



Symposium Submission Guidelines

We welcome novel research in behavioral nutrition and/or physical activity and/or sedentary behavior as well as sleep. Below you can find an overview of the research tracks that will be used to structure the program of next year's ISBNPA Annual Meeting. These tracks are based on ISBNPA's Special Interest Groups (SIGs).

To give as many attendees as possible the chance to present their work at the conference, the number of submissions per presenting author is limited to two submissions in total (symposium or online presentations):

- maximum 1 regular abstract and 1 abstract as part of a symposium (not including role as discussant and/or chair) OR
- maximum 2 regular abstracts

A. Ageing (SIG)

Ageing-related research on nutrition, physical activity, sedentary behavior, and sleep. The topics can include ageing across the lifespan and are not limited to projects specific to older adults.

B. Motivation and behavior change (SIG)

Motivational dynamics (SDT, motivational interviewing...) and other theoretical approaches (including a focus on personal and environmental determinants) in relation to behavioral change with a focus on nutrition, physical activity, sedentary behaviors, and sleep.

C. Cancer prevention and management (SIG)

Lifestyle interventions and behavior change across the cancer prevention and control continuum incorporating primary prevention, screening and early detection, and lifestyle interventions for cancer patients and survivors.

D. e- & mHealth (SIG)

e- & mHealth-related research on nutrition, physical activity, sedentary behaviors, and sleep. e- & mHealth are defined as the use of electronic & mobile technologies (e.g., the Internet, mobile devices, and apps) to expand, assist or enhance health and health care delivery.

E. Implementation and scalability (SIG)

Research on the implementation and scale up of nutrition, physical activity sedentary behavior and sleep programs and policies into practice.

F. Early care and education (SIG)

Nutrition, physical activity, sedentary behaviors, and sleep during the early childhood period with a focus on children's engagement in out of home childcare whether infant care, nursery school, preschool, kindergarten, childcare centers, family homes, and other relevant organizational settings.

G. Children and families (SIG)

Research on obesity, nutrition, physical activity, sedentary behaviors and sleep in children and parents. The main objective is to advance understanding of the complex associations of these behaviors with health outcomes and their biological, environmental, psychological, and social determinants.

H. Policies and environments (SIG)

Policy and environment research to improve nutrition, physical activity, sedentary behaviors, and sleep, including measurement, monitoring, evaluation, stimulation of action and advocacy efforts, definition, dissemination, and translation of current and future research in this area.

I. Socio-economic inequalities (SIG)

Research on socioeconomic inequalities in nutrition, physical activity, sedentary behaviors, and sleep.

J. Young adults (SIG)

The young adult target group has received more research interest and investment in recent years but is a relatively new area of research. Conventional health initiatives are ineffective, so it's an opportune time to establish a global community for multidisciplinary researchers who can innovate this field.

K. Participatory Research in Health Promotion (SIG)

Participatory (action) research is a promising and innovative approach to increase the effectiveness and impact of health promotion and to address public health “wicked” problems (such as the obesity epidemic) which are particularly resistant to resolution, specifically in vulnerable and difficult to reach populations.

L. Assessment and Methodologies in Behavioral Nutrition and Physical Activity

Research on intervention development and evaluation frameworks, research methods and measurement innovations, and statistical innovations (e.g., EMA, MLM)

M. Disease prevention and management

Research on chronic diseases (e.g., obesity, cardiovascular diseases, diabetes), well-being, quality of Life, mental health and eating disorders.

N. Other

Other topics such as research translation, special populations (e.g., migrants, refugees), pregnancy and early motherhood, developmental origins of health and disease, and health professionals’ training, ethical issues, education (e.g., physical education).

Symposia are an important part of the ISBNPA program, and it is our goal to ensure a wide variety of topics concerning *nutrition, physical activity, sedentary behavior, and sleep* during these sessions. ISBNPA also highly values the interaction between attendants. In all symposia, we invite people to interact and discuss the presented ideas and findings. In order to further increase the interaction, we also welcome “debate symposia”!

ISBNPA is an international society. Symposia submissions should be in accordance with this fact. Therefore, the participants in the symposia should be from at least two different countries. For example, a symposium could consist of 3 presenters from one country and a Discussant from a different country.

There are 2 symposia formats to choose from:

1. Debate symposia

In this format, we invite participants to share findings or ideas that are controversial. A Chair submits the symposium topic by completing the online form on the submission site. The Chair will moderate the debate. The symposium will start with a 30-minute presentation by 2 speakers (Speaker 1: 'In favor' presentation for 15 minutes; Speaker 2: 'Opposing' presentation for 15 minutes), followed by a 45-minute discussion moderated by the Chair. Some examples of possible debate topics are listed below:

- A fat tax is the solution to conquering the obesity epidemic
- We should focus on youth and not older adults
- Behavioral theories are redundant
- Efficacy or effectiveness: implementation of evidence into practice

Other ideas or original topics are also welcome!

2. Regular symposia

A regular symposium provides an opportunity for focused presentation of a particular topic. The symposium should consist of three oral presentations on a related theme. A Chair usually briefly introduces the general topic of the presentations to avoid all presentations starting with the same general introduction. In this way, all presenters can have a shorter and more focused introduction on the aims of their presentation.

After the presentations, a Discussant provides a brief overview of the main issues and facilitates a general discussion of the topic by the audience and presenters, they may enhance the symposia by introducing evidence that is consistent or inconsistent with the speakers' findings (just like a typical research paper).

Time available for each symposium is 75 minutes. The Chair needs to submit the symposia by completing the online form in the submission site.

For both types of symposia:

You are invited to submit one of these symposia by October 28, 2022 through the submission site.

Abstract forms for the symposium (limit of 400 words), and each individual presentation (limit of 350 words) within the symposium should be completed online through the ISBNPA website. Submissions should adhere to the formats as closely as possible. Complete the online forms carefully. The Chair can submit abstracts of individual presentations or can invite presenters to submit their own abstract. Please note that incorrectly completed forms will not be considered for review. If there are any questions about the symposia abstract process, please contact annualmeeting@isbnpa.org.

The Organizing Committee will review symposium proposals according to the following criteria:

- Innovation/ originality of topic to behavioral nutrition and/or physical activity and/or sedentary behavior and/or sleep
- Relevance of topic to behavioral nutrition and/or physical activity and/or sedentary behavior and/or sleep
- Importance of topic to behavioral nutrition and/or physical activity and/or sedentary behavior and/or sleep research/practice/policy
- Connection of each symposia paper to the overall symposia theme
- Fit of symposia with other symposia proposals (i.e., to avoid duplication)

Decisions regarding symposium acceptance for the ISBNPA 2023 will be made by November 30, 2022.

The symposia abstracts are first considered to create the symposia program. If the symposia abstracts are not selected for this program, they will be considered for the regular oral sessions. The general submission deadline for regular abstracts for the open communications will be December 7, 2022, with the late-breaking submission deadline being March 8, 2023. **Abstracts that are not selected for a symposium presentation will be automatically submitted as regular abstracts unless otherwise requested.**

Please note that all symposium participants are required, as are all conference attendees, to pay their own ISBNPA conference registration fees, and travel expenses. ISBNPA will not waive any membership or registration fees for symposia presenters.

Format for the DEBATE symposia proposal

Abstract format for the symposium abstract (400 words limit excluding title and author details; submit by October 28, 2022)

- Purpose:** A statement of the purpose of the debate, emphasizing what is innovative about the debate topic
- Rationale:** A rationale for addressing this issue at this meeting and why this is a debatable topic
- Objectives:** Up to four aims, summarizing what you expect the debate to achieve
- Interaction:** A description on how interaction in the online symposium will be facilitated.

For each presenter ('in favor' and 'opposing') an individual abstract should be submitted by the Chair using the format outlined below.

Abstract format for each individual symposia presentation (350 words limit excluding title and authors details; submit by October 28, 2022):

- Purpose:** State the primary purpose of this presentation.
- Methods:** Include details of the procedures adopted (e.g., literature search, original research).
- Results:** Include a summary of the main findings/ideas that will be discussed in the presentation.
- Conclusions:** Some discussion of the possible contribution to, or implications for, the advancement of behavioral nutrition and/or physical activity and/or sedentary behavior and/or sleep knowledge, methods, or practice.

Please complete an online form to submit a symposium. As Chair make sure you have the following information ready before starting the online submission:

- Symposium title and abstract
- Title and abstract for each individual presentation
- Presentation order
- Contact details of each presenter (and discussant, if applicable) and of all authors of each individual presentation:
 - Last Name, First Name, MI
 - Institution
 - City, Country
 - E-mail Address
 - Any funding for each co-author

All correspondence about the symposium will be addressed to the symposium Chairs.

Format for the GENERAL symposia proposal

Abstract format for the symposium abstract

(400 words limit excluding title and author details; submit by October 28, 2022):

- Purpose:** A statement of the purpose to be addressed, emphasizing what is innovative about this session
- Rationale:** A rationale for addressing this issue
- Objectives:** Up to four aims, summarizing what you expect the session to achieve
- Summary:** Outline of the session as a whole and outline and integration of the individual contributions
- Format:** List of presenters or activities that will be undertaken during the session. There should be at least 15 minutes for a general discussion between presenters and delegates moderated by the discussant
- Interaction:** A description on how interaction in the online symposium will be facilitated.

For each presenter an individual abstract should be submitted by the chairperson or the presenters using the format outlined below.

Abstract format for each individual symposium presentation

(350 words limit excluding title and author details; submit by October 28, 2022)

- Purpose:** State the primary purpose of the study, including the main research questions or hypotheses being addressed, emphasizing what is innovative about this research.
- Methods:** Quantitative studies should include design, participants, measures, and analyses. Qualitative studies should include a reference to the approach being adopted (e.g., discourse analysis, grounded theory) and describe the method of data generation, (e.g., interviews, transcripts of conversations, written accounts). Reviews should include details of the procedures adopted (e.g., literature search, inclusion/exclusion criteria and methods of analysis).

- Results:** Quantitative studies should include a summary of the results, which can contain numerical data, qualitative studies should include an indication of the main results of the analysis (e.g., examples of themes, categories, responses, discourses to be reported). Reviews should include a summary of the main findings that will be discussed in the paper. This section should present specific findings, rather than suggesting that ‘results will be discussed’.
- Conclusions:** Some discussion of the possible contribution to, or implications for, the advancement of behavioral nutrition and/or physical activity and/or sedentary behavior and/or sleep knowledge, methods, or practice.

Please complete an online form to submit a symposium. As Chair make sure you have the following information ready before starting the online submission

- Symposium title and abstract
- Title and abstract for each individual presentation
- Presentation order
- Contact details of each presenter (and discussant, if applicable) and of all authors of each individual presentation:
 - Last Name, First Name, MI
 - Institution
 - City, Country
 - E-mail Address
 - Any funding for each co-author

All correspondence about the symposium will be addressed to the symposium chairperson.

OVERVIEW OF THE SUBMISSION PROCESS

Step 1: Symposium Chair submits symposium abstract (maximum two symposia per Chair)

Step 2: Abstract presenter chooses the relevant symposium and submits their abstract.

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In Person or Virtual?

If you submit your research for the symposium, you will be asked to choose a live or virtual symposium abstract. If you choose a virtual symposium, please note that the virtual meeting is scheduled for late September 2023.

Before that date, you will be required to submit the recording and then join the session for live Q&A and panel discussion. We understand that your decision to present live vs virtually may change between now and April 2023, so we ask you to indicate your preference based on your current knowledge and comfort level. We will ask you to revisit your decision again in early 2023 before the program is finalized.

Thank you for your participation in ISBNPA 2023!