

## Guidelines for Paper submission

### The 10<sup>th</sup> ASPASP International Congress

*Theme: Innovation, Health & Psychology: Future Directions in Sport, Exercise, and Digital Well-being*

The Thailand Applied Sport Psychology Association (TASPA) and Asian South-Pacific Association of Sport Psychology (ASPASP) are hosting the 10<sup>th</sup> ASPASP International Congress in 2026. The Organizing Committee of the Congress invites papers for oral or poster presentations. For further questions regarding manuscripts submission, please contact the conference secretariat at E-mail: [submission.theconference@gmail.com](mailto:submission.theconference@gmail.com)

### Before you Begin

**The corresponding author must collect and enter the following information for the abstract submission:**

- Contact data - Correct spelling of first and last name, rank, affiliation, affiliation country
- Paper Title—Full paper title for the presentation
- Paper Abstract—not to exceed 250-300 words

**We strongly recommend that you prepare all the information required below BEFORE starting to fill in the submission form. Your information will be lost if you leave the page or close the browser without submitting all the contents.**

### 1. Submit to the Conference

Authors willing to present their submissions can **choose between a poster presentation or an oral presentation.** After that, please submit your proposal, choosing from the available presentation formats. And sent email to [submission.theconference@gmail.com](mailto:submission.theconference@gmail.com)

#### Oral Presentation

For each accepted paper, 10 minutes, followed by 3 minutes for questions and discussion.

#### Poster Presentation

Each accepted poster should be printed in the following sizes: Width = 55 cm \* Height = 85 cm

### 2. Guidelines for submission of abstracts for oral or poster presentations

#### 2.1 General guideline:

Categories of Abstract Submission:

- Exercise and Sport Psychology
- Health Psychology
- Good Health and Well-being
- Motor Learning and Control
- Cognitive and Neuroscience on Exercise and Sport

#### 2.2 Abstract submission guideline:

Abstract submission must be in A4 portrait (210 x 297 mm), margins setting for left: 1 1/2 inches, top, bottom, and right: 1 inch, in Times New Roman font, **not exceeding 250-300 words** within 1 page with one paragraph giving a concise summary, and 3 keywords, labeled “Keywords,” one blank line from the abstract. An abstract structure should **include purpose, method, result, and conclusion.**

2.2.1 Title: 12 pt., capital letters, bold, centered, single-spacing, 2 lines maximum, 6 pt. after title. The title should be concise but long enough to clearly identify the nature of the presentation (maximum 20 words).

2.2.2 Author(s): 11 pt., bold, centered, single-spaced, last name in capitals, and 3 pt. after author. Order: LAST NAME First name Middle initial(s) of author 1, LAST NAME First name, middle initial(s) of author 2, and LAST NAME. First name, middle initial of author 3. Middle initials are optional. The list of authors should not include any reference to their academic or professional titles.

2.2.3 Institution(s) 9 pt., centered, single-spacing, 6 pt. after the last institution. Order: Institution and country use one single line for each institution.

2.2.4 Subtitles: 10 pt., capital letters, bold, alignment left, single-spacing

2.2.5 Text: 10 pt., justified, single-spacing, and 6 pt. after paragraph. If the abstract includes a table, graph, or photo, the text character count must be limited to accommodate the graphic elements.

#### 3.3 Full paper(s) submission guideline:

The full paper within 6 to 8 pages should consist of the following: 1) abstract should not exceed 250-300 words. 2) Introduction, 3) Purpose of the study, 4) Methodology, 5) Results and Discussion, 6) Conclusion and Suggestion, and 7) Reference

All headings should be separated from the text. Paragraphs should have its first line indented by about 0.25 inches, except where the paragraph is preceded by a heading, and the abstract should be indented on both sides by 0.25 inches from the main body of the text.

- Tables and graphs: must be in black and white, with a presenting heading of 9 pt. placed at the top.

- Figures/Illustrations: with presenting a heading of 9 pt. placed at the below.
- Reference: APA style. 20 references maximum in alphabetical order for all papers.  
Example: Rotella, R.J. and Murray, M. (1991). Homophobia, the world of sport, and sport psychology consulting. *The Sport Psychologist*, 5, 355-364.

### 3.4 Uploaded File Format and File Name:

File Formats Accepted:  
MS Word (.DOC)  
File Name:

Using the presenter's last name. Can only contain the following characters: A-Z. Can have NO dashes, spaces, underlines, or special characters. ONLY A-Z characters. File extensions are required for a successful upload.

### 3. Receive a Confirmation

After submitting, you should, within the next day, receive an acknowledgment via email. If your e-mail account has a restriction for Spam or a firewall, please update your account to accept e-mail from [submission.theconference@gmail.com](mailto:submission.theconference@gmail.com)

### 4. Initial Screening

Your submission will be checked by staff to ensure it conforms to accepted academic norms and to screen out incomplete submissions.

### 5. Review

Your submission will be reviewed by members of the Review Committee

### 6. Notification of Acceptance or Rejection to Corresponding Author

Notification of acceptance or rejection of an abstract will be sent to the submitting (corresponding) author by **April 16, 2026**. Authors whose abstracts have been accepted will receive instructions for the presentation of their abstract. A registration of the presenter (first author) should be made by **20 April 2026** to guarantee publication of the abstract in the proceedings.

### 7. Registration

Conference registration is open on the conference website. All individuals who wish to present at the conference are required to submit conference registration payment by the registration deadline (**20 April 2026**). The submission WILL NOT appear in the printed program unless at least one author of the submission is registered by the registration deadline.

### 8. Significance Dates:

March 31, 2026	Deadline of abstract(s)
April, 14, 2026	Notification of abstract(s) acceptance
April 20, 2026	Deadline of full paper submission and presenter registration
June 24-27, 2026	10 <sup>th</sup> ASPASP International Congress