NASPSPA Abstract Submission Guidelines

This document provides information relative to the annual conference abstract submission guidelines.

Membership

You must be a current NASPSPA member in order to submit your abstract. The abstract submission process requires you to login with your active membership credentials to start the process. NASPSPA memberships run on the calendar year and renewals that are made after October 1 are automatically credited for the subsequent calendar year. You can update your membership [here](#).

Authorship

An individual may be the first author on no more than two presentations (inclusive of verbal and poster presentations) each year. There is no limit on the number of abstracts you can co-author as a non-first author. Additional information regarding Ethical Guidelines and the use of Non-Discriminatory Content is available in Appendix A in the [Policy Manual.](#)

Presentation types

Verbal and poster presentations will be accepted. You have the option of selecting your preference when you submit your abstract, as well as to indicate if you are only willing to accept a presentation of a certain type.

Verbal presentation:
You will be asked to prepare a 12-minute presentation, followed by a three-minute question and answer period.

Poster presentation:
You will prepare a standard conference poster, however, this poster may be shared electronically (versus requiring you to print and carry a poster to the conference). Details on the poster session (structure, location) is forthcoming.

Symposia:
After selecting symposia, please look at the bottom of this page for more information about symposia submissions. Symposia consist of 4 or 5 presentations that relate to a common theme. As per the policy manual:

Symposia should not consist of a collection of verbal presentations on one topic, nor from one laboratory. Symposia are expected to be organized around a theme with a logical connection between speakers and/or a discussant to bring things together. Representation from multiple universities is encouraged. An ideal format is a short introduction, three speakers, and a discussant, but this is not mandatory.

Abstracts for verbal and poster presentations follow the same scientific and formatting content rules. See below for the details.

Scientific content

Data-based, theoretical, or research review papers that have not been previously published in an archival scientific publication or presented elsewhere at a national or international conference are eligible for submission. Given the global pandemic and its constraints on conducting research, we are also encouraging the submission of abstracts that describe challenges to theory, debates on a topic, reviews of methodologies, and overviews of areas of research or researchers for this year's virtual conference.

Formatting content

- Title: Only the first letter and acronyms/names should be capitalized. Please be careful to write the title in sentence case.
- Body: The abstract body should NOT include section headings (i.e., Introduction, Methods, etc.), the title, or author information.
- Length: All abstracts (regardless of whether you are submitting for a verbal or poster presentation) have a **maximum length of 2100 characters (including spaces)**. To check the number of characters in your draft in Word, select your abstract text (do not include any title or author information), click on the "Review" tab in the header, the select "Word Count". This will give you a pop-up window with the statistics of your highlighted text. Focus on the "Characters (with spaces)" line to ensure you are less than 2100.
- Important Note: All information should be entered in final publication-ready form. The way you submit is the way it will be shown in the program and in the *Journal of Sport and Exercise Psychology (JSEP) Supplement*.

- Example: See below for an example of an appropriately formatted abstract. You can download it in Word format here to use as a template.

How do I look? The impact of body awareness and self-objectification on motor performance in women

Elizabeth Cox, April Karlinsky, Joseph Manzone, Timothy N. Welsh, Catherine M. Sabiston, University of Toronto

Drawing on tenets of self-objectification theory, women and girls internalize a focus on their body's appearance rather than its functional attributes. Although self-objectification promotes constrained and ineffective motor performance in girls, it is unknown how body awareness and self-objectification impact motor performance in women. The present study examined the impact of body awareness and self-objectification on performance in women. It was hypothesized that greater body awareness would predict reduced performance during a visual-motor aiming task, and this relation would be mediated by self-objectification. Women ($N = 80$, $M_{age} = 20.6 \pm 3.1$ years) completed the state Self-Objectification Questionnaire. To prime awareness of the body, participants were assigned athletic clothing to wear for the duration of the study, had their picture taken, weight, height, and waist circumference measured, and completed a body size distortion task. Participants then completed a visual-motor aiming task while sitting beside a full-length mirror. Their behaviour was video recorded. For each participant, number of clothing adjustments and self-views in the mirror were coded and summed, and mean body distortion score was calculated. Z-scores were calculated and summed to create a composite body awareness measure (CBA). Mean and standard deviation (SD) of reaction time (RT) were calculated across aiming task trials. Based on the linear regression models, CBA was significantly related to SD of RT ($\beta = 0.006$, CI: 0.002, 0.010, $p = 0.002$), whereby increased CBA predicted increased SD of RT. The indirect effect of self-objectification was $\beta = -0.001$, CI: -0.002, 0.000, $p = 0.054$. These results suggest women's body awareness and perception of their body as an object rather than as an effective instrument may lead to inefficient motor performance. Over time, this relatively inefficient performance could deter participation in physical activity. More work is needed to explore this possible link between body awareness, motor performance and physical activity. Funding: SSHRC, NSERC.

Where/how to submit

To submit your abstract, click here. For detailed instructions on the process to submit, see below.

Step 1: General Information

1. You will be asked to affirm that you will present at the conference if your abstract is accepted. If your paper is accepted, you are agreeing to present

your paper in the format it was assigned (verbal or poster) or to designate a co-author. **If your paper is accepted but you (or a co-author) do not present the paper at the conference, NASPSPA may impose a ban of presenting at NASPSPA conferences for up to 2 years for all authors on the paper.**

2. You will be asked to adhere to the ethical guidelines of NASPSPA and APA.

3. You must certify that the research you are submitting for presentation has not been published or presented at any other peer-reviewed venue.

Step 2: Abstract Information - Title, Type, Topics

1. Select a research topic from the list presented.
2. Choose your preferred abstract presentation type from the list presented.
3. Indicate whether you willing to present in a format other than your preferred choice.
4. Indicate if you are a student AND would like to be considered for the NASPSPA Outstanding Student Paper Award. This requires an additional longer abstract to be submitted to the Program Area Chair two weeks after the conference abstract submission deadline.
5. Enter the Title of the abstract. Please be sure that your title is submitted in sentence case, with only the first letter of the title as a capital.
6. Enter keywords relevant to the abstract.
7. Enter the funding source for your research (if applicable).
8. Click on "Step 3: Author Information" to proceed.

Step 3: Author Information

1. Enter first author's name, email, and university. Only enter your primary university's name (no Department/School/Center information is needed).
2. If this is a single author paper, indicate that you are the presenting author.
3. If there are multiple authors, please add authors as needed. Be sure to indicate which is the presenting author.
4. Click on "Step 4: Abstract Content " to proceed.

Step 4: Abstract Content

1. You may copy/paste the abstract text into the box. **The abstract total length must be less than 2100 characters (including spaces).**
2. After completing Step 4, click the "**Save**" button to submit your abstract.

Once you click save, you will go to a confirmation screen where you can sign out or submit another abstract. In addition, within 24 hours you will receive a separate email notifying you of successful receipt of your submitted abstract.

Instructions for Submitting Symposium Abstracts

The organizer of the symposium should submit all abstracts and papers on the same visit. Begin here after completing Step 1 from above.

Step 2: Enter information about the overall symposium

1. You will have already chosen your abstract presentation type from a drop-down list.
    - **Symposia** – Symposia consist of 4 or 5 presentations that relate to a common theme. As per the policy manual:

        Symposia should not consist of a collection of verbal presentations on one topic, nor from one laboratory. Symposia are expected to be organized around a theme with a logical connection between speakers and/or a discussant to bring things together. Representation from multiple universities is encouraged. An ideal format is a short introduction, three speakers, and a discussant, but this is not mandatory.

2. Enter the Title of the symposium.
3. Enter the title for the first paper in the symposium. Each paper presented in a symposium must be entered as a separate abstract with the same symposium title.
4. Enter keywords relevant to the symposium.
5. Enter the funding source for your research if appropriate.
6. Click on "Section 3 Abstract Authors" to proceed to enter author information.

Step 3: Abstract Authors

1. Identify the Symposium organizer
2. Identify the Symposium discussant
3. If YOU are the first author of this abstract, check the first box and your information will be filled in. Be sure to fill in any empty fields as all information is required for submission.
4. Provide the name, university, phone number, location, and email address, when applicable, for each co-author. Keep adding authors until this step is complete.
5. Be sure to use the check box to indicate which author is intending to present this abstract at the conference.
6. Once you have added all authors, click on "Step 4 Abstract Content" to proceed.

Step 4: Abstract Content

1. You may copy/paste the abstract text into the box.

   This is a plain text database and therefore cannot accept any formatting (e.g., italics and bold) and cannot recognize special characters. Click here to read instructions for using Greek symbols (e.g., statistics) and math. **The abstract total length must be less than 2100 characters (including spaces).**

2. After completing Step 4, click the **"Save"** button to submit your abstract.

Step 5: Enter the other abstracts

1. After saving the abstract for the overall symposium, you will receive a confirmation # for your submission. Click on "Submit another paper for this symposium".
2. Then add the Paper Title for the new abstract (Section 2; the symposium title will already be displayed), the author(s) for this abstract (Section 3), the abstract content (Section 4), and then click Save. Follow this process (title, authors, abstract content) until the last abstract is entered.

Step 6: When the last abstract has been submitted you may sign-out.