



**ISTRC**  
2023

**INTERNATIONAL  
SARCOPENIA  
TRANSLATIONAL  
RESEARCH  
CONFERENCE**

## **How to submit an abstract for ISTRC 2023**

- All abstracts must use the **abstract submission template (Word document)** (which can be found on our website: [www.sarcopeniaconference.com](http://www.sarcopeniaconference.com)) and be submitted via email to [sarconf@newcastle.ac.uk](mailto:sarconf@newcastle.ac.uk).
- The email subject line must read: "ISTRC Abstract Submission" followed by your full name.

The deadline for submission is **Midnight (UK Time) on the 26<sup>th</sup> June 2023**. Late submissions will not be considered.

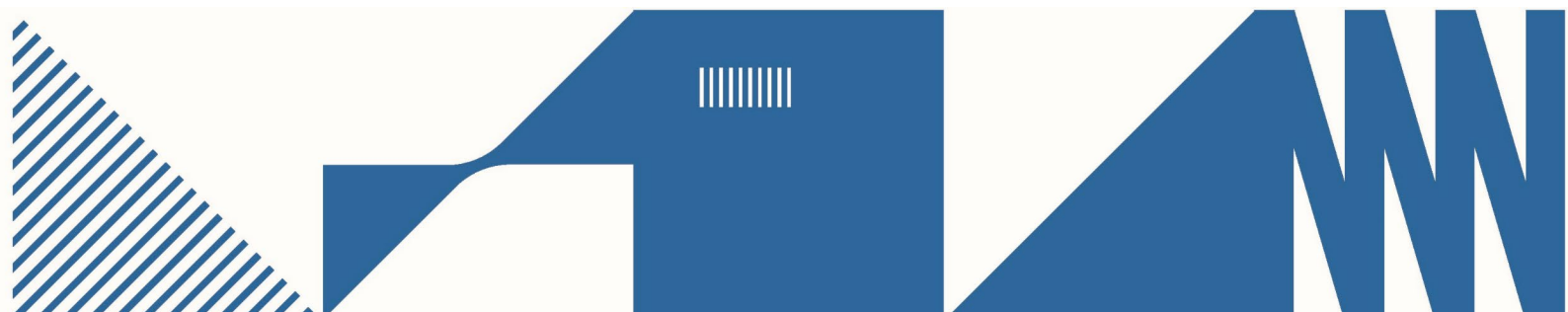
All authors will be notified of the outcome of abstract review in the **week commencing 17<sup>th</sup> July 2023**.

**NB: Only delegates attending the conference in-person will be able to present their abstract (oral or poster). If you or one of your co-authors do not plan to attend in-person, please do not submit an abstract.**

### *Limited free places for student and early career researcher presenters*

Students (those on full or part-time taught courses) or early career researchers (those undertaking a PhD or who are not more than 5 years post completion of a PhD or equivalent research degree) are encouraged to apply for one of a limited number of free places using the form attached to the abstract submission template (available on our website). The organising committee will select a limited number of successful abstracts for these free conference places. For free conference places you must attend in-person.

**Please ensure that you read this guidance carefully before submitting your abstract.**





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## **Abstract formatting and uploading**

### ***Oral vs Poster submission***

The abstract submission template will give you the option of submitting your abstract for consideration as an oral or poster presentation or as a poster presentation only. Please note that there are only a limited number of oral presentation slots available, and the organising committee will select submissions for these based on relevance and quality.

### ***Category***

Please select a category for your work – choose one that most closely matches the content of your abstract: *Biology of sarcopenia, Epidemiology of sarcopenia, Clinical Research in sarcopenia, Sarcopenia in clinical practice, Sports science and sarcopenia, Other.*

### ***Title***

The abstract submission template will ask you for your abstract title (maximum 25 words)

### ***Word Document***

We will ask you to email each abstract as a separate Microsoft Word document containing a list of authors, places of work, and the main body of the abstract text. We have provided a submission template on our website that includes information on the correct format. This must be fully completed. **Please do not send a PDF or other file type.**

Please enter authors as Firstname Surname<sup>1</sup>, Firstname Surname<sup>2</sup> etc, with superscript numbers denoting the place of work.

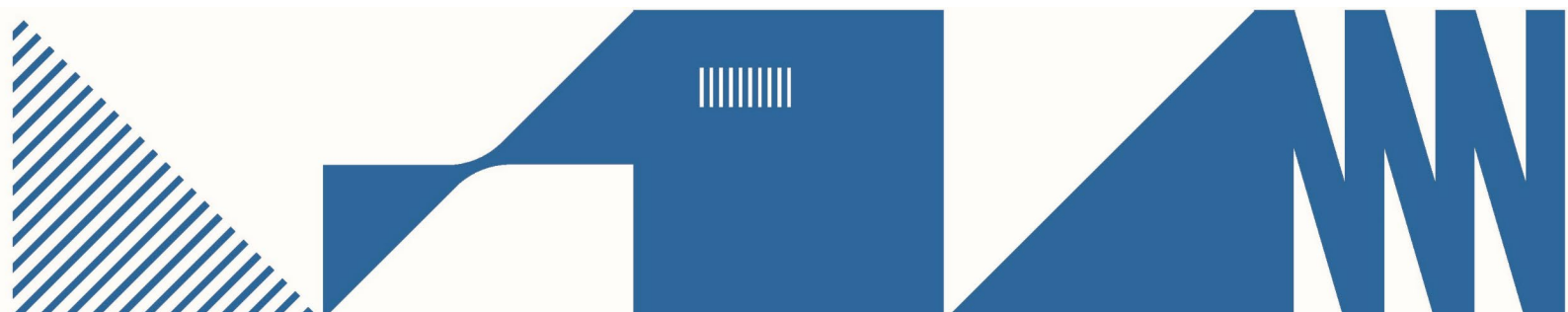
In a separate paragraph, please enter the places of work (institution, city, country), with each place of work numbered to correspond to the numbers after names.

### ***Main body of text***

Please divide your text into headings: Background, Methods, Results, Conclusions

The main body of text should consist of no more than 300 words. Abstracts longer than this will not be considered.

Tables and figures are not permitted in the abstracts, and references are discouraged.





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## **Tips for success**

A brief background only is required – a couple of sentences usually suffices.

In the methods, please tell us what the study design was, what the population, intervention/exposure/experimental conditions, and main outcomes were, and how you analysed the data.

Your results are what we are most interested in, so please ensure that these are included. Abstracts noting that 'Results will be presented' but giving no data will not be considered.

Please do not give p values alone; p values should follow an effect size, proportion, or other measure. Similarly, do not give percentages alone; these should follow a numerator and denominator.

Further research is always needed, so please do not include this in your conclusion. Ensure that your conclusion reflects the results that you present.

Please avoid abbreviations in your abstract.

## **Other information**

Please ensure that you provide a contact email address on the template. Without this, we cannot let you know if your submission was successful.

We encourage you to register to attend the conference at the time that you submit your abstract in order to take advantage of our reduced 'Early-Bird' conference rates. If you are later successfully awarded a free place, we will refund your registration fee.

**Problems submitting your abstract?** Please email us at [sarconf@newcastle.ac.uk](mailto:sarconf@newcastle.ac.uk)

