



Auckland
NEW ZEALAND
June 11-14, 2025



SYMPOSIA SUBMISSION GUIDELINES

Auckland, New Zealand

Submission from

September 3 to October 18, 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 symposium may have abstracts 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. For more information on the ISBNPA 2025, please visit the [website](#).

The call to submit is open from **September 3, 2024 to October 18, 2024**.

The annual ISBNPA meeting highly values the interaction between attendants. In all symposia, we invite people to interact and discuss the presented ideas and findings. To further increase the interaction, we also welcome “debate symposia”!

ISBNPA is an international society and therefore, the evaluation criteria for symposia includes a **bonus for proposals involving participants from at least two different countries**. Please note that this is not a mandatory requirement; proposals with participants from only one country are also welcomed.

The time available for each symposium is 75 minutes. 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 20-minute presentation by 2 speakers (Speaker 1: ‘In favor’ presentation for 10 minutes; Speaker 2: ‘Opposing’ presentation for 10

minutes), followed by a 40-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 introduces briefly 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. **Results from each of the abstracts should be available at the time of the symposium submission.**

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 symposium by introducing evidence that is consistent or inconsistent with the speakers' findings (just like a typical research paper). There should be at least 15 minutes for a general discussion between presenters and attendants moderated by the discussant.

SUBMISSION PROCESS FOR BOTH TYPES OF SYMPOSIA:

The Chair is required to initiate the symposium submission by completing the online form on the submission site. Following this initial step, the remaining participants of the symposium (or the chair on their behalf) should proceed to submit their respective abstracts, ensuring that their proposals are correctly linked to the appropriate symposium.

Abstract forms for the symposium as a whole (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 program@isbnpa.org.

The Scientific Program Committee will review symposia 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
- Bonus for proposals involving participants from at least two different countries.
- Fit of symposia with other symposia proposals (i.e., to avoid duplication)
- Incorporate an international perspective

Decisions regarding symposia acceptance for the ISBNPA 2025 meeting will be made by November, 25, 2024.

If there is an unexpected change in the presenter, please contact 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.

The symposia are considered first in the construction of the meeting program, followed by the open communications/free papers submission. **Abstracts rejected for symposia presentations will be automatically submitted for open communications/free papers, unless otherwise requested.**

Please note that all symposia 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 symposium proposal

Abstract format for the symposium abstract

(400 words limit excluding title and author details; Submit by OCTOBER, 18, 2024)

- 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 conference and why this is a debatable topic
- Objectives:** Up to four aims, summarizing what you expect the debate to achieve

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 symposium presentation

(350 word limit excluding title and authors details; Submit by OCTOBER, 18, 2024):

- 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 knowledge, methods or practice.

Please complete only one online form per symposium. As Chair make sure you have the following information ready before starting the online submission or ask the authors of the different papers to

be presented in the symposium to submit their abstracts after you have submitted the symposium abstract:

- 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 this symposium will be addressed to the symposium Chair.

Format for the GENERAL symposium proposal

Abstract format for the symposium abstract

(400 words limit excluding title and author details; Submit by OCTOBER, 18, 2024):

- 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

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 word limit excluding title and author details; Submit by OCTOBER, 18, 2024)

- 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 knowledge, methods or practice.

Please complete only one online form per symposium. As Chair make sure you have the following information ready before starting the online submission (or ask the authors of the different papers to be presented in the symposium to submit their abstracts after you have submitted the symposium abstract):

- 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.

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.