Abstract Writing: Guidance and Tips

Thank you for considering submitting an abstract to the **20th MHPN Conference on 'Building the Future of Health Psychology'**!

Some of you may be experts in putting together an abstract, while for others this may be the first time. Regardless, we intend for this document to dispel any concerns you may have and encourage you to submit!

General Information

- Presentation methods:
  1) **Oral presentation** – each speaker will be allocated 20 minutes; 15 minutes to present their research and 5 minutes for questions.

  2) **Digital poster presentation** – each speaker will create a digital poster summarising the key features of their research – you will not need to prepare a presentation. Specifications and guidance for posters will be provided upon acceptance.

- Please select your preferred presentation method in your submission. Note: abstracts not selected for oral presentation will automatically be considered for poster presentation;
- Your abstract should be structured using the standardised subheadings (i.e. introduction, aims, methods, results, discussion/implications) – see below for more info;
- Please do not exceed the 300-word limit;
- You must make clear links to how your research is informed by and/or informs health psychology;
- You do not need to have completed your data collection/analysis in order to submit an abstract – 'work in progress' submissions are encouraged;
- We would like to capture the diversity of health psychology research – this includes different methodologies (quantitative, qualitative, mixed), areas of interest (from health interventions to practitioner-patient communication and illness experience), and theoretical underpinnings;
- A prize will be awarded to the best poster of the conference!

Submissions should be submitted via email to midshealthpsych@gmail.com by 21 April 2025

What to include in an abstract?

Your abstract will provide us with an overview of your research, and we will use this alone to make our decision. It is therefore essential that you summarise your research in a way that lets us know what you have done/will do and why this is important, making clear links to health psychology. Abstracts can be up to 300 words in length, so it is important that you are succinct and write only what we need to know.

We would like all abstracts to include the following subheadings: background, aims, methods, results, discussion/implications. What to include in each of these subheadings is outlined below.

If you are submitting a 'work in progress' please indicate this and outline where you expect to be in your research at the time of the conference (for example, you may be recruiting participants or you may have collected data but not yet analysed it).

Background: this section sets the scene – it does not need to be especially detailed, but it does need to summarise the current landscape for your research topic. You may include a small number of references.

Aim(s): this should be a short, specific, and measurable statement that summarises what you intend to achieve with your research.

Methods: this section demonstrates how you have/will conduct your research. You may want to include details pertaining to participants, materials, design, and procedure but this will depend on the nature of your research. Finally, you should state how the data has been/will be analysed.

Results: for quantitative studies you should include important/significant/surprising statistics. For example, if you have compared two groups what, if any, differences have you observed? For qualitative studies, you should summarise the dominant themes/discourses that you have identified.

Discussion/Implications: this section brings it all together. You should draw out the key impressions from your findings and relate them back to the background literature and your aims. You may also want to comment on the implications of your findings.

If you have any questions, please email midshealthpsych@gmail.com

And stay up to date by following us on X/Twitter, Bluesky, LinkedIn, and Facebook (midshealthpsych).

We look forward to reading your submissions!