

## Abstract Submission Guidelines

An abstract is written in paragraph form with 100-400 words, and the headings include:

- **Introduction/Background** – Quick introduction to the topic, usually your hypothesis or SMART aim at the end.
- **Methods** – Detail (briefly) methods used to perform research.
- **Results** – The bulk of your abstract.
  - Present results with basic stats (keep HIPAA in mind; avoid using sensitive data).
- **Conclusion** – What is the takeaway, 1-2 sentences.
- **References** - Most abstracts do not need references.

## Writing an Abstract

- Abstract follows nearly the same headings you would use in a manuscript
  - **Introduction/Background** – a quick introduction to the topic – add your hypothesis or specific aim at the end here
  - **Methods** – Detail (briefly) methods used to perform research (demographics might be used here)
  - **Results** – The bulk of your abstract
    - Present results with basic stats (don't waste valuable space with extensive stats jargon, save that for the publication)
  - ~~Discussion~~ – no need for a discussion in an abstract
  - **Conclusion** – What is the takeaway - 1 or 2 sentences
- Additional and Optional
  - References – the majority of abstracts (especially for posters) do not need references
  - You don't always have to use all of your words, but don't go over
    - Limits of 300 – 500 or fewer are common
  - These headings are the most common, but most conferences/submission sites will have specific specifications – FOLLOW THOSE!
  - Usually, no space for Future directions or weaknesses – unless the conclusions do not seem very strong.

## Abstract Template

1 page maximum of all components below. Please follow the following template:

Component 1) Title (16-point Arial font, bold)

Component 2) List of ALL authors with a number to indicate affiliation. Primary author should be listed first. (12-point Arial)

Component 3) Numbered Author Affiliations (12 point Arial)

Component 4) The abstract. We recommend no special characters to be used (12-point Arial)

Component 5) A graphic if you choose.

Upload your abstract in the following format using a Microsoft Word document. You may see an example on the following page. Do not include the example in your submission, it is just for reference. Submit in a document to Brightspace (COM Students only) and the Research Day Qualtrics submission site as follows:

## **Title (16-point Arial font, bold)**

Author(s) -- Please list all authors, first name and last name with a number to indicate affiliation. Primary author should be listed first (12 point Arial font)  
Numbered author affiliations should go here. Please list the affiliation for each author (12-point Arial)

Include your abstract here, properly edited and formatted as you wish to see it in the program. We recommend that no specific characters be used. (12-point Arial font)

### **Example:**

## Multimedia Educational Intervention for HbA1c Reduction in a T2DM population

R. Khasgiwale, R. Llenado, E. Johnston,  
California Health Sciences University College of Osteopathic Medicine

### Abstract:

**Introduction and Background:** Nearly 10% of California's adult population has diabetes. In California's Central Valley, patients with T2DM face disproportionate challenges to diabetes management. Lifestyle education and modifications have been shown to lower HbA1c. We aim to extend knowledge on the benefits of multimedia interventions in T2DM education and care through a 6-week multimedia pilot study.

**Material and Methods:** Primary Intervention includes short infotainment videos relating to nutrition, exercise, and lifestyle change tips adapted from CDC National Diabetes Prevention Program. Participants will complete 3 surveys over the 6 weeks, baseline, midpoint, and endpoint. The survey data will be assessed to measure participant changes, participant knowledge, attitudes, and behaviors related to their diabetes management.

**Results and Conclusion:** A 6-week multimedia intervention pilot study on diabetes education will improve knowledge, attitudes, and behavior in adults with uncontrolled T2DM and HbA1c. The data collected from this pilot study will allow us to understand the relationship between education delivery and retention as well as allow us to study expanded cohorts.