



2023 ACLM Annual Conference  
RESEARCH ABSTRACT SUBMISSION GUIDELINES  
Open from March 3 – June 14, 2023

## GUIDELINES

The ACLM Annual Conference, to be held October 29 – November 1, 2023 in Denver, CO is an inclusive opportunity for all current and future ACLM members in the medical industry to engage in exceptional formal and informal learning experiences that help to advance career and professional development, individual productivity, and organizational effectiveness.

These guidelines outline the details for preparation and submission of research abstracts for potential conference presentations as posters or brief oral presentations. Please, use the following guidelines to ensure a complete and appropriate submission.

Authors are encouraged to submit abstracts for a poster presentation in all major areas of lifestyle medicine. We define lifestyle medicine as, "...the use of evidence-based lifestyle therapeutic intervention—including a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—as a primary modality, delivered by clinicians trained and certified in this specialty, to prevent, treat, and often reverse chronic disease."

## TIMELINE

Abstracts must be submitted by 11:59pm EST, Wednesday, June 14, 2023. Authors will be notified by July 15, 2023.

Late or incomplete submissions will be ineligible for review.

If accepted, materials must be uploaded no later than October 2, 2023 for review.

## RULES FOR SUBMISSION

- All acceptance and approval of abstracts is conducted by the ACLM Research Committee Reviewer Panel.
- Abstracts must be received through the online portal by June 14, 2023 at 11:59 pm EST.
- Faxed, emailed, or mailed abstract submissions will not be accepted.
- You are permitted to submit only one abstract as first author, but you may co-author multiple other abstracts.
- Multiple abstract submissions on the same topic/data are not permitted.
- All authors must approve the abstract before submission.
- If the submitting author is a professional, evidence reviews are not accepted.
- The abstract must not have been published as an abstract or full paper in a scientific, medical, or professional publication at the time of submission, or presented previously at another conference.

- Submitting authors must review and accept the use of [ACLM Citation Standards](#).
- Abstracts must adhere to ACCME’s Standards for Competing Interests, and submitting authors must review and accept the use of [ACCME Standards for Competing Interests](#).
- You must identify any affiliations or financial interests, on your abstract, of any commercial entities that can have a bearing on the subject matter of your abstract.
- Abstracts in Original Research must confirm IRB approval for conducting human subjects research.
- Abstracts in Clinical Vignettes / Case Reports attest to having the patient’s written permission to present their data, and all data must be deidentified.
- Case Reports may not be autobiographical.
- To present your abstract at the conference, the presenting author must be registered for the conference. If your conference registration is not received by the conference registration deadline, any accepted abstracts will be removed and authors will be unable to present.

## REQUIRED INFORMATION

You will be asked for the following information as part of your submission.

### PRESENTATION TITLE

A proposal must have a short, specific presentation title (containing no abbreviations that indicates the nature of the presentation. Please use title case.

### PRESENTATION CATEGORY

Please choose “Abstract Submission”

### Track

Please select an overall track for your submission.

- Allied Health Professionals Track
- Business of Lifestyle Medicine Track
- Science of Lifestyle Medicine Track
- “How” of Lifestyle Medicine Track

### FIRST/PRESENTING AUTHOR CATEGORY

The author who is submitting the abstract is automatically designated as the corresponding first author and presenting author. If necessary, it will be possible to change which author is designated as the presenting author after acceptance.

- Professional (Any practicing professional not suitable for other categories)
- Trainee (ACLM Members which include residents, fellows and students)

Please be prepared to input your name, email address, professional affiliation and affiliation mailing address, administrative assistant (if applicable), and short biography.

If the authors are requesting that their abstract be considered for a brief oral presentation, as opposed to just a poster, all authors are required to submit a CV and CME Disclosure form. Without these documents, abstracts will not be considered for brief oral presentations because of CME requirements.

## PRESENTATION TYPE

You will be asked to designate your abstract as one of the following presentation types:

- Original Research (prospective intervention trials with one or more arms, observational studies, case-control studies, cross-sectional surveys, retrospective analyses etc.)
- Clinical Vignette / Case Report (discussion of a single patient's or several patients' case history and key lessons/implications for Lifestyle Medicine practice)
- Developments in Clinical Practice (presentation of new protocols, clinical procedures, or programs that advance the practice of Lifestyle Medicine)
- \*\*Evidence Review (presentation of scientific and clinical evidence on a particular topic)

\*\* Only Trainees are permitted to submit abstract within the Evidence Review type.

## PRESENTATION TOPICS

You will also be asked to categorize your abstract under one of the following presentation topics:

- Nutrition
- Physical Activity
- Sleep Stress Management
- Avoidance of Risky Substances
- Positive Social Connections
- Education
- Business/billing/reimbursement
- Other

## PRESENTATION FORMAT

- **Oral Abstract Presentation** - Abstracts submitted as potential oral presentations will be considered for a 15-minute time slot to present a talk at the conference. All accepted abstracts that are not selected for oral presentations will be designated as poster presentations. Evidence Reviews are not eligible for oral presentations.
- **Poster Presentation Only** - General review process for conference acceptance; accepted abstracts will be presented as posters.

## REQUIRED ABSTRACT COMPONENTS

Please complete each section carefully. Incomplete or insufficiently completed abstracts will not be reviewed. All abstract must be written in English. Please see instructions below for specific guidelines on how each section may differ by presentation type.

- **Background** – limit to 50 words
- **Methods** – limit to 100 words
- **Results** – limit to 150 words
- **Conclusion** – limit to 50 words
- **Funding** – limit to 400 words
- **Conflicts of interest of all authors** – limit to 400 words

### Original Research

#### BACKGROUND, OBJECTIVE, METHODS, RESULTS, and CONCLUSION

- **Background:** The Background should briefly provide the context and significance for the project, including identifying previous gaps in research or clinical practice as well as the objective(s) of the project. (Limit to 50 words)
- **Methods:** Methods should be succinct and clear, and specify the process followed so the reader understands how the results were obtained. (Limit to 100 words)
- **Results:** Results should be presented completely and simply and should correspond to the methods used. Do not editorialize in the results section. Statistical results must be presented quantitatively. Do not present qualitative descriptive statements as results (such as, “the plant-based dietary group reduced their risk more than the control group”). When presenting statistical results, include the point estimate, 95% Confidence Interval, and associated p-value. Do not present p-values unattached to other data (such as, “associations were significant at  $p < .05$ ”). (Limit to 150 words)
- **Conclusion:** The Conclusion should interpret and summarize the significance of the results and propose directions for future research as well as identify relevance for clinical practice and/or public health. (Limit to 50 words)

### Clinical Vignette / Case Report

#### INTRODUCTION, CASE DESCRIPTION, DISCUSSION, and CONCLUSION

- **Background:** The Background should describe the context of the case and explain the significance and importance. (Limit to 50 words)
- **Methods:** The Methods should describe chronologically the treatment history, physical examination, and investigative studies of the patient. No identifying information should be used. (Limit to 100 words)
- **Results:** The Results should describe the patient's progress and outcome, review the justification and relative success of clinical decisions and extract the lessons learned from the case. (Be careful of stating this case is the “first” to demonstrate a particular phenomenon as even very thorough literature searches often fail to identify all examples of case reports.) (Limit to 150 words)
- **Conclusion:** The Conclusion should summarize the lessons learned relating to the field of Lifestyle Medicine and/or general medical practice. (Limit to 50 words)

### Developments in Clinical Practice

#### BACKGROUND, OBJECTIVE, METHODS, RESULTS, and CONCLUSION.

- **Background:** The Background should briefly provide the context and significance for the project, including identifying previous gaps in research or clinical practice as well as the objective(s) of the project. (Limit to 50 words)
- **Methods:** Methods should be succinct and clear, and specify the process followed in developing, testing, or executing the protocol, clinical procedure, or program. (Limit to 100 words)
- **Results:** Results should be presented completely and simply and should summarize both the strengths and limitations of the project in terms of relevant outcomes (this may include patient health outcomes, patient engagement, experience of providers/staff, financial sustainability, logistical feasibility or scalability, or others). (Limit to 150 words)
- **Conclusion:** The Conclusion should interpret and summarize the significance of the results and propose directions for future research or clinical practice. (Limit to 50 words)

## Evidence Review

### BACKGROUND, OBJECTIVE, METHODS, RESULTS, and CONCLUSION.

- **Background:** The Background should briefly provide the context and significance for conducting the review, including identifying previous gaps in research or clinical practice, as well as the objective(s) of the project. (Limit to 50 words)
  - **Methods:** Methods should be succinct and clear and describe the search strategy used to search the literature. (Limit to 100 words)
  - **Results:** Results should be presented completely and simply and should present the data relevant to the practice of Lifestyle Medicine. (Limit to 150 words)
  - **Conclusion:** The Conclusion should interpret and summarize the significance of the results and propose directions for future research or clinical practice. (Limit to 50 words)
- **Funding:** Report the source of any funding received for the research. If no funding was received, please put “N/A”
  - **Conflicts of Interests:** Any conflicts of interest, including affiliations and/or financial interests that have a bearing on the subject matter of your abstract must be reported. If there are none, put “The authors report no conflicts of interest related to this research.” Please review ACCME’s Standards for Competing Interests for clarification. ACCME Standards for Competing Interests.

## CRITERIA FOR EVALUATION OF ABSTRACTS

The Research Review Committee will review all abstracts, and those selected for a poster or oral presentation at the conference will be based on scientific merit, and the following criteria.

### General Style and Presentation

- The abstract meets all rules of submission
- The abstract is properly and fully prepared
- The abstract is concise and clear, with no grammatical or spelling errors
- The abstract text corresponds to the structured abstract headings for the presentation type and the content is appropriate for the heading

### Abstract Content

- The content will contribute to achieving the overall Lifestyle Medicine conference goals and is relevant to the professional practice of other attendees
- The abstract exhibits mastery of the subject
- The content is a novel/innovative contribution to the field
- The content is logically presented and evidence-based
- Conclusions are valid and supported by the results

- There are meaningful implications for future work (research, clinical practice, or public health)

### SELECTION FOR ORAL PRESENTATIONS

If the submitting author designated the abstract submission to be considered for an oral presentation, the abstract may be selected for a 15-minute presentation to be given at the conference. Submitting authors will be notified of their designation at the same time as notification of acceptance (June 30).

Evidence review are not eligible for oral presentations.

Oral presenters should plan for approximately 10-12 minutes of speaking followed by 3-4 minutes of questions.

### POSTER AWARDS

The Research Review Committee will recognize outstanding poster presentations at the conference. First authors of the abstracts selected for the conference are eligible to receive the recognition. Abstracts selected for oral presentations are not eligible to receive poster awards.