**NASPSPA Abstract Submission Guidelines**

This document provides information relative to the annual conference abstract submission guidelines.

**Membership**

You must be a current NASPSPA member in order to submit your abstract. The abstract submission process requires you to login with your active membership credentials to start the process. NASPSPA memberships run on the calendar year and renewals that are made after October 1 are automatically credited for the subsequent calendar year. You can update your membership [here](https://www.naspspa.com/membership/).

**Authorship**

An individual may be the first author on no more than two presentations (inclusive of verbal and poster presentations) each year. There is no limit on the number of abstracts you can co-author as a non-first author. Additional information regarding Ethical Guidelines and the use of Non-Discriminatory Content is available in Section 2C “Guidelines for abstract submission and presentations” in the [NASPSPA Policy Manual](https://www.naspspa.com/policy-manual/).

**Presentation types**

Verbal and poster presentations and symposia will be accepted. You have the option of indicating your preference when you submit your abstract, as well as to indicate if you are only willing to accept a presentation of a certain type. Detailed information about presentation format will be provided at a later date, but generally:

* If you are accepted for a verbal presentation, you will be asked to give a presentation of 12 minutes with 3 minutes for questions.
* If you are accepted for a poster presentation, you will prepare a standard conference poster that will be posted on a poster board in a conference meeting room, and you will be asked to be available during your assigned poster session to answer questions. Requirements for poster size will be posted on the web at a later date when presentation formats are announced.
* Symposia are expected to be organized around a theme with a logical connection between speakers and/or a discussant to bring things together. Symposia should not consist presenters from only one laboratory. Representation from multiple universities is encouraged. An ideal format is a short introduction, three speakers, and a discussant, but this is not mandatory. A symposium must be submitted as a single submission by the person organizing the symposium. The symposium organizer should collect all of the abstracts from the speakers who will comprise the symposium (including an abstract for the introduction), and submit them by the abstract submission deadline.

**Scientific content**

Abstracts for verbal, poster, and symposia presentations follow the same scientific and formatting content rules. See below for the details.

**Scientific content**

Data-based, theoretical, or research review papers that have not been previously published in an archival scientific publication or presented elsewhere at a national or international conference are eligible for submission.

**Formatting content**

* Title: Only the first letter, first letter after a colon or sentence-ending punctuation, and acronyms/names should be capitalized. Please be careful to write the title in sentence case.
* Body: The abstract body should NOT include section headings (i.e., Introduction, Methods, etc.), the title, or author information.
* Length: All abstracts (regardless of whether you are submitting for a verbal or poster presentation, or the individual abstracts that comprise a symposium) have a **maximum length of 2100 characters (including spaces)**. To check the number of characters in your draft in Word, select your abstract text (do not include any title or author information), click on the “Review” tab in the header, the select “Word Count”. This will give you a pop-up window with the statistics of your highlighted text. Focus on the “Characters (with spaces)” line to ensure you are less than 2100.
* Important Note: All information should be entered in final publication-ready form. The way you submit is the way it will be shown in the program and in the *Journal of Sport and Exercise Psychology (JSEP) Supplement*.
* Example: See below for an example of an appropriately formatted abstract.

**How do I look? The impact of body awareness and self-objectification on motor performance in women**

*Elizabeth Cox, April Karlinsky, Joseph Manzone, Timothy N. Welsh, Catherine M. Sabiston, University of Toronto*

Drawing on tenets of self-objectification theory, women and girls internalize a focus on their body’s appearance rather than its functional attributes. Although self-objectification promotes constrained and ineffective motor performance in girls, it is unknown how body awareness and self-objectification impact motor performance in women. The present study examined the impact of body awareness and self-objectification on performance in women. It was hypothesized that greater body awareness would predict reduced performance during a visual-motor aiming task, and this relation would be mediated by self-objectification. Women (*N* = 80, *M*age = 20.6 ± 3.1 years) completed the state Self-Objectification Questionnaire. To prime awareness of the body, participants were assigned athletic clothing to wear for the duration of the study, had their picture taken, weight, height, and waist circumference measured, and completed a body size distortion task. Participants then completed a visual-motor aiming task while sitting beside a full-length mirror. Their behavior was video recorded. For each participant, number of clothing adjustments and self-views in the mirror were coded and summed, and mean body distortion score was calculated. Z-scores were calculated and summed to create a composite body awareness measure (CBA). Mean and standard deviation (*SD*) of reaction time (RT) were calculated across aiming task trials. Based on the linear regression models, CBA was significantly related to *SD* of RT (β = 0.006, CI: 0.002, 0.010, *p* = 0.002), whereby increased CBA predicted increased *SD* of RT. The indirect effect of self-objectification was β = -0.001, CI: -0.002, 0.000, *p* = 0.054. These results suggest women’s body awareness and perception of their body as an object rather than as an effective instrument may lead to inefficient motor performance. Over time, this relatively inefficient performance could deter participation in physical activity. More work is needed to explore this possible link between body awareness, motor performance and physical activity. Funding: SSHRC, NSERC.

**Where/how to submit**

To submit your abstract, click [here](https://www.naspspa.com/submit-an-abstract-symposium/). For detailed instructions on the process to submit, see below.

**Step 1: General Information**

1. You will be asked to affirm that you will present at the conference if your abstract is accepted. If your paper is accepted, you are agreeing to present your paper in the format it was assigned (verbal or poster) or to designate a co-author. **If your paper is accepted but you (or a co-author) do not present the paper at the conference, NASPSPA may impose a ban of presenting at NASPSPA conferences for up to 2 years for all authors on the paper.**
2. You will be asked to adhere to the ethical guidelines of NASPSPA and APA.
3. You must certify that the research you are submitting for presentation has not been published or presented at any other peer-reviewed venue.

**Step 2: Abstract Information - Title, Type, Topics**

1. Select a research topic from the list presented.
2. Choose your preferred abstract presentation type from the list presented.
3. Indicate whether you are willing to present in a format other than your preferred choice.
4. Indicate if you are a student AND would like to be considered for the NASPSPA Outstanding Student Paper Award. To be considered for the award, you are also required to submit an additional longer abstract and supporting materials to the Program Area Chair two weeks after the conference abstract submission deadline. See [NASPSPA Student Paper Award](https://www.naspspa.com/policy-manual/) for details.
5. Enter the Title of the abstract. Please be sure that your title is submitted in title case
6. Enter keywords relevant to the abstract.
7. Enter the funding source for your research (if applicable).
8. Click on "Step 3: Author Information" to proceed.

**Step 3: Author Information**

1. Enter first author’s name, email, and university. Only enter your primary university’s name (no Department/School/Center information is needed).
2. If this is a single author paper, indicate that you are the presenting author.
3. If there are multiple authors, please add authors as needed. Be sure to indicate which is the presenting author.
4. Click on "Step 4: Abstract Content " to proceed.

**Step 4: Abstract Content**

1. You may copy/paste the abstract text into the box. **The abstract total length must be less than 2100 characters (including spaces).**
2. After completing Step 4, click the "**Save**" button to submit your abstract.

Once you click save, you will go to a confirmation screen where you can sign out or submit another abstract. In addition, within 24 hours you will receive a separate email notifying you of successful receipt of your submitted abstract.