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FROM MANU-SCRIPT TO THESIS

A Manual for PhD Students



FROM MANUSCRIPT TO THESIS



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Foreword

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We always print a **sample book**, identical to a real production copy, which allows you to inspect a physical copy before we start the actual order. We also look at which production method best suits your dissertation and adapt our offer accordingly. Working with us means you will get the **best possible print quality** within your budget.

We have created this manual to provide you with useful and essential information for the whole process. It is meant to give you an idea about all the options and how we can help with all of them. In the final chapter we have included our complete design examples and the different paper types.

My team and I are here for you, to help and guide you through everything that you may encounter in the process of the layout and printing of your thesis. So feel free to reach out if there is anything we can help you with!

Enjoy reading this manual and I look forward to meeting you in person.

Best regards,

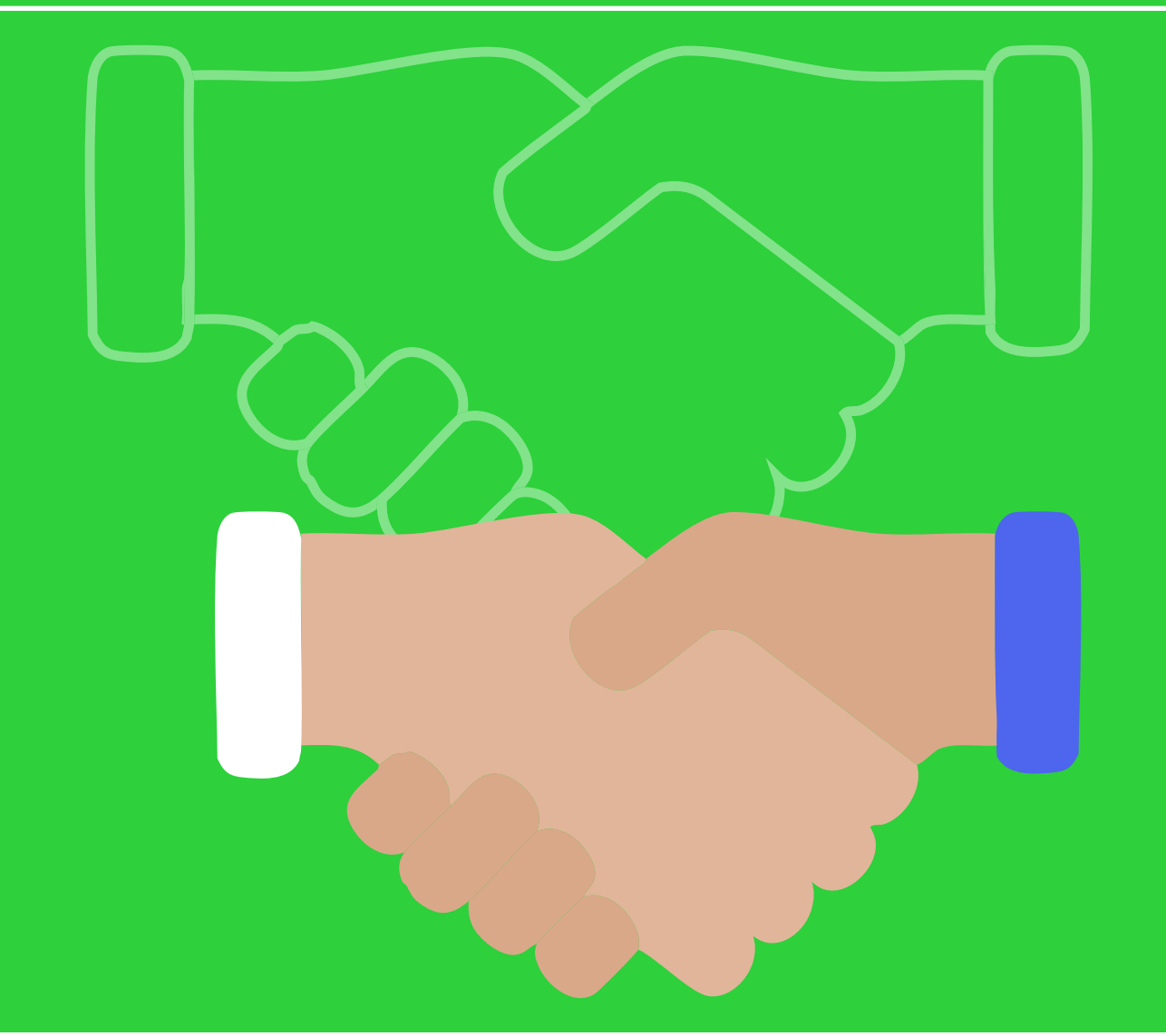


Ben Riezouw
Manager


Dynamics of Endothelial Cells and Tissue-Resident Lymphocytes in the Transplanted Kidney
Daphne Mariette Hullegie-Peeten
HIDRADENITIS SUPPURATIVA Optimizing therapeutic effectiveness
PIM AARTS
Imaging in patients suspected of non-traumatic pulmonary disease at the emergency department: chest X-ray or ultra-low-dose CT
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Moving towards Fatigue Management after Subarachnoid Hemorrhage
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Berbke van Ginneken
Transformation of Financial Services companies
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Contribution to Advanced Modelling of Turbulent Natural and Mixed Convection
Gunarjo Suryanto Budi
Treatment of Patients with Therapy-Resistant Auditory Verbal Hallucinations
Christina Slotema
Epidemiology of Lung Function and Chronic Obstructive Pulmonary Disease
DAAN WILLEM LOTH
An appraisal of developments in surgical and catheter-based cardiovascular therapy
STUART J. HEAD
Vraag naar vraagsturing
W.G.M. van der Kraan
Vraag naar vraagsturing
W.G.M. van der Kraan
Factors Determining Glucocorticoid Sensitivity in Man
Pauline Smit
Causes of Variation in Adolescent Wellbeing
Niels van der Aa

Table of contents

Chapter 1	About ProefschriftMaken / Introduction	7
	1.1 Who are we?	*9*
	1.2 Why ProefschriftMaken?	*9*
Chapter 2	Planning & process	11
	2.1 How we work	*13*
	2.2 Submitting your files	*15*
	2.3 Time schedule	*19*
Chapter 3	Inside pages	23
	3.1 Design	*25*
	3.2 Printing techniques	*36*
	3.3 Paper types	*37*
	3.4 Binding methods	*38*
Chapter 4	Cover	41
	4.1 Layout & design	*43*
	4.2 Paper type	*47*
	4.3 Laminate	*47*
	4.4 Special cover options	*48*
Chapter 5	Digital publication & publishing	51
Chapter 6	FAQ & terminology	55
	6.1 Frequently asked questions	*57*
	6.2 Terminology	*64*
Chapter 7	Appendices	69
	7.1 Checklists	*71*
	7.2 Checklist inside pages	*71*
Chapter 8	Design	73
	8.1 Layout options	*75*
	8.2 Layout form	
	8.3 Complete design & paper options	*126*



You are at the final stage of your research and the time has come to print your thesis and present it to the world. You have come to the right place!

ABOUT PROEF-SCHRIFT-MAKEN INTRO-DUCTION

Chapter 1

1.1 Who are we?

1.2 Why ProefschriftMaken?


and catheter-based cardiovascular therapy
STUART J. HEAD
Vraag naar vraagsturing
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W.G.M. van der Kraan
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Carotid Artery Stenting and Endarterectomy A Clinical Evaluation
Causes of Variation in Adolescent Wellbeing
Joke Hendriks
FUNCTIONAL CHARACTERIZATION OF THE HIGH AFFINITY IgG RECEPTOR
Niels van der Aa
Migraine and Ischemia
Innovations in pediatric cardiopulmonary bypass A continuous process of quality improvement
C.E. VAN DER POEL
Hemodynamic Follow-Up after Heart Failure Surgery
Emmeke Wammes-van der Heijden
Systolic and Diastolic Function
Hanna Dorota Golab
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Aimee Joan Varewijck
D-SERINE IN HEALTH AND DISEASE
Vera Valkhoff
DIAGNOSING ARRHYTHMIAS IN GENERAL PRACTICE
Suzanne J.C. Verhaegh
Nico de Vos
In a gentle breeze
Novel Insights into Cardiac Imaging in Cardiovascular Disease
Suzanne van den Bosch
2010

1 Introduction

1.1 Who are we?

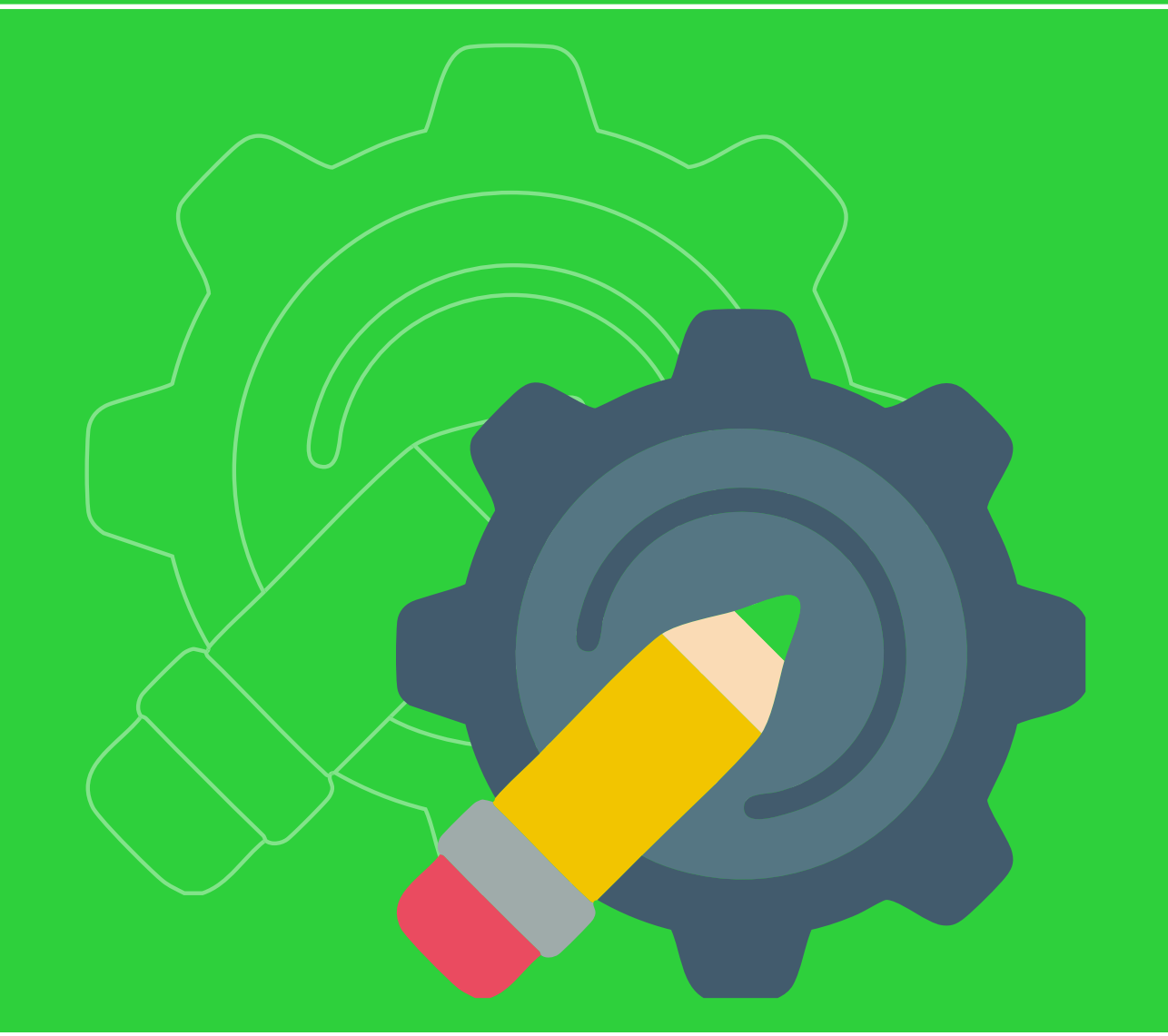
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Each year we assist more than 1400 PhD-students from the Netherlands and Belgium with the design, production and publishing of their thesis.

1.2 Why ProefschriftMaken?

- A review score of 4.9 at Google
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- Competitive prices
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- Quality guarantee
- Personal advice
- Group discount
- Complimentary proof book, propositions and invitations
- Many years of experience



We understand that you may have never produced a book (yet). And that is no problem, because we have and we are here to help you. But before those perfect theses come out of the printer there is a process to go through that will ensure an optimal result. We will help you all the way.

PLANNING & PROCESS

Chapter 2

2.1 How we work
2.2 Submitting your files
2.3 Time schedule

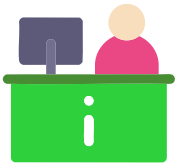

Monte-Carlo Tree Search
Marieke Mossink
Annemieke Verweerd
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and trends in the treatment of (giant) omphaloceles
and Functional Relevance of microRNAs in Acute Myeloid Leukemia
S.M.Sun
ystematic screening
emergency departments
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th promotion: participation and effects
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H, ADIPOSITY AND BONE MASS IN EARLY LIFE
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2 Planning & process

We understand that you may have never produced a book (yet). And that is no problem, because we have and we are here to help you. But before those perfect theses come out of the printer there is a process to go through that will ensure an optimal result. We will help you all the way.

2.1 How we work

Step 1



Professional advice, based on your thesis

This manual is designed to help you with the first steps and to provide basic information. Of course we don't expect you to know how to turn your manuscript into a well-designed and printed thesis, that is what we are here for! Therefor the first thing we do is get in touch to discuss your wishes and ideas. You can request a quotation on our website (no strings attached of course, nobody likes that) after which we will reach out and discuss all the options. This ensures you will receive a personal quotation that fits your needs. We call this the assessment stage. Do you want to do the layout yourself or do you need help? Do you have a budget? What is your timeline / deadline? Would you like the highest quality possible or are you more interested in a competitive price? We will discuss all of this during this first call.

Step 2



Request a quotation for the printing of your thesis

Once you filled in all the specifications of your thesis and your printing preferences at our website and we discussed this, you will receive a custom made quotation within 1 working day. In this quotation you will also find a personal time schedule based on your promotion date.





Scan for the online form to fill in your details and to trigger the Thesis Consultant to reach out.

Step 3

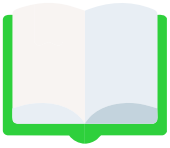


Send the draft files, layout or file check

After you accept the quotation we will send you an e-mail with all the necessary information and documents so you know exactly what you need to send us and how to deliver these files. After we have received this we will either start with the layout and / or send you our feedback based on our technical check, depending on the options you have chosen. During this process you are able to send us new files, please contact your accountmanager for possible restrictions.

If you have chosen the options where we help you with the layout you will receive a first draft from our designer as soon as possible. You can discuss the layout directly with her or him. All layout packages include a total of 100 corrections.

Step 4



Proof book

When you are ready for it we will first make 1 proof book. This is a complete and bound book that represents the end result. To start this you can upload your files in our app and select proof book (unless we already have them because the layout is also done by us). In that case you only fill in the portal for the proof. We can either send you 1 proof book to check first before we start the production (this will take 4 working days) or we can include the books for the committee in the shipment with the proof (max 15 books). This will take 4 – 5 working days and will add some extra costs but may save time in a critical time schedule.



Did you know our proof book is completely printed and bound book including the cover so it actually represents the end result? This way you can judge the final result best.

Step 5



Send order form and final files

After you've received the proof, you may want to check this thoroughly and, of course, make some changes if needed. You can have this done by the designer who was appointed of making your layout or, if you made the layout yourself, make these changes yourself. As soon as your files are print ready we can start the production! To do this, you can upload your final files in our app and select definitive order there (unless we already have them because the layout is done by us. In that case you only fill in the order form). The standard production time, including delivery, is 8 working days. Starting in the morning of the first day means we deliver you the full order on the 8th working day. After that you can spread them around. Additional options such as spot-UV will add 2 – 4 working days to the process. We have several option for rush delivery if nececary.

2.2 Submitting your files

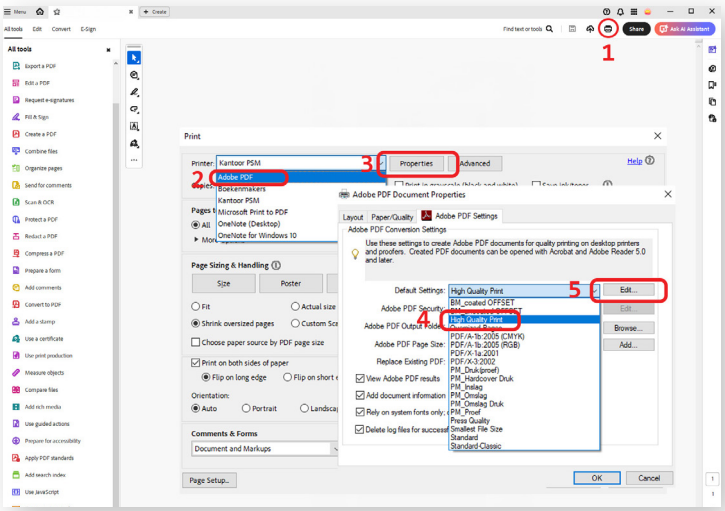
Here you can read the instructions when you need to submit the files for File-Check and / or Element Package.
Before your thesis can be printed, your files need to be converted to a PDF file. A PDF file offers several advantages:

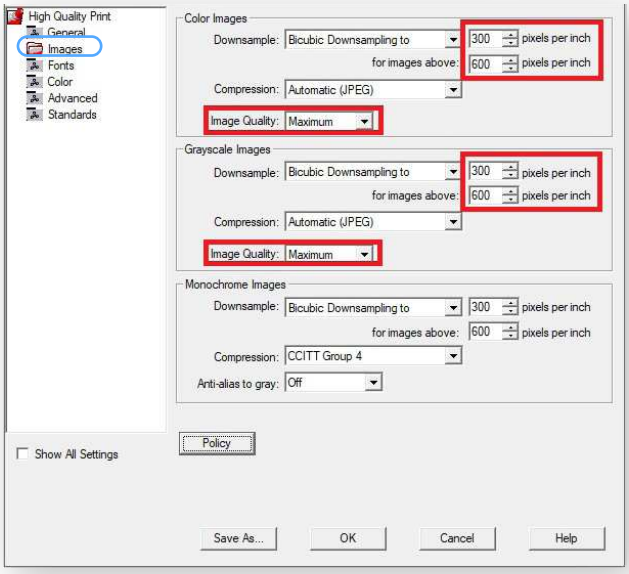
- The file cannot be changed anymore: the text, format and layout are fixed.
- The fonts are saved.

Creating a PDF file

We recommend using Adobe Acrobat to create PDF files, not to be confused with Acrobat Reader, which only allows you to read files. You can also choose to use CutePDF (www.cutepdf.com), which is free software. After installing this software you can print the PDF file directly from the Word processor via Adobe Distiller.

We will of course help you make sure you will get the highest quality PDF possible. Our colleagues in pre-press have different solutions and will help you with this.

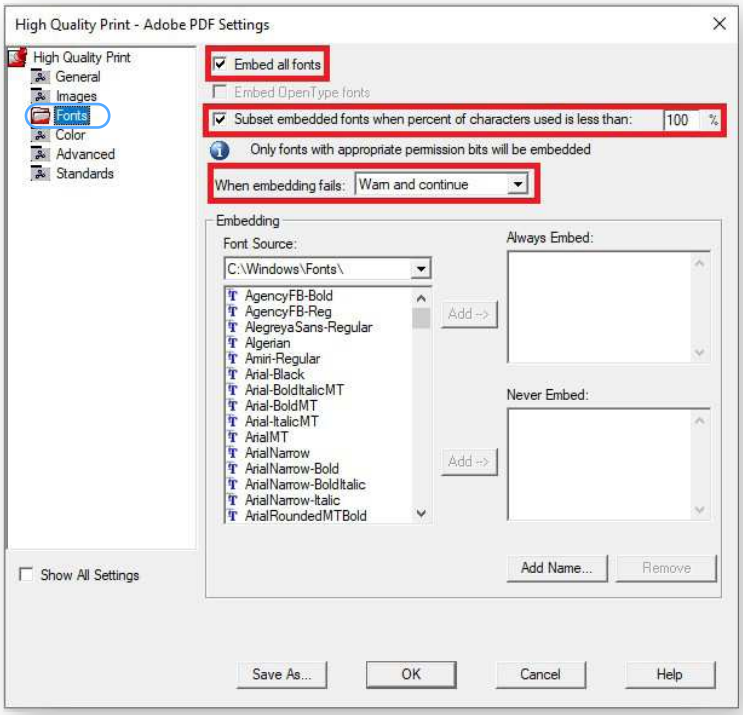


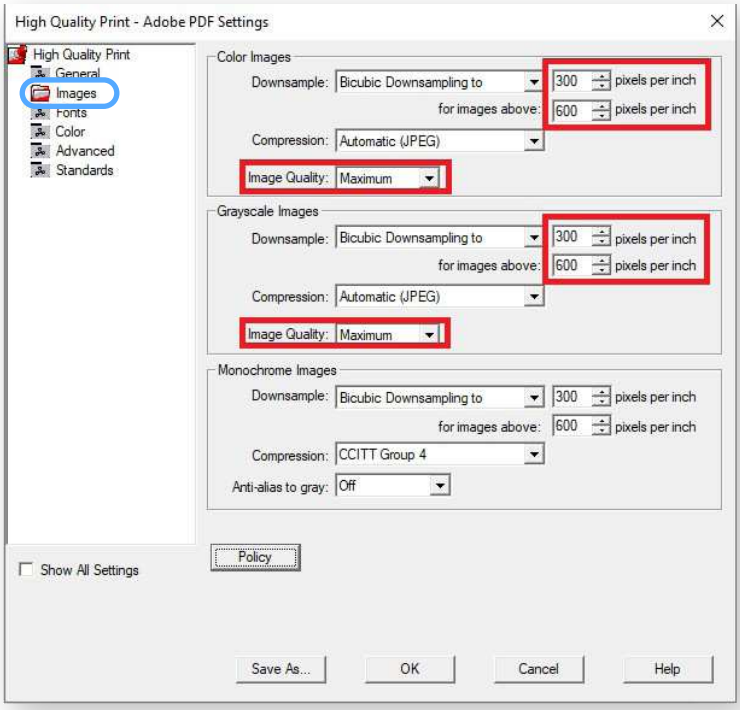


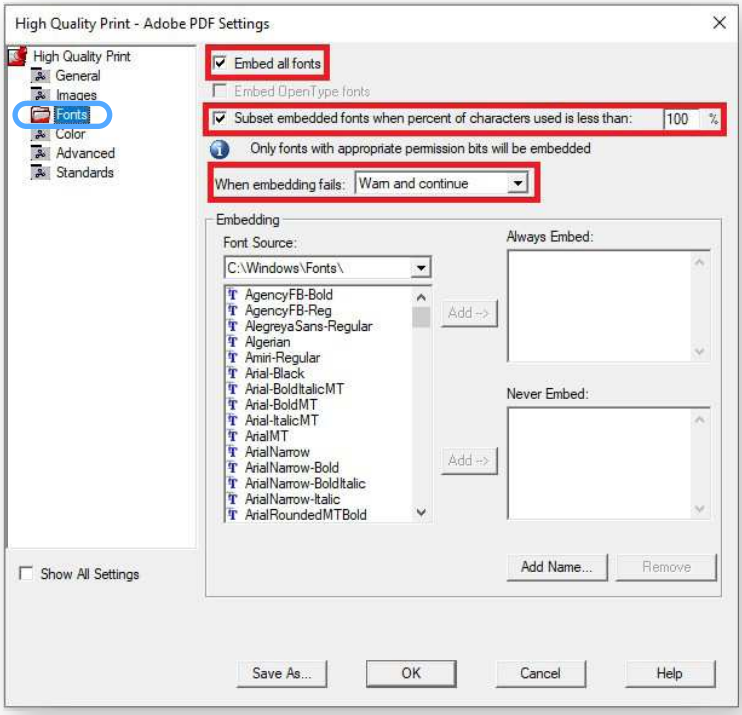
After you converted your files to PDF files, check the following items in your PDF file:

- Did anything shift during the conversion to PDF?
- Are the images, graphs and figures in the PDF file still of the same high quality as in your previous file? If you have doubts, you can check this by zooming in to 400% and check if the image shows pixels or a haze.

After choosing us as your printer, you will receive an email with instructions on how and when you should upload files during the different steps of the process. Sometimes you don't have to upload the file but the designer will do this for you. When in doubt, check that e-mail with the details so you'll know exactly what to do.




High Quality Print - Adobe PDF Settings
High Quality Print
General
Images
Fonts
Color
Advanced
Standards
Color Images
Downsample: Bicubic Downsampling to 300 pixels per inch
for images above: 600 pixels per inch
Compression: Automatic (JPEG)
Image Quality: Maximum
Grayscale Images
Downsample: Bicubic Downsampling to 300 pixels per inch
for images above: 600 pixels per inch
Compression: Automatic (JPEG)
Image Quality: Maximum
Monochrome Images
Downsample: Bicubic Downsampling to 300 pixels per inch
for images above: 600 pixels per inch
Compression: CCITT Group 4
Anti-alias to gray: Off
Policy
Show All Settings
Save As...
OK
Cancel
Help


High Quality Print - Adobe PDF Settings
High Quality Print
General
Images
Fonts
Color
Advanced
Standards
Embed all fonts
Embed OpenType fonts
Subset embedded fonts when percent of characters used is less than: 100 %
Only fonts with appropriate permission bits will be embedded
When embedding fails: Warn and continue
Embedding
Font Source:
C:\Windows\Fonts\
AgencyFB-Bold
AgencyFB-Reg
AlegreyaSans-Regular
Algerian
Amiri-Regular
Arial-Black
Arial-BoldItalicMT
Arial-BoldMT
Arial-ItalicMT
ArialMT
ArialNarrow
ArialNarrow-Bold
ArialNarrow-BoldItalic
ArialNarrow-Italic
ArialRoundedMTBold
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Add Name...
Remove
Show All Settings
Save As...
OK
Cancel
Help

Sending the PDF files to ProefschriftMaken

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Scan on the button on the right or scan the QR-code to enter the Webapp where you can login with your personal login code

2.3 Time schedule

Underneath you can find the standard time schedule (in working days) we follow:

	Without layout	Standard cover	Creative cover	Elements layout	Complete layout	Creative layout
Submit files	1	1	1	1	1	1
Technical check	1	1	1	1	5	5
Layout	N/A	5	10	5	10	10
Production & delivery proofbook	5	5	5	5	5	5
Check proof	5	5	5	5	5	5
Production	8	8	8	8	8	8
Total	20 working days	25 working days	30 working days	30 working days	34 working days	34 working days

Of course this can be personalized to your wishes and deadlines. Often the books can be delivered sooner if:

- there is not much time needed to check your files
- you need less time to check the proof
- not a lot of changes are needed.

In the schedule, time is reserved for us to check your files and to give you feedback. But also for you to make changes if needed, depending on our feedback, check your proof book and to make changes after the proof. This is all flexible and we can always start sooner if you are ahead of schedule. This way, you will have a schedule that prevents unnecessary stress, but of course it is entirely up to you if you want to speed up the process or not. In that case we have a rush service.

We will help you with keeping to this schedule and remind you if steps need to be taken. We will help you guard your timeline so to speak and guide you through the process. You are not alone!

Rush production

Sometimes things don't go according to plan and you might need your thesis printed within a very short time period. Of course we can help you out with this. We can process your thesis within 5 working days, but please note:

- It would help to send files before 09:00
- Files need to be print ready (but of course we will check this first)
- Corrections and design elements that must be processed can delay the process with a few working days
- No proof book on paper but digitally as PDF
- Standard production methods
- No maximum number of copies

If you need a maximum of 15 books on a short notice, we can even process these books within four working days.

INTENSIVE

Lamrit Smith

diagnostic management of

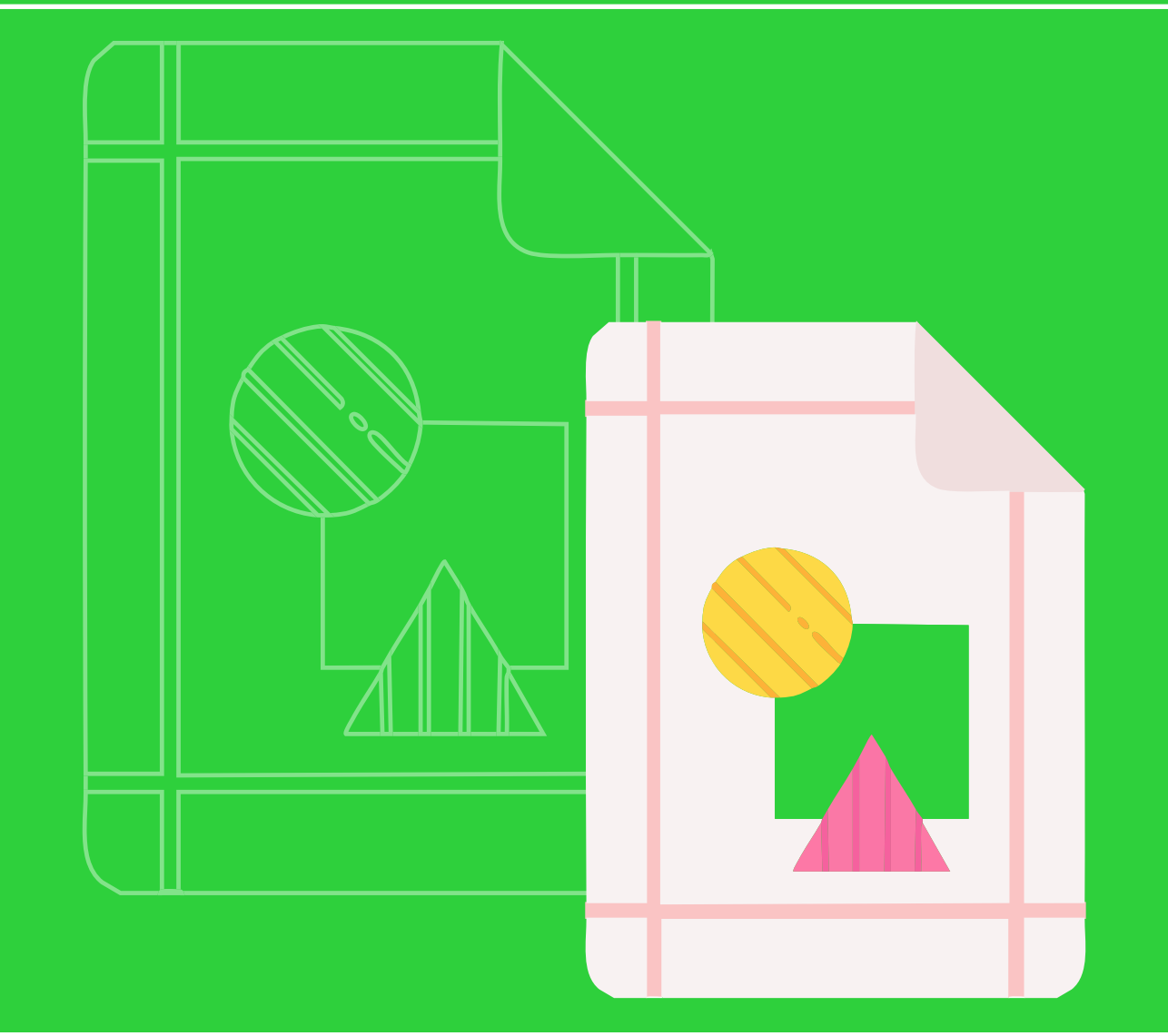
Thermosetting oligomers

Inhibitors in Aircraft Coating Design

clinical practice

Closing the gap

Perspective



After all these years of hard work, you want the best possible result for your thesis. After all, this is a document to be very proud of, so you want to see this reflected in the printed book.

INSIDE PAGES

Chapter 3

3.1 Design
3.2 Printing techniques
3.3 Paper types
3.4 Binding methods

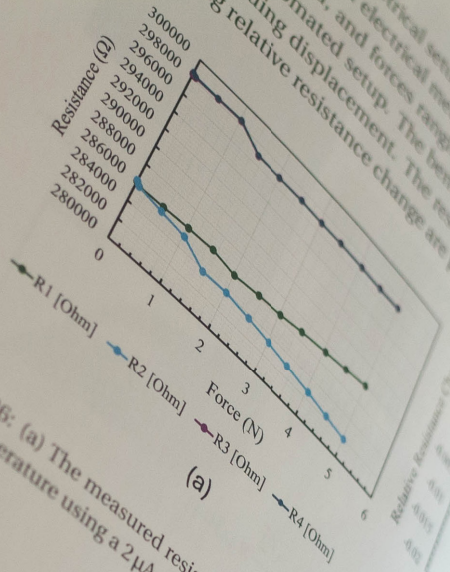


Figure 4.26: (a) The measured resistance as a function of applied force at room temperature using a 2 μA current (b) The relative change in resistance increments.

Using the measured force and displacement, the stress the support beams can be determined based on the mate dimensions. In this setup, the bottom support beams are sp the top beams applying the force are $L = 6.8$ cm apart. The $t = 525$ μm and a width of $h = 1.8$ cm. The relationship betw resulting stress is calculated using Equation 4.3. The equi resulting displacement of the wafer strip are reported in Fig

3 Inside pages

After all these years of hard work, you want the best possible result for your thesis. After all, this is a document to be very proud of, so you want to see this reflected in the printed book. That is where we come in because we want nothing less than a book that makes you happy one hundred percent. We are very proud to be able to offer a lot of options to achieve this, starting with the actual printing technique. We offer 3 in total and don't worry: we will help you make the decision which option is best. To do this we look at your document, we discuss your budget and your wishes.

3.1 Design

If you want to make sure the design of your inside pages looks professional, it is advisable to have this done by a designer. A specialized designer knows what requirements must be met when designing a thesis. Of course it is possible to hire a designer of your own choice, but at ProefschriftMaken we also have a team of designers that would love to be at your service helping you to meet these requirements by creating a book you can be proud of. However, to do so, we need some extra processing time; the design of the inside pages will take 2 weeks. This may seem long, but we want to make sure that the layout of your inside pages meets your expectations without interfering the deadline for the printing of your books. You can choose from three different packages.

3.1.1 Layout & design by us

There will always be times when you are too busy to do your own design or just don't have the technical knowledge to do it yourself. Don't worry, you're not alone. And we have a team of professional designers who are happy to take over from you. We have 3 packages that are designed to help you out best. Can't find an exact fit? We can also supply a tailor-made package.

Elements

So your files look good and you are happy with the general look of document but you would like to add an extra touch to it? The elements package is for you. We have 3 different elements and if you take them all they can be offered at a special price. The elements are added to your PDF file so it is important the file you send us is to your liking, we will not change anything but just add elements. This can be:

1. the page numbering and a corresponding index and the headers and footers;
2. the chapter pages and;
3. the thumb index.

You can choose from our complete design examples (see next paragraph) or send us a specific design you like. On the next page you can find a page with the added elements and without elements.

Without elements

Koptekst 1

Koptekst 2

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Koptekst 3

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Koptekst 2

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With elements

Koptekst 1

Koptekst 2

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Koptekst 3

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Koptekst 2

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Complete layout

The standard design is made based on a design example, in total we have 5 from which you can choose. You can find them in chapter 8 of this manual. A few things are pre-determined. We will do the layout of the following items:

- Font and font size of the text
- Font and layout of the headers and footer
- Layout of the tables
- Layout paragraphs
- Layout chapter pages
- Page numbers
- Positioning of images and figures
- Tabs (bookmarks)

You are free to mix the design (for example everything from option 4 except the table layout which comes from option 5). We ask you to send us your Word file as it is (including the figures, images and tables), and separate files for the images and figures. The layout will be done according to your choice of layout. You have 100 corrections included for textual changes. So we advice you to send us the most final Word file possible to avoid having to make many corrections after the layout is done. The price of this design package is based on max. 250 pages and includes the layout of 30 tables. Please note that the layout of graphs and illustrations is not included in the design package but can of course be added.

Creative design

Many of the options described above are the same for the creative design with 1 big exception: you don't have to choose a design, one of our designers can design the inside pages exactly as you wish. We design the same elements and there is also 1 hour of corrections included but you are not restricted to a design. You can let your imagination take over for as long as our designer can create this.

3.1.2 Own Design

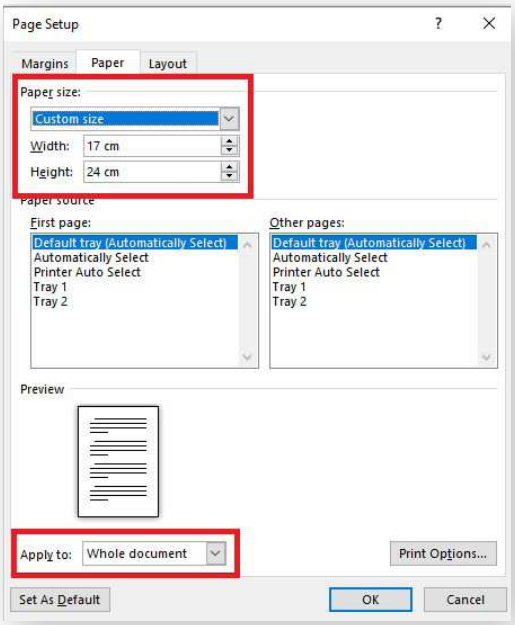
With the help of Word processors, such as Microsoft Word, it is possible to do the layout of your own thesis. There are, of course, a few things you should pay attention to. For example, it is important to start with the correct page settings; the preliminary pages should be according to certain guidelines. Also you need to convert the Word file to a PDF file. In this chapter you will find an explanation with instructions on how you can layout the inside pages of

your thesis. This manual is written for authors who work with Microsoft Word, but the basic principles also cover other Word processors. Furthermore, you will find instructions for converting the Word file into a PDF file. If you do not prefer working with Microsoft Word, it is also possible to use DTP software such as Adobe InDesign or LaTeX. In that case we need to receive print ready PDF files in order to start the production.

Format

The most commonly used format for a thesis is 17 x 24 cm, but other formats are of course also possible. You can write your thesis in A4 or directly in 17 x 24 cm. It is advisable to write your thesis directly in the preferred format. This allows you to see what the final layout of your inside pages will look like. Of course it is also possible to write your thesis in A4; ProefschriftMaken will then always scale the document for you to the correct size. Keep in mind everything will then be 19% smaller. In case you want to layout your thesis directly in the 17 x 24 cm format, we advise you to do the following:

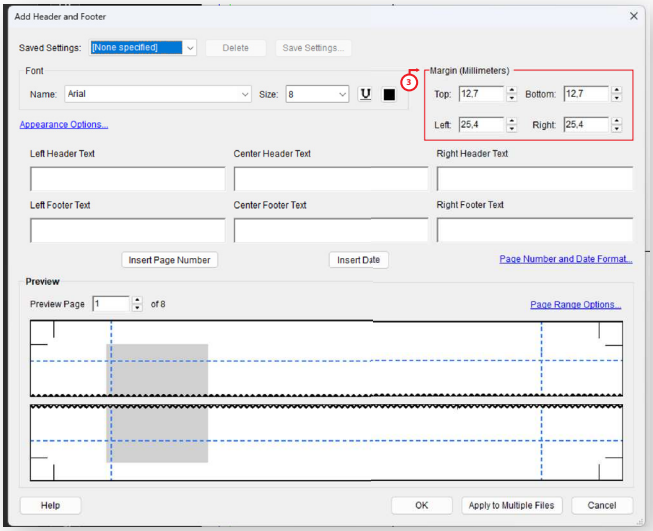
Go to page layout ⇢ size. Choose ‘More Paper Sizes’ at the bottom of the drop-down menu. Now the pop-up screen ‘Page Setup’ will appear. Go to the tab ‘Paper’. Next, make sure that these settings apply to the whole document.



Margins

You are free to determine which margins you want to use for your text, but the standard values are 2 cm on each side for 170 mm x 240 mm and 2.5 cm on each side for 210 mm x 297 mm. You can set this as follows:

Go to page layout ⇢ Margins. Choose 'Custom Margins' at the bottom of the drop-down menu. Now the pop-up screen 'Page Setup' will appear. Go to the tab 'Margins'. Next, fill in 2 cm for top, bottom, left and right. Set gutter to 0 cm and gutter position to left.



Orientation

Make sure the orientation of your inside pages is set to portrait. You can set the pages to portrait in the same menu as where you set the margins, by choosing 'portrait'. Please note that the printer cannot print pages in landscape position. If there are landscape pages in the submitted file, our standard service makes sure the pages are turned to portrait so there will not be any hickups in the further process.

Headers and footers

You can use headers and footers in your thesis; for example to repeat the chapter's title. It is possible to separate section endings of the chapters so every chapter has its own header or footer. In order not to lose any text in the binding (considering the pages need to be glued) it is best to place the headers on the outside of the pages, which equates to left on left pages (even) and right on right pages (odd).

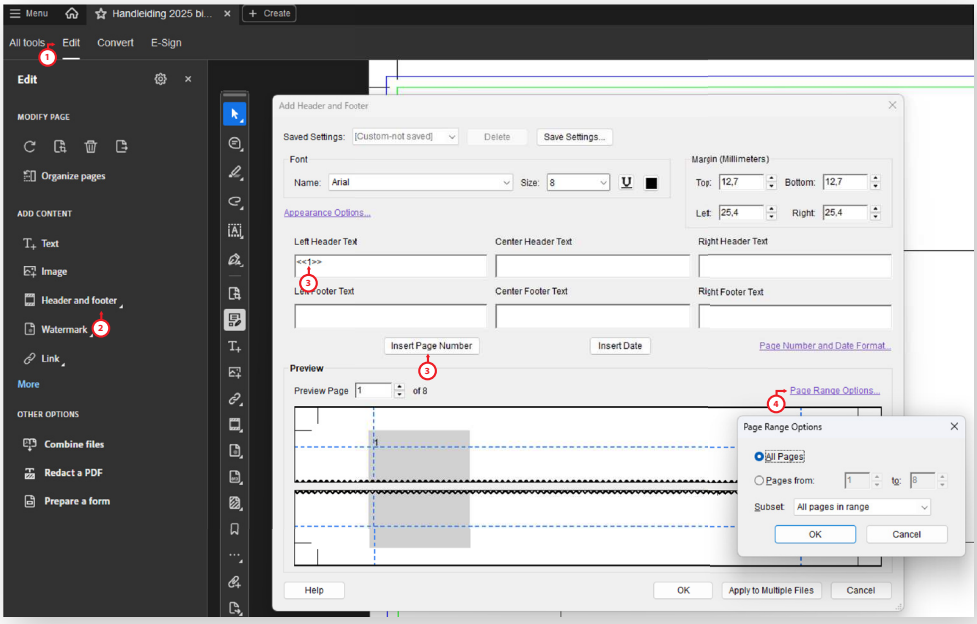
Word automatically turns on ‘Continue from previous section’. The moment you make changes in a section of the header or footer, the changes will automatically be used in the next sections well. This is usually undesired, so you can turn this off.

Page numbers

In order not to lose any text in the binding (considering the pages need to be glued) it is best to center the page numbers or place them on the outside of the pages, which equates to left on left pages (even) and right on right pages (odd). The page numbering can be set as follows:

Go to insert ⇢ page number. You can choose to position your page numbers at the top or at the bottom of your document. If you want your page numbers to be positioned on the outside of the pages, choose ‘Different Odd & Even Pages’ under options:

- ☐ Different First Page
- ☑ Different Odd & Even Pages
- ☑ Show Document Text Option





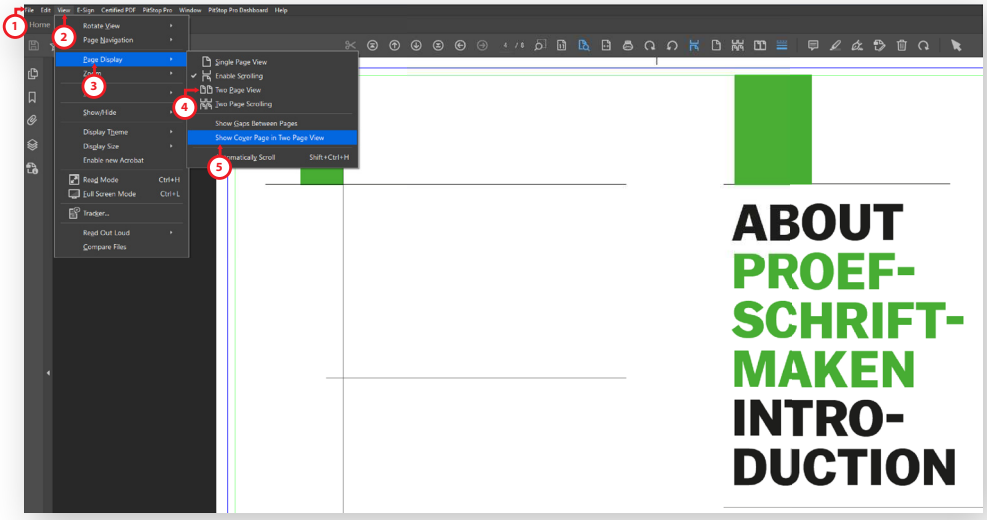
Scan for a Youtube tutorial about checking your PDF file.

The option ‘Different First Page’ can be switched off, because the title page is never numbered. This first page will still be counted though. If the chapters consist of combined Word files which need to be numbered together as a whole, you can do this as follows:

Go to insert ⇢ page number ⇢ Format Page Numbers.



If you want to make sure that your page numbers, headers and footers are placed correctly and your chapters start on the right page, you can check this when you make a PDF file of your document. Go to View ⇢ Page Display ⇢ Two Page Scrolling. Please make sure that ‘Show Cover Page in Two Page View’ is set.



Chapters

A new chapter should always start on a right (odd) page, so if necessary add a blank page. A page ending can be added by pressing Ctrl + Enter, not by a series of enters.

A good way to see if in your PDF the chapters always start on the right is to set the viewing options in Adobe correctly for viewing it as a book. For this you go to 'View', 'Page display' and then tick the options 'Two Page View' and 'Show Cover Page in Two Page View'. This way you can see the first page, the French title page first and the rest will be viewed as spreads.

Headings

You can define your headings to your own preferences. However, it is useful to use Word options for headings. Headings can be marked in Heading 1, Heading 2, etc., which can benefit you with the making of a table of contents later on. A suggestion for the layout of headings is CAPITALISED (1st level, heading), bold (2nd level) and italic (3rd level) and combine this with blank lines before and after the heading. For example, headings on the 1st level with 2 blank lines before and after, and heading with 2nd or 3rd level with one blank line before and after.

Fonts

One difference between fonts is sans-serif and serif. A serif is a small line attached to the end of a larger stroke of a letter. Sans serif fonts don't have this feature.
Examples of serif fonts are: Times New Roman, Garamond and Bodoni.
Examples of sans serif fonts are: Helvetica, Arial and Futura.

This font is Times New Roman 11 pt
This font is Garamond 11 pt
This font is Arial 11 pt

Font size

In general, the font size of a thesis in 17 x 24 cm format is 10 pt. References, tables and figure captions usually have font size 8. Keep in mind that if the format of your file is A4, and you are doing the layout yourself, we will scale the document to 17 x 24 cm. This means everything will be 19% smaller, so font size 12 will be, roughly, font size 10 instead. In case the layout of your thesis is done directly in the 17 x 24 cm format, the font size does not change.

Font size is not only a matter of personal preferences, it also depends on the font you choose. For instance, Times New Roman 10 pt appears smaller than Arial 10 pt. Keep this in mind when determining which font and font size to choose.
In general, if you layout your inside pages in A4 format, it is better to choose a font size of 12 pt.

This text is written in Times New Roman 12 pt. A thesis that is formatted in A4 format (21 x 29.7 cm) will be reduced 81%. This means that a font size of 12 pt will be reduced to a font size 9.7. After scaling this text to 81%, this same text will look like this:
A thesis that is formatted in A4 format will be reduced 81%. This means that a font size of 12 pt will be reduced to a font size 9.7. This text is the reduced version of the paragraph above.

Line spacing

If you layout your inside pages, the line spacing can be set from 1.2 to 1.5, depending on the font and font size you choose.

The spacing between these lines is 1.5 and the font is Times New Roman 10 pt. As you can see, there is a bit more space between the lines. This line spacing is useful for a thesis, but it also depends on which font and which font size you choose.

The spacing between these lines is 1.2 and the font is Times New Roman 10 pt. As you can see, there is a bit less space between the lines than in the above example. This line spacing is useful for a thesis, but it also depends on which font and which font size you choose.

The spacing between these lines is 1 and the font is Times New Roman 10 pt. This paragraph shows the standard spacing. However, since this spacing is quite narrow, the text is harder to read. We do not advise this setting.

Images, tables and graphs

If you want to import images, tables or graphs, make sure you use the import or place option in your Word processor or DTP program. For Microsoft Word go to insert ⇢ Pictures and search for the location of the table, graph or image on your computer. Word has an option that adjust tables to your window. If you tick this box it will prevent tables going over the margins.

Pages with bleed

If you want to cover the whole page with an image or color, you need to add bleed to the inside pages. Bleed means making the page bigger than the actual size in order to cut through the image. This bleed should be 5 mm on each side of the page. This means when the final size of the thesis should be 17 x 24 cm, the size of the PDF should be 18 x 25 cm (including the bleed).

An example is shown below:



In this example you see an image with cutting marks (encircled). These cutting marks indicate where the page should be cut off. As you can see, the cutting marks are placed on the image itself. If we take a look at the example below, you can see how the image looks after the page has been cut according to the cutting marks:



By adding bleed to the inside pages, you prevent white lines showing around the pages.

Resolution of images

There are 2 types of images: pixel-based images and vector images. Pixel images are for example .JPG and .TIFF files. These types of images are made of pixels and the more pixels the higher the quality of the image. We advise to use images that are at least 300 ppi (pixels per inch). It does not mean that

images below 300 ppi are always considered bad, you can zoom in to 400% to get a rough idea of how the print will look. After we have printed the proof book we will know for sure and you can change the image either before the proof book or after.
Vector images are made up of lines and shapes that are mathematically defined. This means that they can be scaled up or down without losing any quality. Illustrations and figures (e.g. graphs) are often vector-based.

3.2 Printing techniques

To start off there are 2 different printing techniques to choose from, digital printing and offset printing:

- **Digital production**
  Digital production is a relatively new technology. Compared to offset printing, digital production is not only much faster and cheaper, but is also able to print small quantities (from 1 to 400) which is often the case for theses. The quality of digital production has increased during the last few years, which makes the difference in quality between offset printing and digital production smaller than before. Different to offset printing this method does not make use of printing plates, but prints page for page like we know from our home or office printer. With digital production it is possible to print in black and white, full color or a combination of black and white and color. The use of PDF files makes it possible to have color pages on any desired location in the thesis. This production method usually makes use of a perfect (glued) binding, but other ways of binding are also possible. The paper types offered for this method of printing are HVO, Biotop, Silk MC, recycled paper and Matte MC. Exceptions are also possible, please ask our staff.

- **Offset printing**
  Offset printing is an old technique that is still used today for high volumes. It makes use of printing plates and – presses. Pages are printed with 16 or 32 pages at a time and printed on sheets which are subsequently gathered in sections. For this reason it is not possible to spread color pages random throughout the thesis; the color pages have to be collated in a color section. The printing is high quality and the binding, often glued bound, is very strong. However, the position of the print is not 100% always the same on every page. Compared to digital printing, the printing of color pages is usu-

ally more expensive. Offset printing competes in price with digital printing from an edition of 600 or more books.

3.3 Paper types

Besides the printing technique the paper type also influences the look and feel of the book. There are numerous options but we have selected a few paper types that are most suitable for theses and are favorite amongst other PhD students. Your choice depends on your personal preference of course, but it may also influence the way your images look. Please feel free to contact us for advice. The options we offer are:

- **90 grams HVO**
  HVO is a white, rough type of paper. HVO is an uncoated paper and is treated to ensure it will not change color after aging.

- **115 grams Silk MC**
  Silk MC is a very popular type of paper and most commonly used for the printing of theses. Silk MC is a machine coated, smooth (silk-like) and lightly greyish tinted paper. We recommend this paper for theses with images and figures.

- **90 grams Biotop**
  Biotop paper is a crème color paper that feels a little bit grainy and rough. This paper is often used for theses printed in black and white only or theses with limited color use.

- **100 grams Matte MC**
  This paper type looks somewhere between 115 grs Silk and 90 grams HVO. It is as smooth as silk paper and as white as HVO. So if you want to glossy feeling of silk paper and the whiteness of HVO this is your match.

- **100 grams Recycled**
  Recycled White Zero is 100% recycled. It is the most environmentally -friendly type of paper, has a slightly greyish color and the structure is uncoated.

We have added examples of these paper types in chapter 8, in the back of this book.

- **FSC certification**
  All our paper types are FSC certified, and the 100 grams recycled paper is 100% recycled. Therefore you can mention in your thesis that it is fully printed on FSC certified paper.

3.4 Binding methods

At ProefschriftMaken we offer two different methods to bind a book; perfect (glued) binding and sewn binding.

Perfect (glued) bound

At ProefschriftMaken we usually choose perfect (glued) binding over sewn binding. This is called Flexible hotmelt. This is the most common method for the binding of a PhD thesis and takes less time to process. Therefore it is also the cheaper option. The quality of the perfect bound binding has increased in the last few years and it guarantees a strong and lasting binding which can endure intensive use. This kind of binding can be applied to almost every kind of paper.

Sewn bound

A sewn binding is a binding technique that is not chosen very often as binding for a thesis. For a sewn bound book the printing company adds an extra step to the binding process: sew the sections together in quires. After sewing the quires, glue is applied to the spine to make sure that the cover is properly attached to the inside pages. The quality is a little higher than perfect (glued) binding but is also more expensive and will add time to the production process.





Even though the most important information is in the inside of the thesis, everybody will see the outside. And as we all know there is never a second chance for a first impression, we are very much aware that the outside (cover) needs to wow everybody! We are here to help you with that.

COVER

Chapter 4

4.1 Layout & design
4.2 Paper type
4.3 Laminate
4.4 Special cover options

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Ties vary

Cardio renal axis

Sympathetic crosstalk in the

東京

京都

オランダ

アムステルダム

17
33
15
74
60
54
114
24
11

4 Cover

4.1 Layout & design

A choice you have to make at some point is whether you send a PDF yourself or you need help creating the cover. It is no problem to send us a PDF file that can be used for printing that you made yourself or with the help of a friend / designer. It can be rather simple to design your own cover but we are also here to help you.



Make sure that the images you send us to use for the cover design are of high quality. Keep in mind that when you are using an image from someone else, you may need to ask for (written) permission in order to use the image. We advise to have a look on istock photo or shutterstock. The quality is almost always good and you don't have to worry about the rights to the image.

4.1.1 Own design

When you want to design your own cover there are a few things to keep in mind.
The cover you send us needs to have bleed. This is 5 mm that is added to the cover design so when we cut it, we cut through the image. This will prevent small white lines on the side of the page.
Another thing to keep in mind is the spine width. This is calculated on the number of pages of your inside of the book and the choice for paper. We are happy to calculate this for you.

Format of the cover & invitation

The printing of the invitations to a promotion is free at ProefschriftMaken. The invitations are in the form of a bookmark and have a standard size of 7 x 23 cm. The cover and the bookmark will be printed simultaneously.

A cover consists of a back side, spine and front side. We can calculate the spine size for you if you let us know the number of pages of your thesis and your choice of paper to print your thesis on. If you design your own cover and invitation, it is important to keep the cutting lines of the printer in mind; this is 5 mm on each side, as well as for the cover as for the invitation.

The size of your cover should be from the left to the right:
0,5 cm (bleed) 17 cm (back cover) + ... cm (spine) + 17 cm (front cover) + 0,5 cm (bleed) = 35 cm + spine.

The size of your cover should be from top to bottom:
0,5 cm (bleed) + 24 cm (cover) + 0,5 cm (bleed) = 25 cm.

The size of your invitation should be from the left to the right:
0,5 cm (bleed) + 7 cm (invitation card) + 0,5 cm (bleed) = 8 cm

The size of your invitation should be from top to bottom:
0,5 cm (bleed) + 23 cm (invitation card) + 0,5 cm (bleed) = 24 cm.

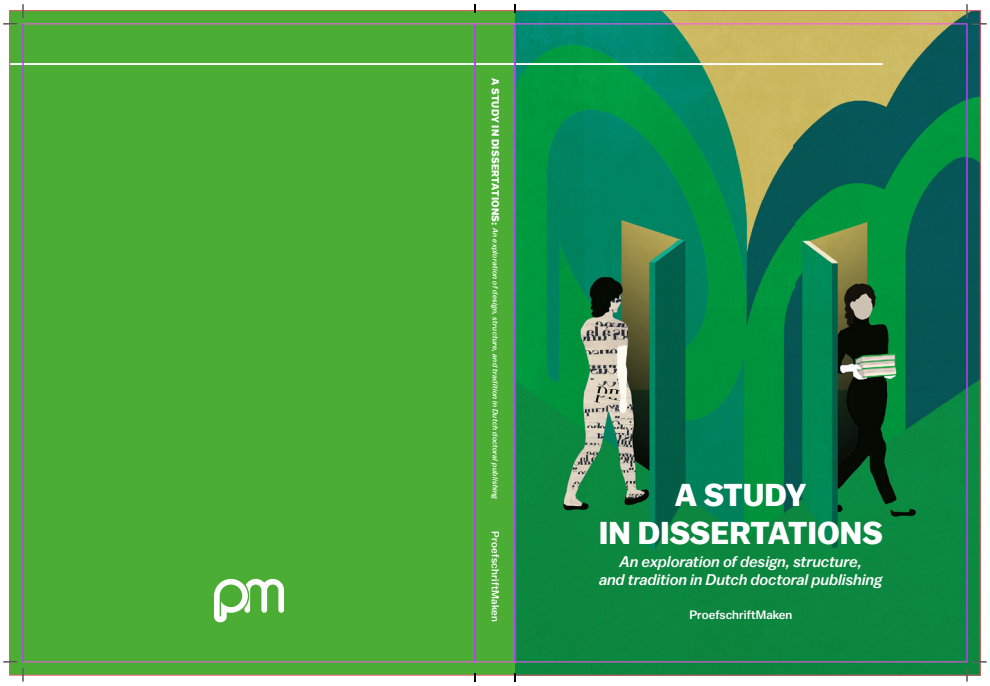
On the next page you can find an example of how the cover and invitation files look with added bleed. The cutting marks will be added by us.

Please make sure the sizes of the back cover (17 x 24 cm), spine (spine width x 24 cm) and front cover (17 x 24 cm) are correct and 5 mm bleed is added to each side of the cover. The size of the invitation is a fixed size of 7 x 23 cm. Make sure 5 mm bleed is added to each side of the invitation card as well. Do not use cutting lines or cutting marks. We make sure these cutting marks are added to each of the four corners of the cover as well as to the invitation card. Please send 2 separate PDF-files: 1 for the cover and 1 for the invitation.

If you would like to have a hardcover edition of your thesis, please contact one of our employees at ProefschriftMaken. The format of a hardcover differs from the format of a softcover. If you would like to have a hardcover, we would be more than pleased to help you set the right format for the hardcover. The design by us is included in the price for the first copy.

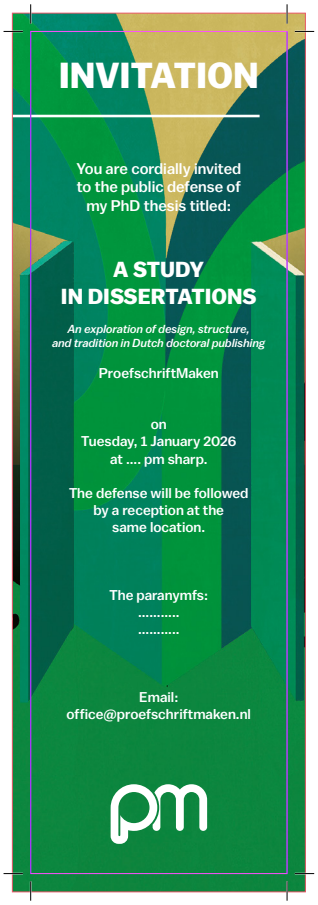
Cover example

Size: 170 x 240 mm
Bleed: 5 mm
Spine: 15 mm





Invitation example
Size: 70 x 230 mm
Bleed: 5 mm





4.1.2 Standard layout by us

If you don't want to design the cover yourself we can help you in 2 different ways. It depends on your idea for the cover. Our first option is a standard design. This means:

- We will use your image / background for the cover
- We can copy your cover and place this in the right format with cutting marks
- Design of the invitation (7 x 23 cm) in the same design as the cover
- There is one correction round to address minor adjustments
- We will add the title, your name and the text of the spine in a font that suits the thesis and design best

4.1.3 Creative design by us

The second design package we offer is the Creative Design package:

- You choose 3 designers from our stylesheet, based on their examples. We will get you in touch with the available designer to start the design.
- You discuss your idea for the cover directly with the designer and he / she will make a first draft that fits your wishes or idea.
- After this first draft you can discuss any adjustments that need to be made directly with the designer or he / she will start over with a new draft.
- Design of the invitation (7 x 23 cm) in the same design as the cover.

4.2 Paper type

Not long ago all thesis covers were printed on 250 grs sulphate cardboard. However, with more and more demand for special visual effects the variety of paper types grew as well. Besides the most commonly used 250 grs sulphate board we also offer 300 grs sulphate board and 300 grs recycled paper as standard cover paper options, but a lot of other paper types are also possible. We have paper types with a grainy structure, almost like parchment, but also paper types that are fully recycled or for example Kraft paper. If you are interested in a special paper option for your cover please contact our staff for more information.

Hardcover

The paper types mentioned before are all softcover paper types. We also offer an option where your book is made with a hardcover. You can order as many as you like, for example also only 1. Please note though that a slight adjustment needs to be made to the size of the design but we can help with that. The costs are € 60,- for the first book and € 10,- for every extra book.

4.3 Laminate

To protect your cover we always put an extra layer on the cardboard so it will not be damaged easily. This protective layer is called laminate. We have 4 options:

- **Glossy**
  A glossy laminate (as well as a matte laminate) is included in the price. The glossy laminate does influence the colors: it makes them pop out even more. It also draws the attention more to the image of your cover.

- **Matte**
  The matte version of the laminate is always scratchfree. Normal matte laminate scratches easily and this is usually very visible, especially if your cover has a lot of black. Therefore we choose scratchfree matte and include this in the price as well. With a matte laminate you create an more easy to read cover where the focus is not on 1 specific point but might be drawn more to the title.

- **Linen**
  A special laminate that we offer is a linen laminate. It looks somewhere between gloss and matte but has a structure on it that makes it look more like a painting. Especially with covers that have drawings or are a picture of a painting this looks really nice. For only a small supplement you can add this extra feature to your cover.

- **Soft touch**
  Also special is a soft touch laminate. This is a matte laminate but is what the name implies: it feels softer than matte laminate. Especially on dark colors and in combination with spot-UV this laminate is a fantastic option.

4.4 Special cover options

Beside the standard options we also offer some enrichments that you can add to your cover to create an even bigger wow effect. Even though this will add some extra costs the results are stunning. The four main options are:

- **Spot-UV**
  Spot-UV is a glossy varnish that can be added on a particular part of the design of your cover. The cover will then have a matte laminate with a specific area highlighted with a glossy laminate. This layer can be added in a flat version or in a thick layer. With the thick layer you can really feel an added layer on your cover. Do you wonder if this will add something to your cover? We are more than happy to have a look at your design and give you advice.

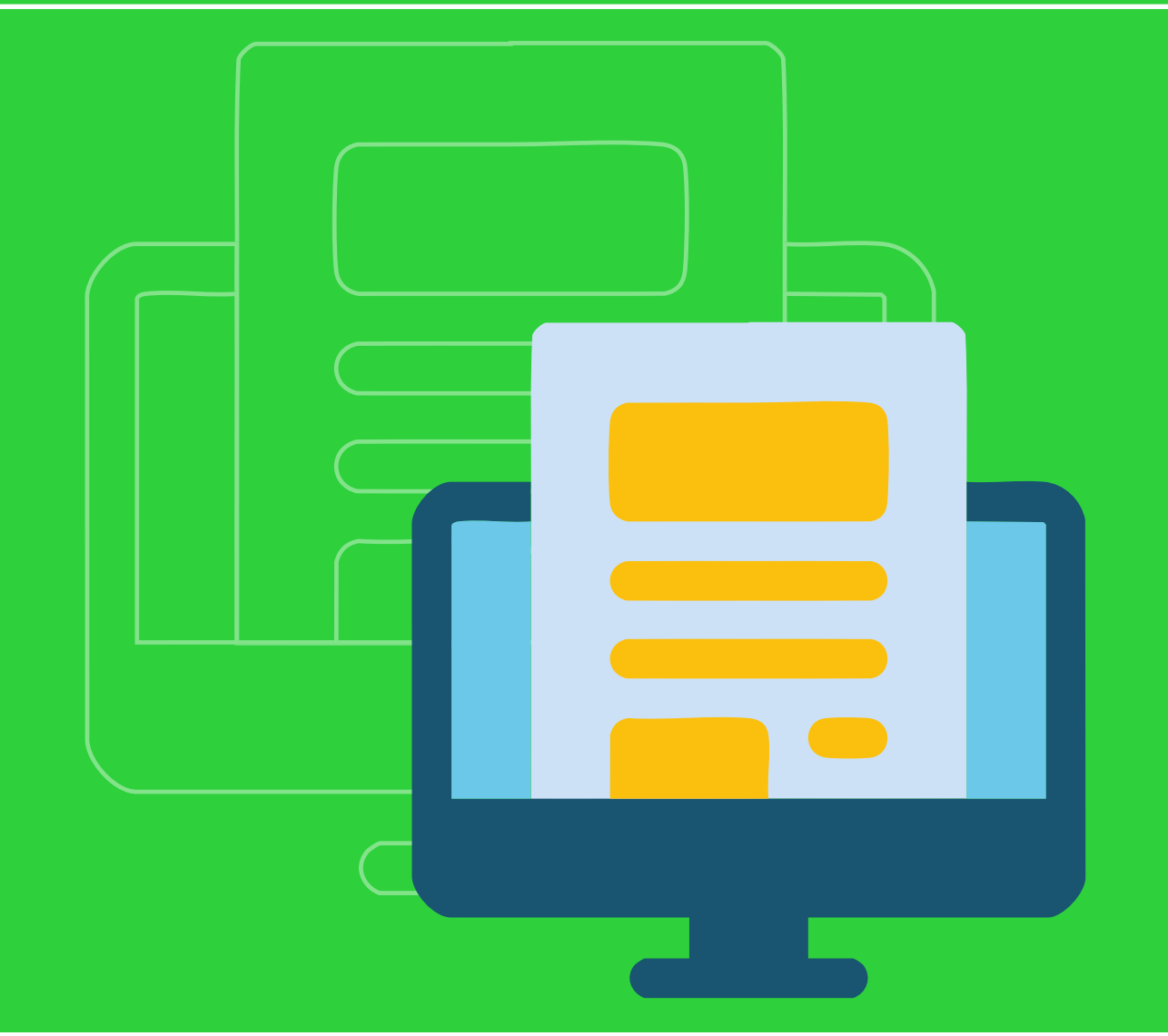
- **Embossing**
  Another way to highlight a specific area on your cover is by embossing it. This means that an area on the cover will either be pushed up a bit or pushed inward. In other words, there is a height difference on your cover. We can even do this on multiple levels!

- **Die cutting**
  This basically means we cut a hole in your cover or even your whole book. In many occasions this is a nice way to get the message across at the cover, especially if you print something on the first page that is now visible by the die cutting on the cover.

- **3D raised foil (Gold, silver or colored)**
  Why just use CMYK colors when you can make your cover shine as well? With gold and silver there are 2 options: foil or ink. Foil is a little more expensive but has more shine, ink takes less time and is less expensive. We have examples of both and we are happy to show you. And why limit yourself to only those two? We can now also add a colored foil to your cover or print in metallic colors. Feel free to ask about the possibilities.

But please don't limit yourself to only these options. We have made books with covers that are enriched with a thermo ink (shows only when hot or cold), a scratch layer (kind of like a lottery ticket), fragrant ink (scratch and smell) and other options. Feel free to tell us your idea and we'll help you realize it.

For all of the above options a special design is needed where you highlight the area you want covered and make this 100% black and vector on the exact same position. We will of course help you with this and will inform you about the requirements. We can also do this for you if we have the file you are working with so we can make sure that all your files are ready for the perfect result.



These days it is more and more common to also have a digital version of your thesis. A lot of times we hear that not everyone is going to read the book and of course we want to consider the environment as well.

DIGITAL PUBLICATION & PUBLISHING

Chapter 5



5 Digital publishing

These days it is more and more common to also have a digital version of your thesis. A lot of times we hear that not everyone is going to read the book and of course we want to consider the environment as well. Therefore we have a few options to give everyone a chance to read the book but not print too many copies.

eBook

The thesis as an eBook can be seen as an online browse book. Just like with a real book, the reader can browse through the book. In the eBook this can be realized by clicking to the next two pages via the arrow or by using the left menu.

Complete PDF

When production has started all your files are final. Then we can send you a complete PDF with the cover and inside pages together in 1 file. This file will not contain any printing marks, bleed etc. and is very suitable to be uploaded to the repository and / or library of your university. It is also a nice PDF that you can share via e-mail with colleagues, friends and family.

Hyperlinked PDF

Our complete PDF does not contain any links. If you wish to have all chapters in the table of contents linked to their corresponding page within the document, you can choose this option. It is even possible to extend this with subheaders, tables and external websites at additional costs. Bookmarks are not included.

eThesis: ePub App

The ePub is the most modern and advanced way to share your thesis. The ePub is: user friendly, environmental friendly and a good option to reduce the amount of copies in your order. Please note that the ePub is only possible in combination with the Complete Layout Inside pages (page 28).



Scan for a short presentation on Youtube showing the options and possibilities the ePub App offers!



Our most frequently asked questions, bundled in one chapter.

FAQ & TERMI-NOLOGY

Chapter 6

6.1 Frequently asked questions
6.2 Terminology


LOST IN TRANSPORTATION
MACROPLASTIC RETENTION IN RIVERS
LOUISE SCHREYERS
The Expansive Application of Transboundary Harm Rules in International Law
Modeling Excitation Energy Transfer in Complex Multichromophoric Systems 2025
Thyroid Function, Cardiometabolic Health and Aging
Yanning Xu
Mechanical deformation behaviour in engineered micro and nanostructured materials
Andrea Dell'Olio • 2025
TOWARDS OPTIMAL SUPPORT FOR PEOPLE WITH MILD INTELLECTUAL DISABILITIES AND SEVERE CHALLENGING BEHAVIOUR
Unconditional, contextual and safe
Maarten Zweers
zeven bouwstukken
J. de Jong
reis naar het midden
H.J. MacGillavry
belang van ritueel
zestig bundels

6 FAQ & terminology

6.1 Frequently asked questions

6.1.1 Quotation

How many books can I print (within my budget)?

You can print any volume you like, starting from 1. Please keep in mind though that you always have to give an X amount of books to the beadle / committee. You can check this with your department secretary or the committee. We are also happy to calculate how many books you can print to stay within your budget. Please ask your account manager for a personal calculation.

Is there a minimum amount of books I have to print?

No, you don't have to order a minimum amount of books. However, the costs per book will be lower at higher volumes.

How much does it cost to print my thesis?

The costs for the printing depend on the number of pages (and color pages) and the number of books you would like. Some other choices can influence the price as well. We kindly ask you to request a quotation here: www.proefschriftmaken.nl/en/quotation/ and we will send you a full and personal offer for your thesis.



Scan for the online form to fill in your details and to trigger the Thesis Consultant to reach out.

Will there be extra costs?

The price we send you in a quotation is an all-in price. This means that, based on the options you requested, everything is included in the quotation. Of course if you later decide to add additional options, such as layout or extra invitations or spot-UV we will inform you that there will be extra costs. However, for the printing everything is included so there are no hidden costs. Keep in mind that the printing costs are based on different factors, such as amount of pages, color etc. If any of these changes, the printing cost could change as well.

6.1.2 Time schedule

At what time will my books be delivered?

Unfortunately we cannot give you an indication of the delivery time beforehand. The books will be delivered by courier and this information is unfortunately not available. It will be during the day though before 6PM. A proof book will normally fit in the mailbox (25 cm wide) and will be sent via Post NL or GLS.

What is the lead time for a complete order and a proof book?

We will deliver the full order within 8 working days within the Netherlands. A proof book is delivered in 3 – 4 working days within the Netherlands.

How long does it take to print (and design) my thesis?

All in all we would advise to take around 4 weeks for the whole process. This way you have some time in between the steps to check the proof book and we have time to help you with your files. We add 2 weeks if we will do the layout for you. Please consider as well that sometimes the beadle needs to see the books up to 5 weeks before the defense date.

Can I receive my books sooner / fast? Is a rush delivery possible?

We can arrange a rushed delivery. Sometimes we can deliver the books on a shorter notice, for example in 6 working days instead of 8. Please enquire with us for the possibilities and the extra costs.

6.1.3 Getting your files print ready

How can I calculate the spine of my book?

The thickness of the spine depends on the number of pages and the paper type that you have chosen.
The thickness of the spine is not influenced by the weight of the paper so a heavier paper type (115 grs instead of 90 grs) does not automatically mean your book will be thicker. We advise you to ask our technical department for the cover instructions when placing your order with us.

How should I send you my files? / What format do you need?

If you do the layout yourself we only need to receive a PDF file (1 for the inside pages and 1 for the cover). If you would like us to do the design of the inside pages we would like to receive a Word file including the figures, images and

tables, and separate files for the figures and images. If we do the elements we need to receive a PDF file for the inside pages.
We prefer to receive the files via our web app. You can find more information about this on page 15.

Can I send you my thesis in A4?

This is no problem. We scale the document to the appropriate size (17 x 24 cm). Please note that the document will be 19% smaller so it could be that your text will be harder to read. We advise to keep the font size at 12 and 10/11 in tables and references.

How high should the resolution of my images be?

We recommend to have at least 300 ppi (maximum 600 ppi) for your images. You can also zoom in to 400% in the PDF or document. This will give you a good idea of how the end result will look.

6.1.4 Design

Can I design my own book?

Of course, designing your own book is an option. However, there are some things to be taken into account. It is important that you start with the right settings, that the specifications of your book is in accordance with our delivery specifications and that you convert your Word file to a print ready PDF file. Detailed instructions about the layout of your own book are to be found in this manual. Of course, it is also possible to let a professional designer take care of the layout of your book. Contact us for more information.

Can you also design my cover and / or inside pages?

Yes, we certainly can. You can find more information on the different packages in this manual on page 25.

How can you design my cover?

We can either do the layout of your cover by using the image and text you provide (standard design) or by doing a full design according to your wishes / ideas for the cover by a designer (creative package).

How can you design my inside pages?

We can either do the layout of your inside pages by using one of our 5 complete design examples for the inside pages or by creatively designing your inside pages without any pre-determined settings. In both cases we only

need your Word file with the figures, images and tables included, and also the figures and images as separate files.

6.1.5 Size

What is bleed?

Bleed is the extra bit of image outside of the actual page size. If your thesis is 17 x 24 cm we ask the file to have a size of 18 x 25 cm. This way, we will cut 5 mm all around away to avoid white lines on the side of the page. This is only applicable if you have an image that is printed up until the edge of the paper, for example chapter pages and thumb index. The 5 mm of extra image is called the bleed.

What font size do you advise?

This depends on the font you use. However, normally it would be best to use font size 10 if your document is already set to 17 x 24 cm or 12 if your document is in A4.

6.1.6 Proof book

Can I see a proof before we start the full order?

We always offer a complete and finished proof complimentary which is sent to you before the full order is started. This is an exact copy of the end result and is glued bound. Please note that the invitation and propositions are not part of the printed proof process. If you are using a special cover option It is not possible to make a full finished proof book. The special cover including spot-UV, 3D raised (gold) foil, die-cutting will be delivered separately. The embossed option is only possible with the definitive order.

Can I still make changes after I receive the proof book?

Yes, that is possible. If you make changes in your file, you can do this by supplying us with your new file. If we have made the layout for you, you can send the designer your corrections by making comments in the PDF he or she sent you. Instructions for this will also be sent during the process.

Can I have my proof and / or order send to an address abroad?

It is no problem to send your books abroad. Please keep in mind that this may add some time to the time schedule and this may also incur some additional costs.

Is it possible to supply several pages to check my file?

Yes we are happy to check a few pages / chapters first before we start the technical check or the proof book. This way you know you are on track and that you can continue the same way. It can prevent problems in the production process and in the end this way you can save some extra time.

6.1.7 Digital publication

Can I have a digital publication of my thesis / book?

We have different options for digital publications. You can find more information on page 53 of this manual.

Can I publish my thesis?

Yes, absolutely. We have a partnership with Global Academic Press where you can publish your thesis. We can help you with publishing it online and making it available on Amazon, bol.com or in the physical bookstore.

Who owns the rights when I publish at ProefschriftMaken?

All copyrights stay with the author, so with you. This means that the author is responsible for the copyright and other legal consequences of the edition.

6.1.8 Other

What is the difference between offset printing and digital printing?

Offset printing is the most common printing method for larger editions (over 500 books). Pages are printed 16 or 32 at a time on pages which are later collected in sections. Digital printing is a relatively new technology, in which books are printed digitally instead of pressed. In this production process a book is often glued bound. With smaller editions (up to 500 books) printing on demand is the most profitable. This way, books can also be reordered easily.

Can I order additional copies later?

Yes, we can print on demand. This means we can print any volume of books you like. We also save your files for a while so you can always re-order an X amount of books after the process. We are happy to send you a new quotation for this whenever you like.

Can I also order a hardcover copy?

Yes, we can make a hardcover version of your book. There is no minimum amount of books so you can order from 1 copy. The costs are € 60,- for the first book and € 10,- for every extra book. The production time is 10 working days.

What kind of paper types do you have?

We have a standard assortment of 5 types of paper: 115 grs Silk (smooth / silk paper, off white), 90 grs HVO (rough & white paper), 90 grs Biotop (yellowish and rough paper), 100 grs recycled (rough & greyish paper), 90 grs Romandruk. They come at different prices. Of course there are many options available, please ask us about the options. If you would like to see the paper types you can always request our manual which includes all our standard paper types here: www.proefschriftmaken.nl/en/manual-request/

What are the costs of the paper types?

Our standard paper types do vary a little in price but our main focus is to select the paper type that suits your thesis best. We are happy to calculate the difference for you and make sure that the best paper type is selected for your thesis and / or budget. If you would like a different paper type please ask us at office@proefschriftmaken.nl about the options.

What is laminate and how do you protect the cover?

A laminate is a plastic layer on the cover that protects the cover. The scratch free matte and the glossy laminate are always included in our prices. We also offer a linen laminate that gives a nice structure to the cover and makes the cover look more like a painting. An other option could be a soft touch laminate. This option makes your book feel soft and has a rubber texture, but still gives the cover a matte look.

What printing techniques do you use?

We print all our books digitally on inkjet quality. A second option is offset print but this is only interesting if the entire book is either full color or only black & white and with high volumes. Your account manager is happy to help you make the best decision for your book, feel free to get in touch.

What services do you offer?

We can help you with almost everything that you might need in the printing stage of your thesis. This could be a proofreading or translation, the full design of the inside pages and the cover (or other elements related to the book),

checking your files and advise you on how to improve the book, the printing of the thesis but also publishing your thesis online and / or in bookstores.

Can I request an ISBN?

You can request an ISBN via this link: www.proefschriftmaken.nl/isbn-request/. It costs € 25,- and is usually confirmed within 2 working days.
Please note: this service is only available to clients of ProefschriftMaken and requires an approved quotation.

Can I make an appointment?

Absolutely, you are more than welcome to visit us. Please contact us to make an appointment so we can discuss your wishes, show you examples and help you with your files. It is also possible to make an appointment on a different location if you are not able to visit one of our offices.

Can you call me back?

Of course, please send your phone number to info@proefschriftmaken.nl and if possible mention what day and time would suit best to call you back. You can also contact us via whatsapp by sending a message to number: 030-2006189.

What is spot-UV?

This means that the cover will be laminated with a scratch free matte laminate but specific elements on the cover will be highlighted with a gloss coating. This can be either like a laminate spot-UV flat (€ 325,-) or it can be as s thicker coating spot-UV raised (€ 375,-).

Can I print extra invitations?

We can certainly print additional bookmarks / invitations but we can also print extra invitations on a different size. Additional costs may apply and we will be happy to advise you and tell you more about the costs.

Can I send my proof book to a P.O. box?

We don't advise to have anything sent to a P.O. box. It takes longer for the box to be emptied and the package to be distributed to you. An order cannot be sent to a P.O. box because someone needs to be present to sign for the books. A P.O. box is designed for envelopes and small packages. An order does not fit in the mailbox so it cannot be delivered there.

Who is my contact person?

We have a team of specialised professionals. You can visit: www.proefschrift-maken.nl/en/about-us/ to meet them. In general you will be in touch with your account manager for the quotation and the general process and with the orders department for everything regarding your files. Feel free to contact them if you have any questions!

What size should my propositions and / or invitation be?

We keep a standard size for the invitation (7 x 23 cm) and the propositions (A5 size). This way they will fit nicely inside the book without a side sticking out. If you would like to have them on a different size we are happy to advise and help with this.

Can I send my order to different addresses?

Normally we deliver the full order to 1 address, this is included in the quotation. We can of course send your order to multiple addresses but this may incur additional costs.

What is the VAT on printing?

The VAT is 9% for all costs related to printing a thesis.

6.2 Terminology

Here you can find the most common definitions and terms that are used with regards to the printing of your thesis:

Bleed

An image or color plane that (partially) runs to the edge of the page. A bleed is not visible on the finished print. The cover, for example, must be delivered with a bleed, because of the cutting. (‘bleed is the part of the image that will be cut off to avoid any white lines appearing on the final print’).

Coated paper

On Coated paper a treatment has been done of the surface of the paper. This treatment ensures that the ink remains on the surface of the paper, allowing the colors to come out better. Examples of coated paper are Silk MC.

CYMK

CYMK stands for Cyan, Magenta, Yellow, and Black; this color system is applied in printing in full-color. Your file should always be in CMYK colors, RGB are colors that are made up of light and used for screens and digital media. They will be converted to CMYK before printing so it is better to use CMYK for all colors used.

DTP

Desktop publishing; editing and formatting documents for printing. These are usually intended for publication, such as books, theses, manuscripts and journals and require special Desktop Publishing software like Adobe InDesign. In general, this software replaces Word Processors and graphic software and provide more control over design, layout and typography.

Glued bound

Binding method where the quires or pages of the thesis are glued together before the cover will be attached to the inside pages.

Hardcover

A cover that you cannot bend. It is a thick kind of paper and it gives the book an exclusive look.

JPEG (Joint Photographic Experts Group)

JPEG is the most common image format used by digital cameras and other photographic image capture devices. JPEG is a commonly used method of glossy-compression for digital images, which typically achieves a 10:1 compression with little perceptible loss in image quality.

Laminate

Laminate is a plastic coating that protects the cover from scratches and stains. In addition, laminate gives an extra dimension to the cover. There are 3 different kinds of laminate; glossy and matte laminate or a combination of the two. More information can be found in chapter 4.

Margin

The margin is the space between the edge of the paper and the printed area. It is advisable to keep a minimum margin of 2 cm between the text and the cutting edge of the paper.

Offset

Offset printing is an old-fashioned printing method that makes use of printing plates and printing presses. Pages are printed with 16 or 32 pages at a time and printed on sheets which are subsequently gathered in sections. It is a technique based on the principle that water and grease (ink) repel each other. The image is transferred from a metal or polyester plate through a rubber cylinder on the paper. The plate is first moistened after which the ink is placed on the fat attracting parts (the printing image).

Opacity

Opacity means the translucence of the paper. Paper with a high opacity lets almost no light filter through. The heavier the paper, the higher the opacity. Biotop paper has a high opacity, because it has more volume.

PDF (Portable Document File)

A file format used to present documents independent of application software, hardware and operation systems. Each PDF file encapsulates a complete description of a fixed-layout flat document, including the text, fonts, graphics and other information needed to display it. A PDF can be sent to a printer without text -or other page adjustments.

PPI (Pixels Per Inch)

Unit used to express resolution in pixels per inch. The resolution of a picture needs to have a minimum of 300 PPI to be suitable for printing.

Prepress

A term used in the printing and publishing industries for the processes and procedures that occur between the creation of a print layout and the final printing. The prepress procedures includes the manufacturing of a printing plate, image carrier or form, ready for mounting on a printing press, as well as the adjustment of images and texts or the creation of a high-quality print file.

Printing on demand (POD)

Printing technology and business process in which copies of a book are not printed until an order has been received, allowing books to be printed singularly, or in small quantities.

Proof (book)

A test book which is sent to you before the whole order is going to be printed. At ProefschriftMaken we always advise to use this possibility so you can see

how your final order is going to look like. This test book will be exactly like your final book; the inside pages and cover glued together in the same way as a real book.

Resolution

The resolution indicates the detail an image holds; a higher resolution means more image detail. Image resolution can be measured in various ways like pixels per inch (PPI).

Serif

A serif is a small line attached to the end of a larger stroke of a letter. Serif is a collective name for fonts, such as: Times New Roman and Garamond.

Serif examples:

This is a Serif font (Times New Roman 10 pt).
This is a Serif font (Garamond 10 pt).
This is a Serif font (Georgia 10 pt).

Sans Serif

Collective name for fonts that do not have a serif, such as: Helvetica or Arial.

Sans Serif examples:

This is a Sans Serif font (Myriad Pro 10 pt).
This is a Sans Serif font (Arial 10 pt).
This is a Sans Serif font (Calibri 10 pt).

Spine

The closed edge of the book along which the pages are bound. The thickness of the spine depends on the amount of pages, the type of paper and the binding method.

Sewn bound

Binding method where the quires of the thesis are first sewn together by means of a wire and then glued as with an adhesive-binding (glued bound).

Uncoated paper

Uncoated paper has not had any treatment on the surface of the paper, making the paper somewhat rougher. This ensures that the ink is better absorbed by the paper. Examples of uncoated paper are Biotop, HVO, and Roman paper.



ProefschriftMaken will always check your files before we start printing.

APPEN-DICES

Chapter 7

7.1 Checklists
7.2 Checklist inside pages

ODUCTION

congenital heart disease (CHD) and abnormal pulmonary haemodynam-
developing pulmonary arterial hypertension (PAH). [1–3] This progressive
rized by a typical remodeling of small pulmonary arterioles, leading
ry vascular resistance (PVR), but also by remodeling of the larger
ries, resulting in increased pulmonary arterial (PA) stiffness. [4,5]
eased right ventricular (RV) afterload in PAH that ultimately
In children with CHD, increased pulmonary blood flow due
ing induces early changes in the pulmonary vasculature
dvanced PAH, which include endothelial dysfunction
liferation. [7–10] The continuum from these early pul-
AH is referred to as pulmonary vascular disease

important haemodynamic measurements
e PAH and guide therapy decisions such
paired or when PAH-targeted therapy
se stage these measurements lack
ility of disease. [15–18] Alterations in
ts on RV-afterload, but are not
measurements that assume

y vasculature such as
D and RV-afterload. [22]
s indices could al-
ations of shunt
explore thi

7

7 Appendices

7.1 Checklists

ProefschriftMaken will always check your files before we start printing. Whether you do the layout yourself or if you have asked someone else to design something for you, we will always check first if everything is ready for printing. We will check, for example, if the images are of a high enough quality, if the margins and bleed are ok, if the page numbering is placed correctly etc.

In order to prepare a little for this we have made a few checklist to see if your files are going to be ok. You can find them here ⇣

7.2 Checklist inside pages

- Does the colophon page meet the requirements of the university?
- Is the table of contents correct?
- Is the right format (17 x 24 cm) used?

Just kidding! We are your checklist, you don't have to worry about all these things. Just send us your files and we will help you get them right. That easy? We hear you ask. Yes, it is that easy.



We give you the freedom to choose from the various examples. This way, you can create your own design just the way you want it.

DESIGN

Chapter 8

8.1 Layout options
8.2 Layout form
8.3 Complete design & paper



8 Design

8.1 Layout options

8.1.1 Mix and match

We give you the freedom to choose from the various examples. This way, you can create your own design just the way you want it.

You can choose from different:

- General font
- Chapter pages
- Table styles
- Page numbers and headers
- Chapter tab (index)
- Abstract page
- Reference list

These choices will determine the design direction for the entire thesis, but you will always be shown a preview first.

8.1.2 Pick a Complete design

If you prefer not to mix and match individual elements yourself, selecting a complete design is the easiest way to ensure a consistent and polished look throughout your thesis.

Each design is a complete layout style where all elements with the same option number are already combined for you. For example, “Complete design 1” uses Font option 1, Table option 1, Header option 1, Chapter page option 1, and so on.

8.1.3 Colour options

Colour adjustments are possible. For instance, applying colour to table headers, chapter pages or chapter tabs (index). However, we maintain a consistent design by working with a single main colour, preferably derived from your cover design or another key visual element.

Please note that printing in colour increases production costs. If you would like more detailed information about pricing or recommendations for optimal colour application, feel free to contact us.

8.2 Layout form

With this layout form, you can communicate your design preferences to us clearly and efficiently. Below you will find an explanation of each section, corresponding to the numbers shown on the image:

1. **Personal information**
   Once you have received an order number, you can fill the layout form. We ask for your personal details so we know from whom we are receiving the layout form and how to contact you.
2. **Interior service selection**
   Here you choose which interior service we will provide.
   - If your service is *Complete layout* or *Elements*, you will need to choose your design preferences.
   - If your service is *Creative layout*, you do **not** need to select individual design preferences.

   You can always check your quotation to confirm which service applies to you.
3. **View our design grids**
   Click here to view the available design options. These showcase the different design options you can choose from.
4. **Select your design wishes**
   Here you can specify your preferred designs, in either color or black/white. If you do not want certain elements (such as a bookmark/tab), that is possible as well.
5. **Required project information**
   Please fill in the necessary details so we have all the information needed to begin your layout.
6. **Additional comments**
   In this section, you may add any extra comments or specific wishes you would like us to pay attention to.
7. **Cover service selection**
   Here you choose the cover service you selected in your quotation, so we know which cover option applies to your project.

On the next pages, you can select the aforementioned design wishes. Each section allows you to indicate your preferred styles for the various layout elements. As explained in **Sections 8.1.1** and **8.1.2**, you may either mix and match individual elements to create your own combination or select a complete design grid in which all elements are already coordinated for you. By completing these options, you enable us to create a design that fully matches your preferences.

Before we start with the layout, we would like to receive some additional information.

We kindly ask you to fill out this form as completely as possible. Once we have received the form, we will bring you in contact with the designer. You will discuss all further details for the desired layout together.

Please note: we still require the necessary files via our PM WebApp as indicated in the important additional information sent to you after approval via email.

1

Name *

Order Number (5 numbers)*

0 of 5 max characters

E-mail*

Phone number *

2

Interior Service *(Required)*

Complete layout

3

Complete Layout

Check our design grids here for making the choices below

4

Table style *(Required)*

Choose which design grid

Flat text *(Required)*

Choose which design grid

Chapter title pages *(Required)*

Choose which design grid

Page numbers and headers *(Required)*

Choose which design grid

Bookmarks (tabs) *(Required)*

Choose which design grid

5

Number of pages *(Required)*

Number of Tables *(Required)*

Number of Formulas *(Required)*

6

Additional Comments compleet

Please provide any questions or comments regarding the layout of your interior.

7

Cover Service *(Required)*

Choose which applies *

General font
Option 1

Myriad Pro

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0 1 2 3 4 5 6 7 8 9
a b c d e f g h i j k l m n o p q r s t u v w x y z 0 1 2 3 4 5 6 7 8 9

This is a sample text commonly used as placeholder content in graphic design, publishing, and layout development. Its primary function is to temporarily occupy the space where actual written content will eventually appear. By using this type of text, designers are able to focus on the visual and structural elements of a project without being distracted by the meaning or flow of real content.

Regular
Italic
Bold
Underlined

HEADING 1

Heading 2

Extracellular proteolysis plays an important role in cell-cell and cell-matrix interactions of physiological processes like mammary gland involution, ovulation, blastocyst implantation, cellular migration and angiogenesis, but also in pathological conditions like inflammation as well as invasion and metastasis of malignant tumours [1-8].

Alternative pathways of fibrinolysis may also contribute to hyperfibrinolysis during CPB. These include fibrinolysis secondary to DIC, neutrophil elastasemediated fibrin digestion and platelet or their excreted microparticles mediated plasmin generation or propagation.

Heading 3

The matrix metalloproteinase (MMP) gene family consists of a group of proteolytic enzymes capable of degrading components of the ECM during physiological processes like pregnancy, parturition [15], development, growth and wound-healing [16], as well as in pathological conditions like rheumatoid arthritis [17], pulmonary emphysema [18], osteoarthritis [19], skin disorders [20] and malignancy [21]. MMPs share the following functional properties:

- they contain a zinc ion at their active site and can be inhibited by chelating agents;
- they are almost all secreted in a latent zymogen form that needs activation by partial proteolytic cleavage to become active;
- they are inhibited by tissue inhibitors of matrix metalloproteinases (TIMPs).

Heading 4

Tissue inhibitors of metalloproteinases (TIMPs) are ubiquitous and naturally occurring inhibitors of MMPs that inhibit the MMP proteolytic activity by forming noncovalent 1:1 stoichiometric complexes resistant to heat denaturation and proteolytic degradation [for review see 25].

General font
Option 2

Minion Pro

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0 1 2 3 4 5 6 7 8 9
a b c d e f g h i j k l m n o p q r s t u v w x y z 0 1 2 3 4 5 6 7 8 9

This is a sample text commonly used as placeholder content in graphic design, publishing, and layout development. Its primary function is to temporarily occupy the space where actual written content will eventually appear. By using this type of text, designers are able to focus on the visual and structural elements of a project without being distracted by the meaning or flow of real content.

Regular
Italic
Bold
Underlined

HEADING 1

Heading 2

Extracellular proteolysis plays an important role in cell-cell and cell-matrix interactions of physiological processes like mammary gland involution, ovulation, blastocyst implantation, cellular migration and angiogenesis, but also in pathological conditions like inflammation as well as invasion and metastasis of malignant tumours [1-8].

Alternative pathways of fibrinolysis may also contribute to hyperfibrinolysis during CPB. These include fibrinolysis secondary to DIC, neutrophil elastasemediated fibrin digestion and platelet or their excreted microparticles mediated plasmin generation or propagation.

Heading 3

The matrix metalloproteinase (MMP) gene family consists of a group of proteolytic enzymes capable of degrading components of the ECM during physiological processes like pregnancy, parturition [15], development, growth and wound-healing [16], as well as in pathological conditions like rheumatoid arthritis [17], pulmonary emphysema [18], osteoarthritis [19], skin disorders [20] and malignancy [21]. MMPs share the following functional properties:

- they contain a zinc ion at their active site and can be inhibited by chelating agents;
- they are almost all secreted in a latent zymogen form that needs activation by partial proteolytic cleavage to become active;
- they are inhibited by tissue inhibitors of matrix metalloproteinases (TIMPs).

Heading 4

Tissue inhibitors of metalloproteinases (TIMPs) are ubiquitous and naturally occurring inhibitors of MMPs that inhibit the MMP proteolytic activity by forming noncovalent 1:1 stoichiometric complexes resistant to heat denaturation and proteolytic degradation [for review see 25].

General font
Option 3

Adobe Caslon Pro

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0 1 2 3 4 5 6 7 8 9
a b c d e f g h i j k l m n o p q r s t u v w x y z 0 1 2 3 4 5 6 7 8 9

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Bold
Underlined

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Heading 2

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General font
Option 4

Merriweather

ABCDEFGHIJKLMNOPQRSTUVWXYZ 0123456789
abcdefghijklmnopqrstuvwxyz 0123456789

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Regular
Italic
Bold
Underlined

HEADING 1

Heading 2

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Heading 4

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General font
Option 5

Indivisible

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0 1 2 3 4 5 6 7 8 9
a b c d e f g h i j k l m n o p q r s t u v w x y z 0 1 2 3 4 5 6 7 8 9

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Italic
Bold
Underlined

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Chapter pages

Option 1

1

Chapter title

Name, Name, Name, Name

Journal



Chapter pages

Option 2

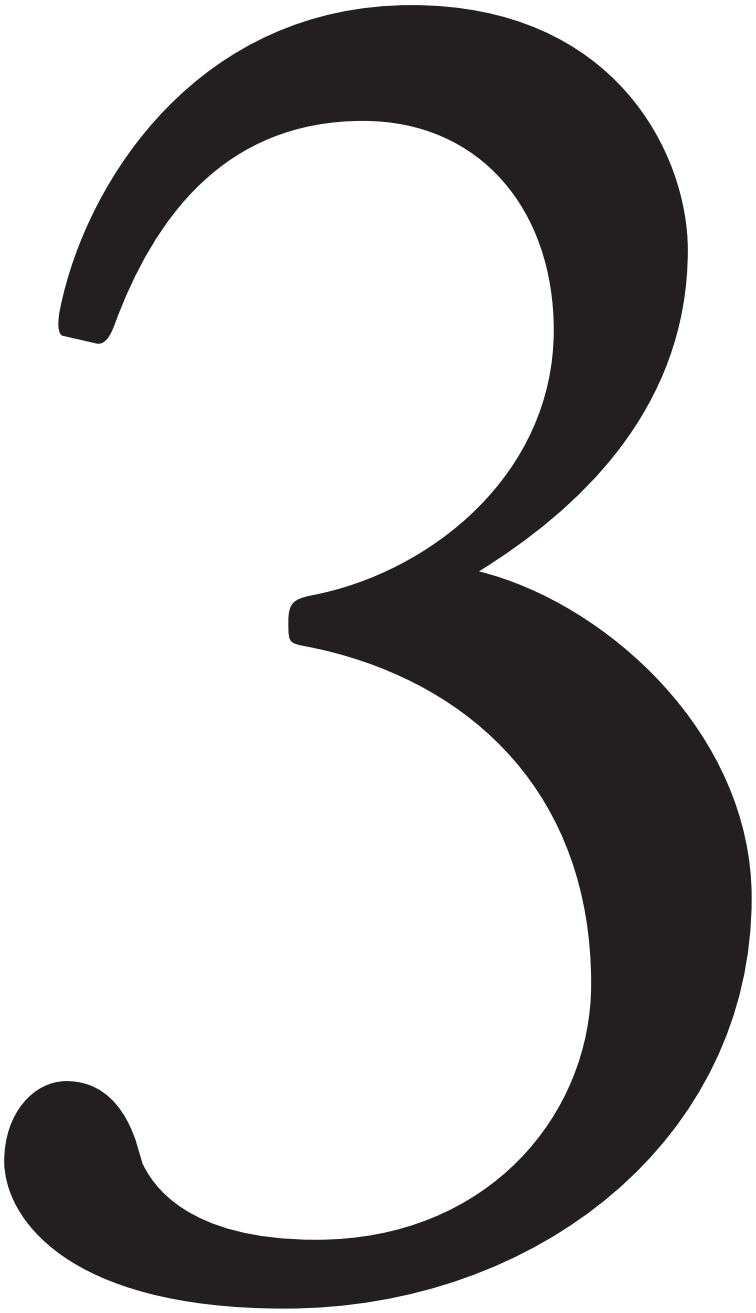
2 Chapter title

Name, Name, Name, Name

Journal

Chapter pages

Option 3



Chapter 3

Chapter title

Name, Name, Name, Name

Journal



Chapter pages

Option 4

Chapter 4

Chapter title

Name, Name, Name, Name

Journal



Chapter pages

Option 5

5

Chapter title

Name, Name, Name, Name

Journal



Table styles

Table 1. Option 1

	HCC	HCA	FNH	*P*-value
Male gender (%)	62	2	2	<0.001
Age (years)	63	40	38	<0.001
BMI (kg/m^2)	27	30	26	<0.001
AST (I/U)	82	30	26	<0.001
ALT (I/U)	61	33	26	<0.001
GGT (I/U)	304	88	67	<0.001
Lesion size (mm)	65	61	54	<0.001

Table 2. Option 2

	HCC	HCA	FNH	*P*-value
Male gender (%)	62	2	2	<0.001
Age (years)	63	40	38	<0.001
BMI (kg/m^2)	27	30	26	<0.001
AST (I/U)	82	30	26	<0.001
ALT (I/U)	61	33	26	<0.001
GGT (I/U)	304	88	67	<0.001
Lesion size (mm)	65	61	54	<0.001

Table 3. Option 3

	HCC	HCA	FNH	*P*-value
Male gender (%)	62	2	2	<0.001
Age (years)	63	40	38	<0.001
BMI (kg/m^2)	27	30	26	<0.001
AST (I/U)	82	30	26	<0.001
ALT (I/U)	61	33	26	<0.001
GGT (I/U)	304	88	67	<0.001
Lesion size (mm)	65	61	54	<0.001

Table 4. Option 4

	HCC	HCA	FNH	*P*-value
Male gender (%)	62	2	2	<0.001
Age (years)	63	40	38	<0.001
BMI (kg/m^2)	27	30	26	<0.001
AST (I/U)	82	30	26	<0.001
ALT (I/U)	61	33	26	<0.001
GGT (I/U)	304	88	67	<0.001
Lesion size (mm)	65	61	54	<0.001

Table 5. Option 5

	HCC	HCA	FNH	*P*-value
Male gender (%)	62	2	2	<0.001
Age (years)	63	40	38	<0.001
BMI (kg/m^2)	27	30	26	<0.001
AST (I/U)	82	30	26	<0.001
ALT (I/U)	61	33	26	<0.001
GGT (I/U)	304	88	67	<0.001
Lesion size (mm)	65	61	54	<0.001

Page numbers and headers

Option 1



Page numbers and headers

Option 2



Page numbers and headers

Option 3



Page numbers and headers

Option 4



Page numbers and headers

Option 5

1
2

Chapter tab (index)

Option 1

12

Chapter tab (index)

Option 2

1
2

Chapter tab (index)

Option 3

1
2

Chapter tab (index)

Option 4

12

Chapter tab (index)

Option 5

Abstract



Abstract page

Option 1

ABSTRACT



Abstract page

Option 2

References



Reference list

Option 1

References

Reference list

Option 2

8.3 Complete design & paper options

8.3.1 Complete design

In this section, you can explore various examples based on the design options presented earlier in the form of Complete designs. These designs illustrate how the layout combinations of the same option numbers work together, helping you see how a cohesive design comes together as a whole.

Complete design 3 and Complete design 5 also show how the design appears when combined with colour, giving you an impression of what a coloured layout could look like. It is possible to add this to every design.

8.3.2 Paper options

The Complete designs are all printed on different paper options. This allows you to experience the tactile qualities and finishes of the available papers — from smooth to textured, from matte to glossy — so you can choose the one that best complements your design and overall presentation.

COMPLETE DESIGN 1

PRINTED ON 115 GRAMS SILK MC



1

A study in dissertations

Name, Name, Name, Name

Journal

Abstract

This study examines the evolving nature of doctoral dissertations in the Netherlands. Historically rooted in academic tradition, the Dutch dissertation has developed into both a scholarly and design-driven artifact. Universities prescribe detailed formatting rules, yet candidates retain space for personal and visual expression.

In recent years, professional typesetters and studios have become integral to the process, translating complex research into refined, print-ready publications. This work explores how academic conventions, typographic design, and digital workflows interact in the creation of the modern Dutch dissertation. Interviews with designers, review of university guidelines, and visual analysis of recent theses reveal how form and function continue to coexist within Dutch academic publishing.

INTRODUCTION

Heading 2

Doctoral dissertations in the Netherlands represent both intellectual achievement and design tradition. Over the past decades, the process has evolved from manual typesetting to highly standardized digital production. Universities now provide detailed layout prescriptions, while candidates often collaborate with professional studios to ensure technical accuracy and visual refinement.

Digital workflows have modernized Dutch dissertation publishing. Most universities require both a print version for ceremonial defense and a digital copy for archiving. The printed book remains central to the defense ritual, symbolizing the culmination of years of research. Several graduate schools now explore hybrid models to balance tradition and accessibility.

Heading 3

Professional designers increasingly assist PhD candidates in meeting formatting requirements. Common design features include:

- Adherence to university-specific layout standards.
- Optimization for both print and screen readability.
- Subtle creative elements that personalize the work.

Heading 4

Before submission, dissertations undergo detailed technical checks. Fonts, color profiles, and pagination must conform to repository standards. Interactive links are often removed during pre-press conversion to ensure archival stability. The final result reflects the Dutch ideal of scholarly craftsmanship.

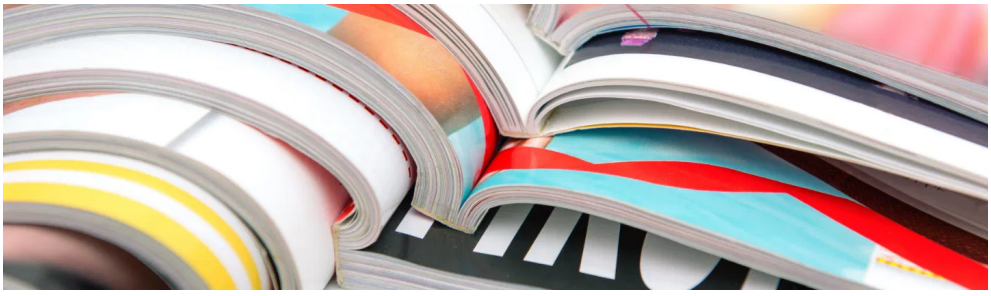


Figure 1. Example of professionally typeset dissertations printed in full colour, showcasing modern Dutch academic book design and binding styles.

METHODS

This study combined document review, designer interviews, and visual analysis [1]. Official guidelines from four Dutch universities were compared to identify layout and submission standards [2]. Ten professional typesetters were interviewed about their workflow, from manuscript preparation to final PDF export [3].

A sample of fifteen dissertations was analyzed for typography, hierarchy, and compliance. Particular attention was given to preflight procedures, PDF/A conversion, and paper selection [4]. The data were organized by discipline to highlight stylistic tendencies between humanities and technical sciences.

Table 1. Complete design 1

	HCC	HCA	FNH	*P*-value
Male gender (%)	62	2	2	<0.001
Age (years)	63	40	38	<0.001
BMI (kg/m^2)	27	30	26	<0.001
AST (I/U)	82	30	26	<0.001
ALT (I/U)	61	33	26	<0.001
GGT (I/U)	304	88	67	<0.001
Lesion size (mm)	65	61	54	<0.001

RESULTS

Analysis revealed consistency in structure but variety in design [5]. While most dissertations followed institutional templates, authors and designers often introduced small aesthetic adjustments to reflect research identity [6]. Serif fonts dominated humanities works, while sans-serif and modular layouts were common in scientific fields [7].

Printed copies remain significant despite widespread digital access [8]. Candidates valued the tangible quality of the book as a symbol of closure and pride. Designers noted that interactive features, such as hyperlinks, although functional in draft versions, are intentionally excluded from print-ready files to guarantee technical reliability and color accuracy [9].

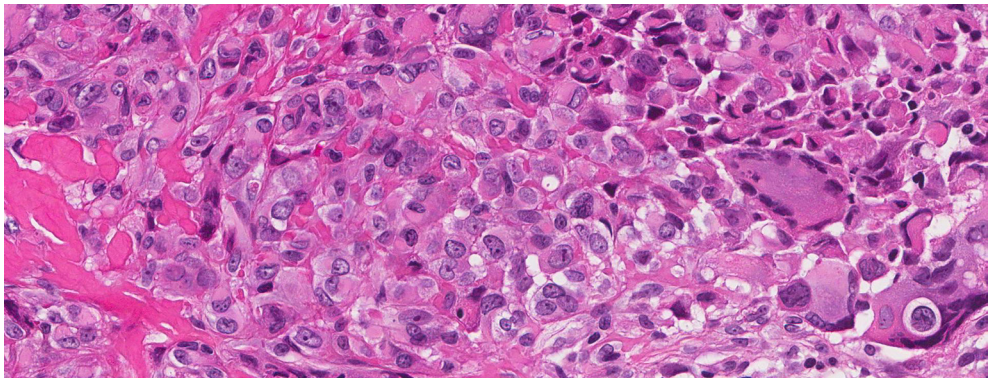


Figure 2. Example illustration used to demonstrate print resolution, paper texture, and colour consistency across dissertation paper samples.

DISCUSSION

The persistence of printed dissertations in the Netherlands reflects a broader national appreciation for design, ritual, and permanence [10]. The public defense transforms the dissertation from a document into an event, linking academic rigor with cultural identity.

At the same time, sustainability and digital openness challenge this long-standing tradition. Universities are experimenting with smaller print runs, recycled materials, and digital-first approaches [11]. Hybrid models demonstrate how the Dutch academic system continues to adapt.

Ultimately, the dissertation remains a fusion of intellect and craft, embodying both research excellence and design integrity. Its evolution mirrors that of Dutch academia itself: pragmatic, elegant, and deeply conscious of form as much as content [12].

REFERENCES

1. Lastname, Initials. (Year). *Visual structure in doctoral thesis design. Journal of Scholarly Communication, Volume*(Issue), page range. https://doi.org/xx.xxxx/xxxxx
2. Lastname, Initials. (Year). *Academic book production in the Netherlands.* Publisher.
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4. Organization Name. (Year). *Guidelines for PhD thesis formatting and publication.* City: Publisher.
5. Lastname, Initials. (Year). *The evolution of typography in university dissertations. Publishing Research Quarterly, Volume*(Issue), page range. https://doi.org/xx.xxxx/xxxxx
6. Lastname, Initials. (Year). *Design principles in higher education publishing.* Publisher.
7. Lastname, Initials., Lastname, Initials., & Lastname, Initials. (Year). *Print versus digital in academic dissemination. Information Design Journal, Volume*(Issue), page range. https://doi.org/xx.xxxx/xxxxx
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9. Lastname, Initials. (Year). *The role of layout studios in academic publishing.* (Doctoral dissertation). University Name.
10. Lastname, Initials. (Year). *Sustainability and print production in academia. Journal of Academic Design, Volume*(Issue), page range. https://doi.org/xx.xxxx/xxxxx
11. Organization Name. (Year). *Academic publishing standards and open access policy.* City: Publisher.
12. Lastname, Initials. (Year). *Balancing tradition and innovation in Dutch dissertation design.* In *Editor Initials. Lastname* (Ed.), *Contemporary Academic Publishing Practices* (pp. page range). Publisher.

COMPLETE DESIGN 2

PRINTED ON 100 GRAMS MATTE MC



2 A study in dissertations

Name, Name, Name, Name

Journal

ABSTRACT

This study examines the evolving nature of doctoral dissertations in the Netherlands. Historically rooted in academic tradition, the Dutch dissertation has developed into both a scholarly and design-driven artifact. Universities prescribe detailed formatting rules, yet candidates retain space for personal and visual expression.

In recent years, professional typesetters and studios have become integral to the process, translating complex research into refined, print-ready publications. This work explores how academic conventions, typographic design, and digital workflows interact in the creation of the modern Dutch dissertation. Interviews with designers, review of university guidelines, and visual analysis of recent theses reveal how form and function continue to coexist within Dutch academic publishing.

INTRODUCTION

Heading 2

Doctoral dissertations in the Netherlands represent both intellectual achievement and design tradition. Over the past decades, the process has evolved from manual typesetting to highly standardized digital production. Universities now provide detailed layout prescriptions, while candidates often collaborate with professional studios to ensure technical accuracy and visual refinement.

Digital workflows have modernized Dutch dissertation publishing. Most universities require both a print version for ceremonial defense and a digital copy for archiving. The printed book remains central to the defense ritual, symbolizing the culmination of years of research. Several graduate schools now explore hybrid models to balance tradition and accessibility.

Heading 3

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- Optimization for both print and screen readability.
- Subtle creative elements that personalize the work.

Heading 4

Before submission, dissertations undergo detailed technical checks. Fonts, color profiles, and pagination must conform to repository standards. Interactive links are often removed during pre-press conversion to ensure archival stability. The final result reflects the Dutch ideal of scholarly craftsmanship.

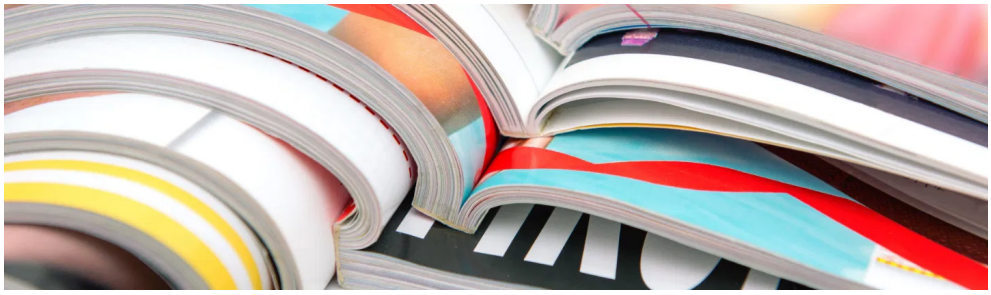


Figure 1. Example of professionally typeset dissertations printed in full colour, showcasing modern Dutch academic book design and binding styles.

METHODS

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A sample of fifteen dissertations was analyzed for typography, hierarchy, and compliance. Particular attention was given to preflight procedures, PDF/A conversion, and paper selection [4]. The data were organized by discipline to highlight stylistic tendencies between humanities and technical sciences.

Table 1. Complete design 2

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Male gender (%)	62	2	2	<0.001
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ALT (I/U)	61	33	26	<0.001
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Lesion size (mm)	65	61	54	<0.001

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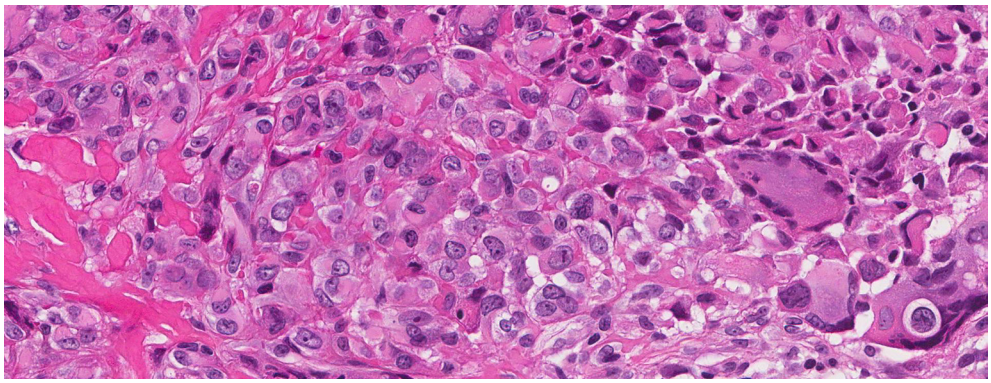


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COMPLETE DESIGN 3

PRINTED ON 90 GRAMS BIOTOP





Chapter 3

A study in dissertations

Name, Name, Name, Name

Journal

ABSTRACT

This study examines the evolving nature of doctoral dissertations in the Netherlands. Historically rooted in academic tradition, the Dutch dissertation has developed into both a scholarly and design-driven artifact. Universities prescribe detailed formatting rules, yet candidates retain space for personal and visual expression.

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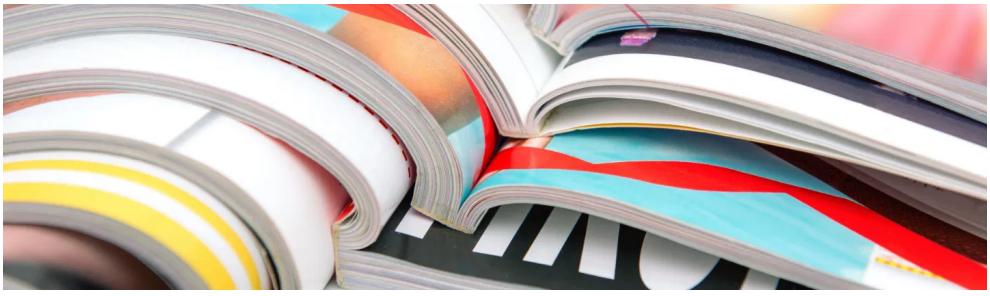


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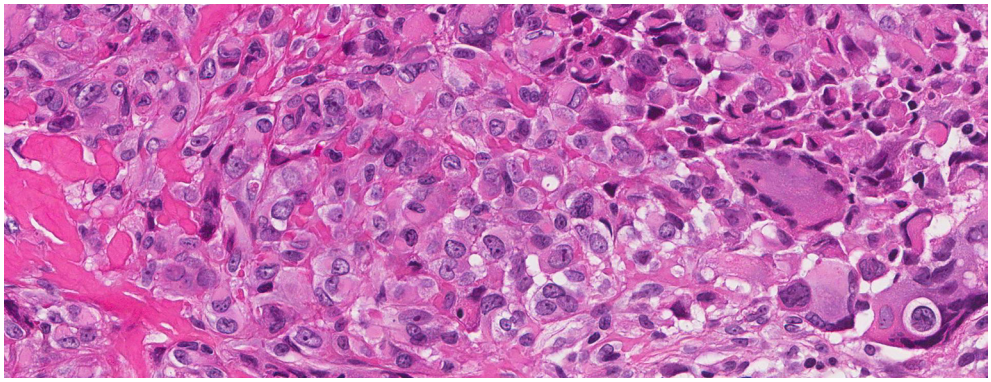


Figure 2. Example illustration used to demonstrate print resolution, paper texture, and colour consistency across dissertation paper samples.

DISCUSSION

The persistence of printed dissertations in the Netherlands reflects a broader national appreciation for design, ritual, and permanence [10]. The public defense transforms the dissertation from a document into an event, linking academic rigor with cultural identity.

At the same time, sustainability and digital openness challenge this long-standing tradition. Universities are experimenting with smaller print runs, recycled materials, and digital-first approaches [11]. Hybrid models demonstrate how the Dutch academic system continues to adapt.

Ultimately, the dissertation remains a fusion of intellect and craft, embodying both research excellence and design integrity. Its evolution mirrors that of Dutch academia itself: pragmatic, elegant, and deeply conscious of form as much as content [12].

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COMPLETE DESIGN 4

PRINTED ON 90 GRAMS HVO



Chapter 4

A study in dissertations

Name, Name, Name, Name

Journal

ABSTRACT

This study examines the evolving nature of doctoral dissertations in the Netherlands. Historically rooted in academic tradition, the Dutch dissertation has developed into both a scholarly and design-driven artifact. Universities prescribe detailed formatting rules, yet candidates retain space for personal and visual expression.

In recent years, professional typesetters and studios have become integral to the process, translating complex research into refined, print-ready publications. This work explores how academic conventions, typographic design, and digital workflows interact in the creation of the modern Dutch dissertation. Interviews with designers, review of university guidelines, and visual analysis of recent theses reveal how form and function continue to coexist within Dutch academic publishing.

INTRODUCTION

Heading 2

Doctoral dissertations in the Netherlands represent both intellectual achievement and design tradition. Over the past decades, the process has evolved from manual typesetting to highly standardized digital production. Universities now provide detailed layout prescriptions, while candidates often collaborate with professional studios to ensure technical accuracy and visual refinement.

Digital workflows have modernized Dutch dissertation publishing. Most universities require both a print version for ceremonial defense and a digital copy for archiving. The printed book remains central to the defense ritual, symbolizing the culmination of years of research. Several graduate schools now explore hybrid models to balance tradition and accessibility.

Heading 3

Professional designers increasingly assist PhD candidates in meeting formatting requirements. Common design features include:

- Adherence to university-specific layout standards.
- Optimization for both print and screen readability.
- Subtle creative elements that personalize the work.

Heading 4

Before submission, dissertations undergo detailed technical checks. Fonts, color profiles, and pagination must conform to repository standards. Interactive links are often removed during pre-press conversion to ensure archival stability. The final result reflects the Dutch ideal of scholarly craftsmanship.

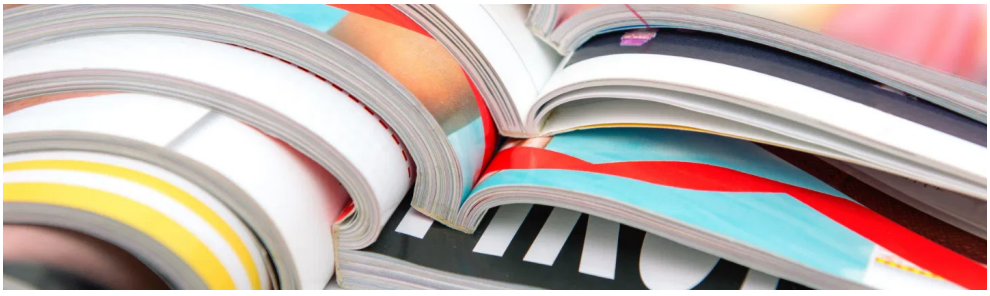


Figure 1. Example of professionally typeset dissertations printed in full colour, showcasing modern Dutch academic book design and binding styles.

METHODS

This study combined document review, designer interviews, and visual analysis [1]. Official guidelines from four Dutch universities were compared to identify layout and submission standards [2]. Ten professional typesetters were interviewed about their workflow, from manuscript preparation to final PDF export [3].

A sample of fifteen dissertations was analyzed for typography, hierarchy, and compliance. Particular attention was given to preflight procedures, PDF/A conversion, and paper selection [4]. The data were organized by discipline to highlight stylistic tendencies between humanities and technical sciences.

Table 4. Complete design 4

	HCC	HCA	FNH	*P*-value
Male gender (%)	62	2	2	<0.001
Age (years)	63	40	38	<0.001
BMI (kg/m²)	27	30	26	<0.001
AST (I/U)	82	30	26	<0.001
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Lesion size (mm)	65	61	54	<0.001

RESULTS

Analysis revealed consistency in structure but variety in design [5]. While most dissertations followed institutional templates, authors and designers often introduced small aesthetic adjustments to reflect research identity [6]. Serif fonts dominated humanities works, while sans-serif and modular layouts were common in scientific fields [7].

Printed copies remain significant despite widespread digital access [8]. Candidates valued the tangible quality of the book as a symbol of closure and pride. Designers noted that interactive features, such as hyperlinks, although functional in draft versions, are intentionally excluded from print-ready files to guarantee technical reliability and color accuracy [9].

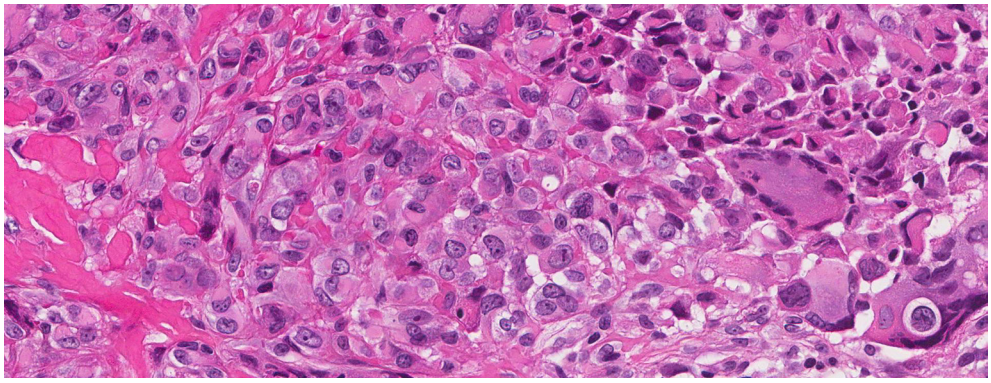


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DISCUSSION

The persistence of printed dissertations in the Netherlands reflects a broader national appreciation for design, ritual, and permanence [10]. The public defense transforms the dissertation from a document into an event, linking academic rigor with cultural identity.

At the same time, sustainability and digital openness challenge this long-standing tradition. Universities are experimenting with smaller print runs, recycled materials, and digital-first approaches [11]. Hybrid models demonstrate how the Dutch academic system continues to adapt.

Ultimately, the dissertation remains a fusion of intellect and craft, embodying both research excellence and design integrity. Its evolution mirrors that of Dutch academia itself: pragmatic, elegant, and deeply conscious of form as much as content [12].

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COMPLETE DESIGN 5

PRINTED ON 100 GRAMS RECYCLED





A study in dissertations

Name, Name, Name, Name

Journal

Abstract

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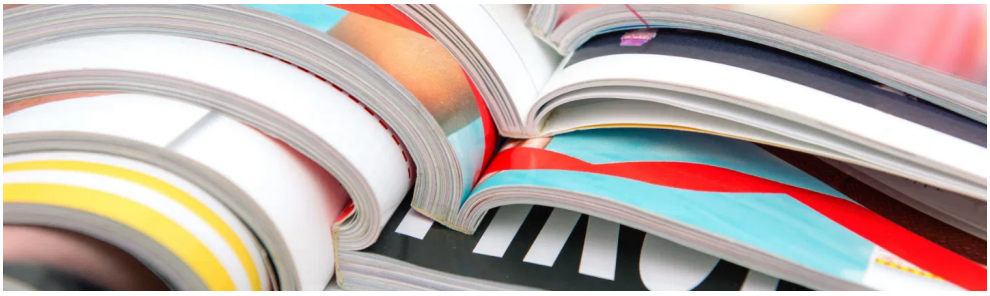


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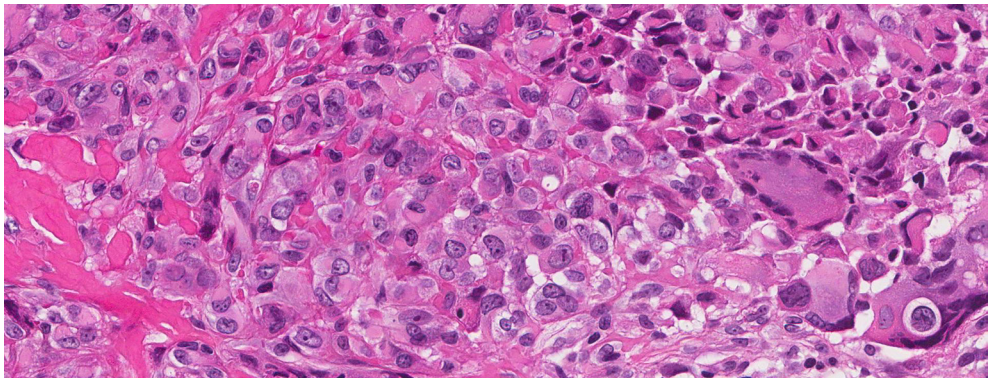


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