations

Input research
keywords

Citation Statement Search

B.1.617.2 vaccine efficacy



✓ supporting

Confidence: 86%

[flag classification](#)

These data, together with our previous findings, 3 reveal that AZD1222 recipients have lower NAbTs than BNT162b2 recipients against SARS-CoV-2 variants, including **B.1.617.2** (appendix p 3). This finding is in line with the **vaccine**-induced NAbTs observed during clinical trials of AZD1222 [4](#) and BNT162b2. 7 Notably, our data are consistent with preliminary observational estimates based on rates of S gene target failure during PCR testing in England 8 and more recent data from Scotland, 9 which reports 19% reduced AZD1222 **efficacy** following two doses (60%) relative to two doses of BNT162b2 (79%) against the **B.1.617.2** variant and similar to reduced **efficacy** against the B.1.1.7 variant following two doses (73% for AZD1222 vs 92% for BNT162b2).

AZD1222-induced neutralising antibody activity against SARS-CoV-2 Delta VOC Wall, Wu, Harvey, et al. 2021 [The Lancet](#)

0 0 0 0 0 0

[View scite report](#) [View full text](#)

✓ supporting

Confidence: 83%

[flag classification](#)

A recent real-world study in participants who effectiveness of 75% against any documente disease caused by the variant B.1.351 25 , w Consistent with the modest reduction in neut reported here, a test negative case control st effectiveness of two doses of BNT162b2 aga to 93.4% effectiveness against B.1.1.7 lineage virus [26](#) . Thus, reductions in neutralization like those observed in this study have not been demonstrated to result in loss of **vaccine efficacy** against disease.

Section: Discussion

BNT162b2-elicited neutralization of B.1.617 and other SARS-CoV-2 variants Liu, Liu, Xia, et al. 2021 [Nature](#)

9 0 0 1 0 0

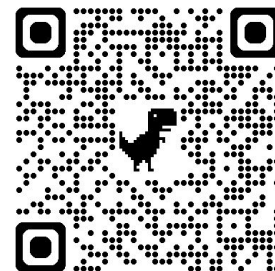
[View scite report](#) [View full text](#)

Effectiveness of COVID-19 vaccines against the B.1.617.2 variant Bernal, Andrews, Gower, et al. 2021 [Preprint](#)

19 1 5 0

[View scite report](#) [View full text](#)

scite_



Output research

Scite.AI : Critical evaluation of citations

monthly ☒ annual (save 40%)

Personal

for students and researchers

NT\$219.73 per month
billed yearly

[Start free 7-day trial →](#)

- Unlimited Assistant chats
- Unlimited search usage
- Reference Check
- Custom Dashboards
- Citation & retraction alerts

Organization

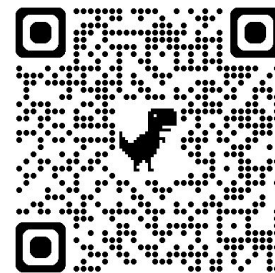
for companies and universities

Custom Pricing

[Contact sales](#)

- All features included
- Customized data rules
- Centralized billing & admin
- Email domain & IP address access options
- Personalized training

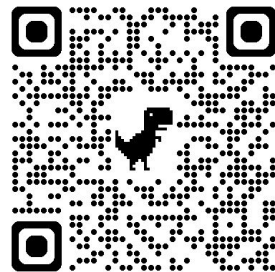
scite_



Consensus AI : Synthesis of research

Key features:

- Gives you an idea on how other research articles fall on a topic. SO COOL!
- Great tool helping you determine what problem your research could attempt to solve.
- Very interesting tool for casual use - you can see how often published research disagrees with your opinion!



Consensus AI : Synthesis of research

Does eating red meat increase your risk of heart disease?



Pro Filter



Share

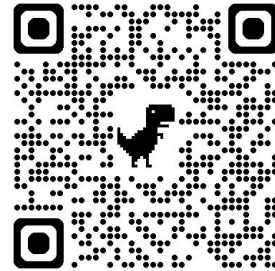
Consensus Meter

Beta

Results from 18 relevant papers



Research on red meat consumption and heart disease risk shows a consistent but modest association, especially for processed red meat. **Eating red and especially processed red meat is linked to a higher risk of heart disease, but the strength of this association varies and is generally modest.** Substituting red meat with plant-based proteins or low-fat dairy may reduce this risk.



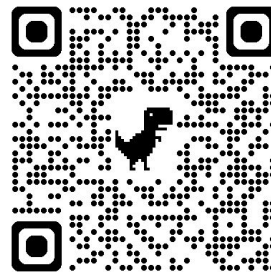
Consensus AI : Synthesis of research

Associations with Heart Disease

- **Processed Red Meat:** Multiple large studies and meta-analyses report that processed red meat (like bacon, sausages, and ham) is associated with a higher risk of coronary heart disease (CHD), cardiovascular disease (CVD), and cardiovascular mortality. The increased risk per serving is often higher for processed meat than for unprocessed red meat, with some studies showing up to a 42% higher risk of CHD per daily serving of processed meat [2](#) [3](#) [4](#) [5](#) [6](#) [9](#) [10](#).
- **Unprocessed Red Meat:** The link between unprocessed red meat and heart disease is weaker and less consistent. Some studies find a small increased risk (about 9–15% per serving), while others find no significant association [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [10](#). The risk appears to be more pronounced in certain populations and may depend on the amount consumed [2](#) [4](#) [6](#) [9](#).

Impact of Substituting Other Foods

- Replacing red meat, especially processed meat, with plant-based proteins (nuts, legumes, soy), whole grains, or low-fat dairy is associated with a lower risk of heart disease (up to 14% lower risk in some studies) [3](#) [4](#) [6](#).
- Substituting eggs for processed red meat and whole grains or dairy for total red meat also shows a reduced risk [3](#) [4](#).



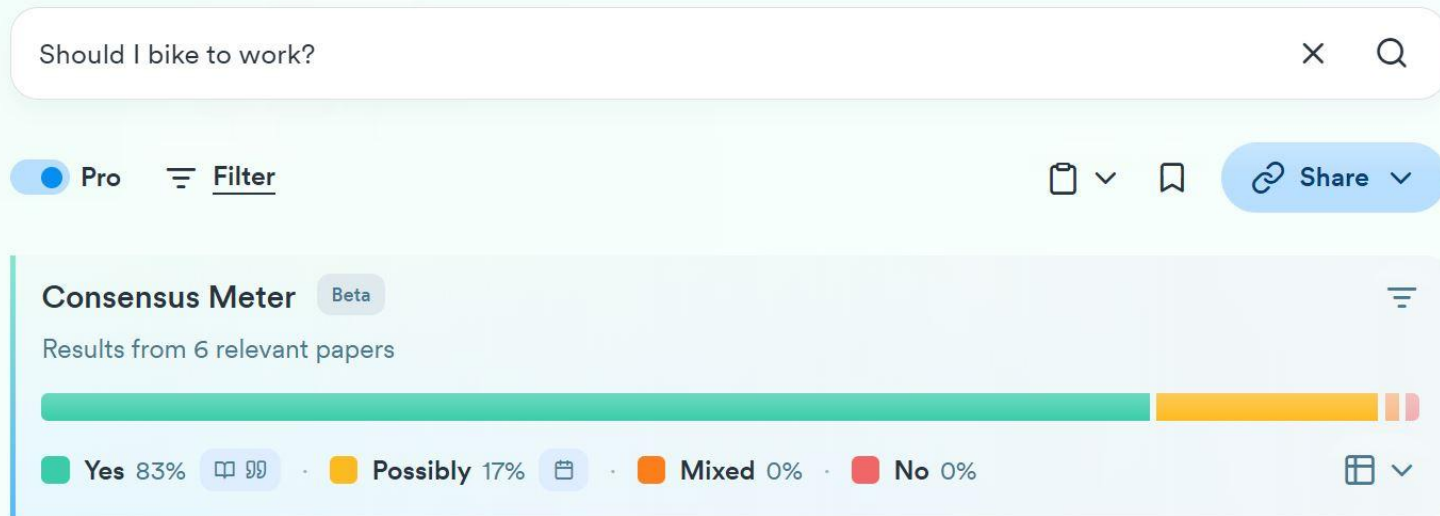
Evidence from Randomized Trials

- Randomized controlled trials show inconsistent effects of red meat on blood cholesterol and blood pressure. When red meat is replaced with high-quality plant proteins, blood lipids improve, but replacing it with low-quality carbohydrates or other animal proteins does not show the same benefit 6 7 8 .
- Overall, moderate red meat intake does not appear to significantly worsen cardiovascular risk factors in the short term, but long-term observational data suggest a modest increased risk 5 7 8 .

Conclusion

Eating red meat, particularly processed types, is associated with a modestly higher risk of heart disease. The risk is lower when red meat is replaced with plant-based proteins or low-fat dairy. While the association is not strong for unprocessed red meat, limiting processed meat intake is a prudent choice for heart health.

Consensus AI : Synthesis of research



INCREDIBLE!

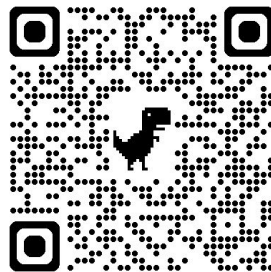
Consensus AI : Synthesis of research

Health Benefits

- **Reduced Risk of Disease:** Cycling to work is linked to a lower risk of developing and dying from cancer, heart disease, and type 2 diabetes, even after accounting for other lifestyle factors [1](#) [7](#) .
- **Improved Fitness:** Regular cycling as part of your commute increases physical activity, which improves overall health and metabolic fitness [4](#) .
- **Lower BMI:** People who cycle to work tend to have lower body mass index (BMI) compared to non-cyclists [7](#) .

Mental Health and Well-being

- **Better Mental Health:** Cycling commuters have a significantly lower rate of mental health prescriptions, indicating improved mental well-being compared to those using other forms of transport [2](#) .
- **Higher Commute Satisfaction:** Cyclists report the highest levels of satisfaction with their commute, citing factors like exercise-induced mood boosts, enjoyable sensory experiences, and greater control over travel time [9](#) [10](#) .
- **Stress Relief:** Many cyclists find that biking to and from work helps them feel invigorated in the morning and provides a way to unwind after work [9](#) .



Research Rabbit : Visualizations

Visually see connections between topics and authors



Never miss a thing



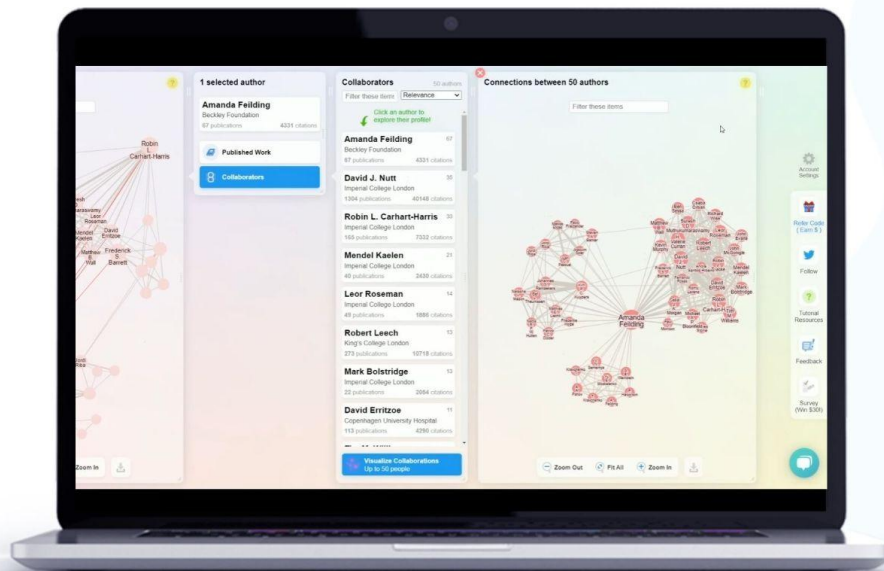
Visualize papers



Discover author networks



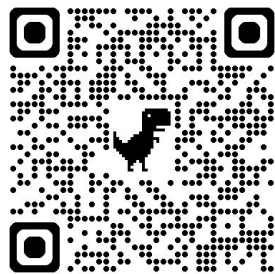
Share your collections



Chat with a PDF

Many AI tools allow you to upload a PDF and then ask questions or have a discussion on the contents

- Scispace
- Claude
- NotebookLM
- PDF.ai.

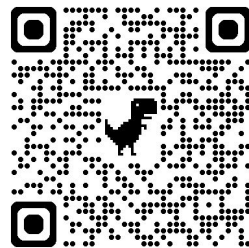


AI tools for coding data

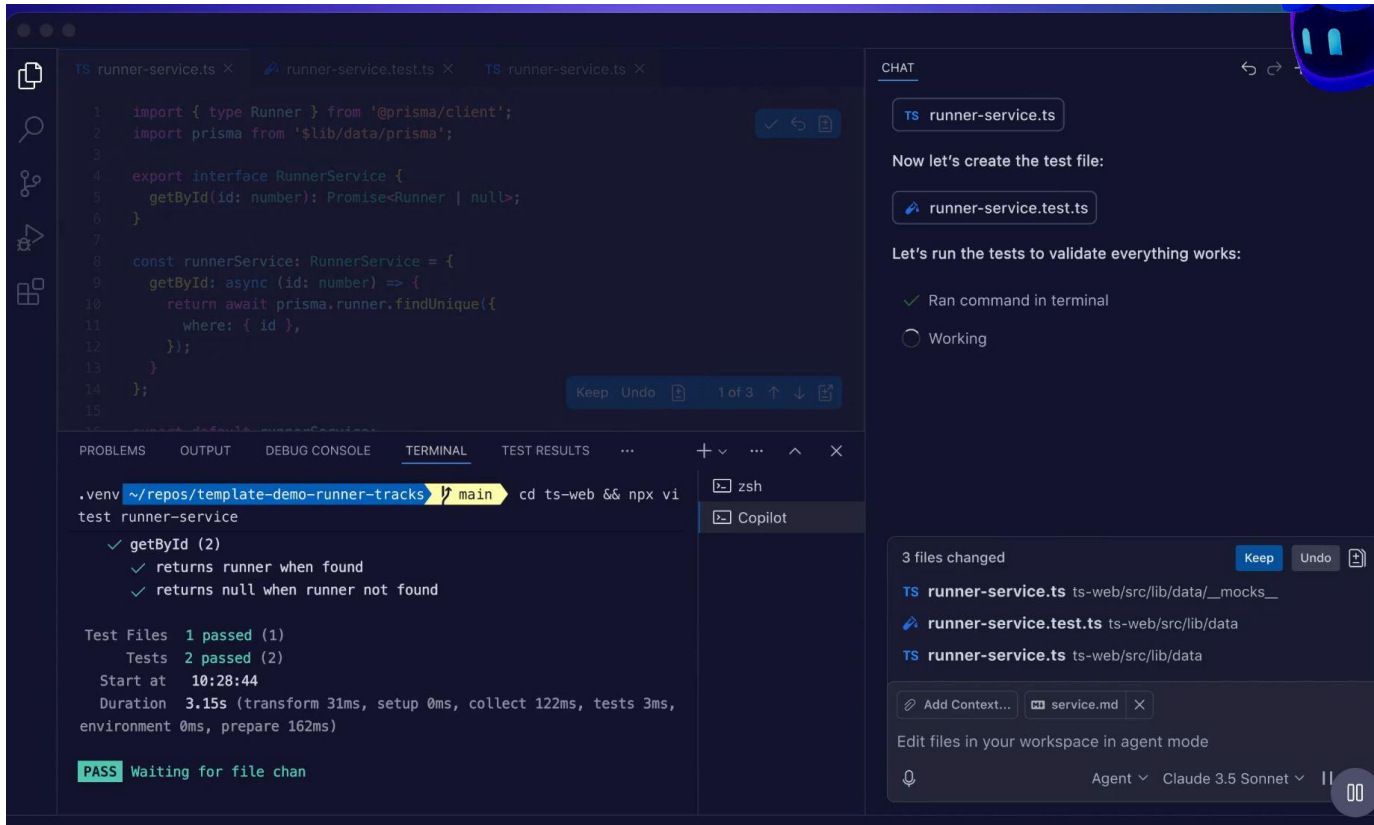
Beginner tools for coding to organize data, create analysis pipelines, run descriptive statistics and generate visualizations

- GitHub's Copilot
- Amazon Q Developer
- Anysphere's Cursor
- Claude

github



AI tools for coding data



The screenshot displays a VS Code editor interface with a dark theme. The editor has three tabs open: `runner-service.ts`, `runner-service.test.ts`, and `runner-service.ts`. The active file is `runner-service.ts`, which contains the following TypeScript code:

```
1 import { type Runner } from '@prisma/client';
2 import prisma from '$lib/data/prisma';
3
4 export interface RunnerService {
5   getById(id: number): Promise<Runner | null>;
6 }
7
8 const runnerService: RunnerService = {
9   getById: async (id: number) => {
10     return await prisma.runner.findUnique({
11       where: { id },
12     });
13   }
14 };
15
```

The terminal window at the bottom shows the command `cd ts-web && npx vitest` being executed. The output indicates that the tests passed:

```
✓ getById (2)
  ✓ returns runner when found
  ✓ returns null when runner not found

Test Files  1 passed (1)
Tests       2 passed (2)
Start at    10:28:44
Duration    3.15s (transform 31ms, setup 0ms, collect 122ms, tests 3ms,
environment 0ms, prepare 162ms)

PASS Waiting for file chan
```

The chat window on the right shows the AI agent's response to the command. It says: "Now let's create the test file:" and "Let's run the tests to validate everything works:". It then shows a checkmark indicating that the command was successfully run in the terminal.

On the right side of the image, there is a GitHub logo and a QR code.

Ask questions at any time
- Online? Type your questions





Reading AI-assisted academic papers

Reading AI-assisted academic papers

As an editor I see:

- ✓ The written grammar of non-native speakers is now perfect
- ✓ I spend less time considering the tenses used
- ✓ I can focus more on the storytelling and the overall impact of the research



Reading AI-assisted academic papers

As an editor I see:

- If I ask “Can you tell me what your study is about?”
 - Authors have a very hard time explaining their research in English.
 - Before AI, authors had to spend long hours to carefully craft their sales pitch, and to comprehend what their study is about – in English.



Reading AI-assisted academic papers

As an editor I see:

- Sentence to sentence connections are sometimes unclear when AI isn't revising multiple paragraphs at one time.
 - “Wait, why are we talking about this person now?”
 - “How is this idea related to this paragraph?”



Reading AI-assisted academic papers

As an editor I see:

- If only one paragraph is revised by an AI, the rest of the paper *also* needs to be revised by an AI.
 - This ensures a consistent reading experience throughout the text.
 - Some authors now have some excellently written sections, and some sections with many mistakes.





AI limitations

AI limitations

AI can't *think critically* to form original arguments

- AI doesn't read or reflect
- AI generates patterns based on existing data

If you ask it to form an argument, it will create something *plausible*, but not *insightful* or genuinely original.

- AI doesn't have the lived-experiences that influence how each of us perceive and interact with our environment



AI limitations

AI sometimes “hallucinates” facts and sources

- AI may invent information, citations, or data that sounds real but isn't.

Example: If you ask AI for academic references, it might give you journal article titles that don't exist or fake authors. You always need to verify sources manually.



AI limitations

AI has no real-world knowledge beyond its training data

- AI doesn't know current events unless updated.
- AI often can't access your university's library, password-protected articles, or new research behind paywalls (unless you give it the info).
- You won't know which studies are in an AI's data base and which are not.



AI limitations

Over-relying on AI takes away your voice and writing style

- Each author has a writing style
- You may find that you like one researcher's style over another
- With AI, the variation in writing “styles” is becoming smaller and smaller.
 - Imagine if there were no more creative artists experimenting with different materials...



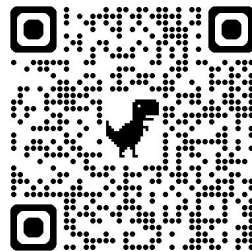
uni-edit

English Editing & Translation

WILL BE YOUR BEST PARTNER

- 期刊論文英文編修
- 碩博士論文英文編修
- 中翻英暨英文編修
- 研究所申請文件之英文編修
- 一對一英文課程
- 英文寫作講座課程

uni-edit
English Editing & Translation



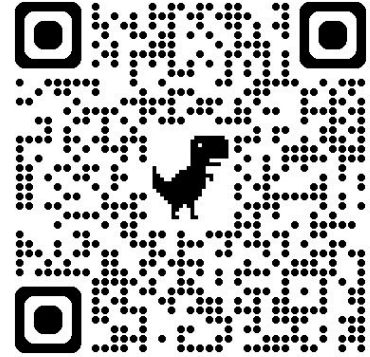
聯絡我們

Antony.uniedit@gmail.com
uniedit.taiwan@gmail.com

Invite me to your campus or department!

Example seminar and workshop topics:

- Common errors in academic writing
- How to write the different sections of a research paper
- How to give a poster presentation
- How to give a conference presentation
- How to publish a research paper
- Advanced tips for EMI TAs
- Business English basics
- How to interview for a job
- Professional self-introductions
- How to write a resume
- How to write a cover letter



Question and Answer



Thank you!



Presenter: Antony P

Email: Antony.uniedit@gmail.com

Phone: 0972226383

Website: www.AntonyTeacher.com



uni-edit

English Editing & Translation