

Your (real) Impact Factor

$$\text{Impact Factor (corrected)} = \frac{\begin{array}{l} \# \text{ times your work is cited} \\ - \# \text{ citations that actually trash your work} \\ - \# \text{ times you cited yourself (nice try)} \\ - \# \text{ times you were cited just to pad the introduction section} \\ - \# \text{ citations the editor pressured the author to include to increase the journal's impact factor} \end{array}}{\begin{array}{l} \# \text{ original articles you've written} \\ + \# \text{ articles you were included in out of pity or politics} \\ + \# \text{ not-so-original articles you've} \\ \quad \text{-written} \\ \quad \text{copied and pasted} \end{array}}$$