



Research Symposium

BDA EVENTS ➤ **GET INSPIRED**

Abstract submission guidance

We invite you to submit an abstract reporting the results of projects across all areas of human nutrition and dietetics. Abstracts and presentations are a vital part of the BDA Research Symposium, and we are committed to making the submission process as straightforward and supportive as possible.

We welcome submissions from the following research activities:

- systematic reviews,
- meta-analysis,
- case studies,
- audit,
- service evaluation,
- quality improvement,
- research projects.

Please note that we **do not** accept abstracts describing project protocols nor narrative reviews.

To ensure your submission is considered, please follow the abstract guidance carefully. Submissions that do not meet the stated requirements will be returned without review.

All abstracts that adhere to the guidance will undergo anonymous peer review.

Abstract submission guidance

Layout and general formatting

Abstracts must include the following sub headings:

- Introduction,
- Methods,
- Results,
- Conclusion.

The abstract, in the style described below, must not be longer than one side of A4 (including title, authors, affiliations and references). Set the page margins to Narrow.

Use 11-point Arial font for all sections except the authors, author's address and the reference list, which should use 10-point Arial font.

NEW FOR 2026 The maximum length of an abstract is 450 words (excluding title, authors, affiliations and reference list). **No tables and no figures allowed.**

Abstract(s) must be written in English. Errors in spelling and grammar cannot be changed before publication so we encourage you to check your spelling and grammar before you submit.

Use people first language, for example "adults with diabetes".

Define abbreviations in full at first mention, abbreviate in brackets and then use abbreviation for any future mentions, e.g. Haemoglobin (Hb).

Submission

You must upload **two versions** of your abstract as word documents:

- one full version (including author details and affiliations)

The word file should be saved as the surname and first name of the submitting author followed by the submission date in the following format:

Surname First Name Day Month Year

If you are submitting more than one abstract, please number the files consecutively *i.e. Jones T 12 07 26 1, Jones T 12 07 26 2, etc.*

- one anonymised version (without author names or affiliations)

The word file should be saved as Anon followed by the submission date

Authors

Authorship should be discussed with all collaborators and the abstract should be approved by all authors prior to submission. Anybody who contributed significantly to the project should be an author.

If the abstract describes a study that was part of your BSc/MSc dissertation your supervisor(s) should be co-authors and you must ask their permission before submitting the abstract.

Provide the following author information:

Surname and Initial for each author and then their work addresses, including the department name and the full postal address. Please provide the email address of the submitting author. [Refer example abstract](#)

There should be a single line space between the author details and the body of the abstract.

Title:

A short and informative title;

It is a good idea to include the type of study. Avoid naming the place the project was completed. For example, “Retrospective service evaluation to investigate the prevalence of sarcopenia in patients diagnosed with advanced lung cancer”.

Capitalise the first letter of the title and use lower case for the rest of the title (with the exception of proper nouns or abbreviations).

Introduction, including a study aim:

Two or three sentences to set the context and justification of your project.

Refer to published work, if relevant, using [Vancouver style referencing](#)

You must include the study/ project aim at the end of the introduction. For example: “This study aimed to explore the experiences and attitudes of healthcare professionals working with adults receiving enteral feeding in the community”

Methods, including an ethics/ approval statement:

Describe what you did clearly and concisely. Describe the study/ project design (e.g. retrospective observational study, service evaluation, systematic review etc.).

Give concise summary of how participants were recruited, if relevant.

Explain what methods and statistical tests/qualitative analysis you used.

For ideas on concise methods have a look at previously published abstracts:(<https://onlinelibrary.wiley.com/doi/10.1111/jhn.70093>)

You must include a statement about ethical approval. Suggested examples to use:

Ethical approval was granted by XXX.

Service evaluation/ case study/ audit/ quality improvement project approved by XXX process.
For example; local approval process completed for service evaluation.

Data freely available and thus ethical approval not required.
For example; systematic reviews and meta-analysis, or projects reporting nutrient content of foods.

XXX – complete relevant details for your project.

Results:

Three or four sentences on your main findings which should relate to the aim of your project.

For quantitative data include statistical significance of any stated differences or associations.

Conclusion:

Discuss your findings in two or three sentences. Explain the meaning of your results or say how they compare with what you expected and/ or with other people's work. Refer to published work using [Vancouver style referencing](#)

Give your conclusion in one sentence, ensure it is supported by your findings.

References:

In general, an abstract should need no more than 2 or 3 references

Present references in the [Vancouver style referencing](#) Number references consecutively in the order in which they first appear in the text using superscript Arabic numerals in parentheses, e.g. "These findings are consistent with previously published data ⁽¹⁾"

References should be listed at the end of the abstract, in numerical order. [Refer to example abstract](#)

[Vancouver style referencing](#)

Scoring for an award:

We present best abstract in each stream, you will be asked during submission if you would like your abstract to be considered, your work will be scored by reviewers using the [scoring template link here.](#)