



# Abstract Writing and Submission Guideline: Research Design Category

## Section I: Abstract Writing

### Overview

Use the following guidelines to write an abstract in the category of “research design” (i.e. the design of a study you are conducting or plan/hope to conduct.)

A good abstract provides a well-organized, detailed, and transparent summary of your work. Writing a quality abstract is an important step in having your work accepted for presentation at the Symposium or any academic conference. Accepted abstracts will be published on the MUIH website prior to the Symposium and, if done well, will help generate interest in your work.

### Guidelines (All fields must be included in your abstract)

**Note: All fields must be included in your abstract and your completed abstract must be 400 words or less (not including title and author information).**

**Title:** Approximately 10–12 words identifying key components of your study. When applicable, include components such as the population to be studied, the intervention or exposure to be investigated, and the primary outcome(s) of interest. The title should make it clear that the poster is focused on discussing the research design of the study (not the results.) Capitalize the first word of the title, all “major” words, and all words of four letters or more.

**Author Information:** List initial(s) and last name of all authors in descending order of contribution. If a senior researcher is involved in the project, they can be listed last. Include academic affiliation for each of the authors (e.g. Nutrition Department, MUIH).

**Background:** Briefly outline the context relevant to your work. The background should help the reader understand why this is an important topic for further study. This section helps answer the question, “why should we care?”

**Research Objective(s):** State the specific aims of your planned study and/or the hypothesis you will test (Note: In some conference templates, “Background” and “Research Objectives” are combined into one section. They should be kept separate for your Symposium submission.)

**Methods:** This section should be the longest and most detailed part of the abstract. The content will vary depending on the type of study you will be conducting. For example, in the case of a randomized controlled trial you would want to report eligibility criteria for participants, intended interventions, comparisons or controls, and all outcomes of interest. Identify any rating scales or questionnaires to be used in the study (e.g. Five Facet Mindfulness Questionnaire.) Additional components to consider include planned methods of randomization and blinding as well as sample size calculations.

**Discussion:** This section should briefly summarize the planned study design and explain its value in filling an existing knowledge gap. Novel or unusual design aspects can be discussed as can alignment of the design with the principles and practice of complementary and integrative health.

**Examples:** Here are two sample abstracts for research design submitted to the 2016 Research Symposium.

### **Demographics and Perspectives of Graduate Students in Yoga Therapy: Study Design and Rationale**

Moonaz S, Sullivan M.

**BACKGROUND:** The only accredited Master of Science in Yoga Therapy (MSYT) in the U.S. graduated its first cohort of students in 2015. This program is the first of its kind and information is lacking about characteristics, motivations, perceptions, expectations and career aspirations for students choosing yoga therapy training in the context of higher education.

**RESEARCH OBJECTIVE(S):** This poster describes methodology and rationale for a mixed methods study to analyze the characteristics and experience of students in the first cohort of the MSYT at Maryland University of Integrative Health.

**METHODS:** Survey participants were recruited among the students of the first cohort of the MSYT (n=23), prior to graduation. Data collection was divided into two sections: in-depth interview and written survey. Information gathered included motivations for joining the program, experience in the program, past training, career goals and demographics such as age, marital status, residence, income and education status. Training was held for all interviewers and data coders to ensure consistency. In-depth interviews were conducted by university personnel outside of the yoga therapy program. Thematic coding is currently underway following the creation of an initial codebook based on consensus after the first two interviews. Each subsequent interview will be coded by two trained personnel and codes will be finalized through consensus. Major themes will be reported with examples from interview text.  
Demographic data will be analyzed and reported quantitatively as percentages or proportions.

**DISCUSSION:** The development and implementation of this study may be useful to yoga therapy organizations, the healthcare field and institutions of higher education. Understanding student demographics, experience, perceptions and motivations in choosing the context of higher education for yoga therapy training could help to clarify the needs and expectations of students as well as to inform the role of higher education in the training of yoga therapists.

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## **Rationale and Design for a Study Characterizing Adult Five Element Acupuncture Patients in the United States**

Gigliotti T, Most H, Hockmeyer T, York A, Snow J.

**BACKGROUND:** Acupuncture in the United States is practiced in a diversity of styles, each with its own distinct diagnostic and treatment approach. Previous studies characterizing patients undergoing acupuncture treatment have focused on Traditional Chinese Medicine acupuncture or non-specified styles. Patients receiving Five Element acupuncture treatment in the United States have not been surveyed and described. A better understanding of the patient population would help guide Five Element-based education, clinical, and research initiatives.

**RESEARCH OBJECTIVE(S):** The study aims to describe the adult patient population receiving care from Five Element-based U.S. acupuncturists.

**METHODS:** The study uses a cross-sectional, descriptive survey design. Patients of alumni and students from the three primary Five Element acupuncture schools in the U.S. will be used as a convenience sample. Participants will be recruited through their acupuncturist and provided with a link to an anonymous online survey. The survey will be open for 30 days and there will be no maximum enrollment. Characteristics to be described include: a) motivations for seeking care; b) global physical and mental health; c) health-related behaviors; and d) demographics. The bulk of the questionnaire is extracted from the Adult Alternative Medicine supplement to the 2012 National Health Interview Survey. The Global Short Form v1.1, developed by Patient Reported Outcomes Measurement Information System (PROMIS), is included to measure self-assessed physical and mental health. Descriptive statistics will be employed to summarize and describe the data.

**DISCUSSION:** This poster describes the rationale and design for a study investigating the motivations, health status, behaviors, and demographics of patients receiving Five Element acupuncture. The authors are unaware of any previous research characterizing this patient population. The multi-dimensional questionnaire will elicit a range of data needed to guide education, clinical, and research initiatives.

## Section II: Abstract Submission

Follow the instructions below to complete the [Abstract Submission Form for Research Design](#). The deadline for abstract submission is 11/6/2017. The Program Committee will review abstracts on a rolling basis and notifications of acceptance will be sent no later than 12/4/2017.

The form elements and instructions for the [Abstract Submission Form in the poster category of "Research Design"](#) are as follows:

Form Element	Instructions
Name and Academic Affiliation for Presenting Author	<p>Enter the first and last name of the "presenting author".</p> <p>The presenting author 1) must be responsible for at least as much work on the poster as anyone else, 2) will serve as the contact person going forward, and 3) will present the poster at the Symposium (Note: If the "presenting author" cannot attend the Symposium, he/she must be available for a pre-arranged phone call if judges have questions about the poster.)</p> <p>Select the primary department and academic affiliation for the <u>presenting author</u> (e.g. Nutrition Department, MUIH).</p>
Primary Role at MUIH	Select the primary institutional role (Student, Graduate, Faculty, or Staff) for the <u>presenting author</u>
Email Address	Enter the "@muih.edu" email address for the <u>presenting author</u> (or other primary email address if a graduate of MUIH)
Additional Authors	<p>Enter the initial(s) and last name of <u>all other authors</u> on the poster. Select the primary department and academic affiliation <u>for each of the authors</u> (e.g. Nutrition Department, MUIH).</p> <p><b>Note:</b> If the poster wins an award, all authors will be recognized as awardees but the monetary award will go the presenting author.</p>
Title of Poster	Enter the "Title" for your abstract (See Section I of this document for guidance)
Background	<p>Enter the "Background" for your abstract (See Section I of this document for guidance)</p> <p><b>Note:</b> When <u>adding together</u> the "Background", "Research Objectives", "Methods", and "Discussion" sections, the total word count cannot exceed 400 words.</p>

Form Element	Instructions
Research Objective(s)	Enter the "Research Objective(s)" for your abstract (See Section I of this document for guidance)
Methods	Enter the "Methods" for your abstract (See Section I of this document for guidance)
Discussion	Enter the "Discussion" for your abstract (See Section I of this document for guidance)
Word Count	Enter the Word count for your abstract (Your completed abstract must be 400 words or less (not including title and author information))
Symposium Participation Statement	<p>Presenting author, choose the statement that reflects your ability to participate in the Symposium.</p> <p>The options are:</p> <ul style="list-style-type: none"> <li>• If my abstract is accepted, I will be physically present to discuss my poster at the MUIH Symposium from 5pm to 8pm Eastern Standard Time on 3/23/2018.</li> <li>• If my abstract is accepted, I will <u>not</u> be physically present at the Symposium. If requested, I will make myself available for a pre-arranged phone call to discuss the poster with the judges.</li> </ul>