



**Auckland  
NEW ZEALAND**  
June 11-14, 2025



## REGULAR ABSTRACT SUBMISSION GUIDELINES

Auckland, New Zealand  
Submission from  
**September 3 to November 22, 2024**

Meg Bruening and Scott Duncan | Chairs of the Scientific Program Committee

We invite innovative research submissions in the fields of behavioral nutrition, physical activity, sedentary behavior, and sleep. Please ensure that each submitted proposal falls under one of ISBNPA's Special Interest Groups (SIGs). For your convenience, a brief description of each ISBNPA SIG is provided at the end of these guidelines to help you select the appropriate category for your abstract. Please note that a symposium may encompass works from multiple 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:

- 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

If you have any questions about the submission process or have problems entering your submission, please contact [program@isbnpa.org](mailto:program@isbnpa.org). For more information on the ISBNPA 2025, please visit the [website](#).

The call to submit is open from **September 3, 2024 to November 22, 2024.**

### Abstract Guidelines:

1. Complete the online form carefully. Please note that incorrectly completed forms will not be considered for review.
2. The word limit for the abstract, excluding title and author details, is **350 words**. Submissions should adhere to the **format** detailed below (including headings) as closely as possible.
3. Please note that by submitting the abstract, you are automatically designated as the Corresponding author for this abstract and will receive all communication related to this abstract. The corresponding author is responsible for communicating abstract submission correspondence to the rest of the co-authors on the paper. In addition, please designate the presenting author. **'Presenting' authors are those who will present the paper or poster at the conference and must attend the conference.**
4. If there is an unexpected change in the presenter, please contact [program@isbnpa.org](mailto:program@isbnpa.org) by **April 18, 2025.**

**IMPORTANT: If the presenting author is not registered for the conference, and the registration fee payment is not received by April 18, 2025, the presenter will be automatically removed from the program with no further notice.**

5. Before submitting, you will be given the opportunity to review all the information you have provided.
6. You will be notified by email upon receipt of your abstract. Decisions regarding abstract acceptance will be sent to you by February 10, 2025, after completion of the review process. No information regarding acceptance will be available before that date.

Any requests to **withdraw a submission** must be made in writing and no later than **April 18, 2025**, to [program@isbnpa.org](mailto:program@isbnpa.org).

### **Abstract:**

***The following information should be included in the content of the abstract.***

- 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), please be aware that we prioritize meta-analyses over systematic and umbrella reviews. All studies should include details of measures and analyses used.
- Results/findings:** Quantitative studies should include a summary of the results, which should 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, if possible, rather than suggesting that ‘results will be discussed’. In case results are not ready by the submission date, we expect clear details on the analysis plan and the innovation/originality of the study in the method section.
- Conclusions:** Some discussion of the possible contribution to, or implications for, the advancement of behavioral nutrition and/or physical activity knowledge, methods, or practice. Significance to the field.

**Please note: There is a 350-word limit for each individual abstract.**

The abstract review committee will review abstracts according to the following criteria:

- Innovation/originality and/or Importance for the field
- Quality of design (including both study and intervention design)
- Quality of measures
- Quality of analyses (or analysis plan, where relevant)

**Thank you for your participation in ISBNPA 2025!**

### **List of Special Interest Groups.**

The symposia will be organized in the scientific program according to these topics. Please see [our previous abstracts books](#) if you want to see some examples of accepted submissions in these topics.

#### **## A. Ageing**

The Ageing SIG is focused in advancing science on how physical activity, sedentary behavior and nutrition impact on the health of older people.

#### **## B. Motivation and behavior change**

This SIG aims to advance knowledge on **\*\*motivational dynamics\*\*** in relation to behavioral change, with a focus on nutrition, physical activity, and sedentary behaviors.

#### **## C. Cancer prevention and management**

This SIG goal is to advance the study of lifestyle interventions and behavior change roles on the cancer prevention and management continuum.

#### **## D. E- & mHealth**

The purpose of the SIG is to advance e- & mHealth related research specifically related to physical activity, dietary and sedentary behaviors.

#### **## E. Implementation and scalability**

The aim of this SIG is to study Implementation and Scalability Science related to nutrition, promoting physical activity and reducing sedentary behavior.

#### **## F. Early care and education**

The Early Care and Education SIG studies physical activity, sedentary behaviors, sleep and nutrition during the early childhood period.

#### **## G. Children and families**

The Children and Families SIG aims to support research with children and families around nutrition behaviors, physical activity, sedentary behaviors, and sleep.

#### **## H. Policies and environments**

The goal of this SIG is to facilitate research in area of environment and policy research to improve nutrition and physical activity-related behaviors.

#### **## I. Socio-economic inequalities**

Our aim is to exchange and advance knowledge into the socioeconomic inequalities in nutrition, physical activity and sedentary behaviors.

### ## J. Young adult

The Young Adult (aged 16-35 years) SIG aims to develop research relating to young adult's behavioral nutrition, physical activity and sedentary behavior.

### ## K. Participatory Research in Health Promotion

This SIG aims to advance science using participatory research in health promotion focusing on nutrition, physical activity, sedentary behavior and sleep.

### ## L. Indigenizing Wellbeing Research

The Indigenizing Wellbeing Research Circle centers its study on Indigenous peoples' knowledges, sovereignty, and self-determination within physical activity and behavioral nutrition research and elevate the voices of Indigenous Knowledge Carriers within these spaces.

### ## M. Systems Science

This SIG focuses specifically on the application of systems science in dietary, physical activity, and broader population health related fields.

### ## N. Mental Health and Wellbeing

The Mental Health and Wellbeing SIG serves to advance science in behavioral and lifestyle interventions for mental health and wellbeing.