

**EDITORIAL****New Year's resolutions for Brazilian researchers**

Every year, people from all over the world make lists with decisions for the following year. This habit is not recent. Since the Roman emperor Julius Caesar defined the first day of January as the beginning of the new year, in 46 BC<sup>1</sup>, dedicating it to the god Jano, the lord of gates and passages, this became a popular tradition.

Although a superstition, given the artificial way in which years begin and end, closure of cycles help people to give meaning to experiences and remember facts<sup>2</sup>. Personal and social experiences are often a trigger for the release of neurotransmitters that coordinate our emotions<sup>3</sup> and the end of a year is one of the most important social cycles. In the human body, neurotransmitters work 24 hours a day, and may cool or intensify our reactions, influenced by cognitive factors, emotional regulation capacity and new experiences<sup>2</sup>.

The division of life into periods of time is a form of emotional regulation, which helps mobilize psychic energy. The marking of dates favors association and memorization, including formation of affective memories. This is the role of holidays as Christmas, and knowing this helps researchers investigate the increase of seasonal depression cases and the risks of suicide at this time<sup>4</sup>.

It also helps to understand the increased hope observed every beginning of the year. Therefore, although derived from a superstition, this text brings the invitation for Brazilian researchers to put up a list of New Year's resolutions for 2023, to be considered:

1. Increasing the relevance of Brazilian research: in 2020, Brazil placed 13th in the list total scientific productions worldwide, and accounted for 56% of the unpublished articles in Latin America<sup>5</sup>, but its scientific influence does not reflect the size of this production. There are numerous contributing aspects for this, but Brazilian researchers need to think about how to show the world the relevance of what it is researched in Brazil. And this greater visibility can go through partnerships with researchers from other countries, especially those who share the Portuguese language with Brazil;

2. Improving the basis of national investigations: to increase the relevance of Brazilian research on an international scale, it is necessary that some practices still frequent in the country are also reviewed. Literature reviews that underpin Brazilian investigations need to be deepened and necessarily consider the international scenario. Although the topics investigated are local or of specific Brazilian interest, ignoring international productions is a mistake. Quoting only

Brazilian authors leads to productions with little straightforward international relevance, as neither parallels are established and demonstrates that our researchers also do not do what they criticize international authors for;

3. Knowing the methods adopted in the investigations: given the regency of research in the country, there are also some practices to combat in the way research is done in Brazil. Among these practices, one that must be pointed out is the use of methods that researchers do not master in depth (e.g. researchers who work with quantitative methods that do not know how to analyze statistical data; or researchers who work with qualitative approach and misrepresent the techniques of organization and categorization of information they claim to use), self-plagiarism and presentations of fragile discussions, which only describe results and their similarities with previous investigations, and do not problematize them or explain why they occurred. Investigations conducted incorrectly are only opinions disguised as science;

4. Stop "personalizing" science: this goal does not imply embracing the classic paradigm of neutrality and devaluing the modern paradigm. It is, on the contrary, an attention that researchers who adopt any of these understandings remember that science can be done under more than one guide and that different does not mean inferior. This conflict doesn't have to exist. If a researcher does not understand the investigations made from a different perspective from their own, the scientific method indicates that they seek references to expand their knowledge, not that they take a position of faith that only their form of work has value;

5. Differentiate reviewer from consultant: complaints about deadlines to receive opinions on the articles submitted to scientific journals are frequent and will continue, while Brazilian researchers insist on using journal reviewers as research consultants. The practice of submitting an imprecise article and with no real chance of publication, counting on improving it with the comments it will receive from the reviewer fill the journals of submissions with little quality and takes time of a reviewer who could, in fact, contribute to a text that lacks only the peer's gaze to its evolution. If you need writing help, invite a colleague with more experience or hire a research consultant;

6. Dissemination: Brazilian researchers have great expertise in dealing with lack of resources. They learned that, unfortunately, due to Brazil undervaluing science and its scientists. But, in case research is not extinguished from the country, they will also need to learn how to show the scientific process and its implications for the general population. This step can help in valuing science Brazil and protecting the population, which would teach them identify fake news about

ineffective treatments and not give credibility to pseudoscience and “guessing games” disseminated by politicians, celebrities and digital influencers.

Once the New Year's resolutions are made, it will be time put it all into practice. Brazilian research will thank you enormously.

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