

AMA Manual of Style

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Number of Headings

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Print Publication Year: 2007 Published Online: 2009

Publisher: Oxford University Press

ISBN: eISBN:

DOI: 10.1093/jama/9780195176339.022.27

Item type: section

There is no requisite number of headings. However, because headings are meant to divide a primary part into secondary parts, and so on, there should be a minimum of 2. Headings reflect the progression of logic or the flow of thought in an article and thereby guide the reader. Headings also help break up the copy, making the article more attractive and easier to read. Headings may be used even in articles such as editorials and reviews, which usually do not follow the organization described above for research articles. (Other typographic and design elements, such as pullout quotations, bullets [•],