How to Write an Abstract

An abstract is: a concise summary of a completed research project or paper. A well-written abstract will make the reader want to learn more about your research, read your paper, or attend your presentation. Abstracts also serve as a summary of the research so the manuscript can be categorized and searched by subject and keywords.

There are four components of an abstract:

1. **Objective/Aim/Hypothesis**: Why do we care about the problem? What practical, theoretical, scientific, or artistic gap is your research filling? Objectives must outline the content or expectations of the work being presented.

2. **Methods/Design/Approach**: What did you actually do to get your results? Did you approach your subject using a specific theoretical framework, technical procedure, or methodology? This section should be a clear, concise description of the methods used to include research design and appropriate statistical terms and must be appropriate to the objectives and rationale of the presentation or project.

3. **Results and/or Implications**: As a result of completing the above procedure or investigation, what did you learn, create, or invent? This section must be complete. “Results will be presented at the meeting,” is not acceptable. Results or implications must indicate clearly the findings of the project and be consistent with the methodology and objectives. Results should include at least preliminary data. Implications should show how study adds to the body of science.

4. **Conclusion(s)**: What are the larger implications of your findings, especially for the problem or gap identified in Step 1? Conclusions should be sound and justified by the data and statistical analyses. Conclusions must be consistent with the introduction or rationale and objectives, so that the information is complete.

During abstract submission, you will also need to provide the following:

- Authors’ names and institutions
- Study funding sources

Please follow *Advances in Nutrition* instructions for abbreviations, units of measure, nomenclature and tables/figures. These instructions can be found at: [http://advances.nutrition.org/site/misc/ifora.xhtml](http://advances.nutrition.org/site/misc/ifora.xhtml)
Abstract Example:

Lean Gain Is Enhanced by Leucine Pulses during Continuous Feeding in Neonates
Teresa A Davis, Claire Boutry, Samer El-Kadi, Agus Suryawan, Julia Steinhoff-Wagner, Barbara Stoll, Renan Orellana, Hanh Nguyen, and Marta L Fiorotto
Department of Pediatrics, Baylor College of Medicine, USDA/ARS Children’s Nutrition Research Center, Houston, TX

Objective: Patients who are unable to feed orally can be nourished by orogastric tube on an intermittent bolus or continuous schedule. We have shown in neonatal pigs that continuous feeding reduces protein synthesis and blunts protein deposition in muscle compared with intermittent bolus feeding. Our objective was to determine whether pulses of the amino acid leucine can be used to trigger the activation of the intracellular signaling pathway that regulates protein synthesis and thereby promote muscle growth during continuous feeding in neonates.

Methods: Twenty-three piglets (7-d-old) were fed continuously a milk replacement formula via orogastric tube for 21 d with an additional parenteral infusion of either leucine (800 μmol•kg⁻¹•h⁻¹, LEU) or alanine (isoinitrogenous control, ALA) for 1 h every 4 h. Body composition (DXA), plasma hormone and substrate concentrations, fractional protein synthesis rates, and translation initiation factor activation were determined.

Results: At 21 d, body weight was higher, lean gain was greater, and fat gain was lower in LEU than in ALA pigs (P < 0.05). Longissimus dorsi (LD), gastrocnemius, and soleus muscles weights were heavier in LEU than ALA (P < 0.05) with no effect of treatment on liver, small intestine, and heart weights. Fractional protein synthesis rate and indices of translation initiation signaling, i.e., phosphorylation of mTORC1, 4EBP1 and S6K1, and formation of the active eIF4E•eIF4G complex, in LD muscle were greater in the LEU than ALA group (P < 0.05).

Conclusions: Administration of leucine pulses during 21 d of continuous feeding decreases fat gain and increases lean gain by stimulating the translation initiation pathway leading to protein synthesis in skeletal muscle of neonates.

Supported by: NIH AR444474, USDA/ARS 6250-51000-055, NICHD HD072891, and USDA NIFA 2013-67015-20438
Starting a New Abstract.

After creating a log in
Step 1) Read the instructions
Step 2) Start a new abstract.

BEFORE YOU START!

Before You Start

- Read the Instructions first! You may want to print these instructions to have them as a reference as you enter your abstract.
- Prepare your abstract in a Microsoft Word document (preferred format).
- Have the names and institutions for all your co-authors.
- Please follow Advances in Nutrition instructions for abbreviations, units of measure, nomenclature and tables/figures. These instructions can be found at: http://advances.nutrition.org/site/misc/ifora.xhtml
- Have your credit card readily available to pay the $30 nonrefundable submission fee. Your credit card will be charged immediately. The fee is nonrefundable and is not refunded for withdrawn submissions.

ABSTRACTS (you have 0 complete abstracts, 1 incomplete abstracts and 0 withdrawn abstracts)

Click here to begin a new Presentation Abstract.
Create a descriptive title.
Submission Tasks

1. Presenting Author
2. Co-Authors
3. Abstract
4. Supporting Images/Graphs
5. Funding and Disclosures
6. Authors' Statement and Publication Agreement
7. Travel Award Information
   Click here to complete the Young Investigator Travel Award task. Through this task you may indicate interest OR decline interest.
8. Abstract Submission Fee
   ACCN16 Abstract Submission Fee

All tasks must be completed before you can submit your final abstract.

Provide all information about you (the presenting author) and your co-authors, if applicable, in the first two tasks.
The Abstract

Click here to read the Abstract Instructions.
Click here to read the Poster Presentation Guidelines

Additional resources on what your abstract will be scored on and how to present can be found on this page as well as on the ASN website.

Title
Test.

Category
Select a Primary Category

Choose Primary Category (required):
Select one ...
Variability in Responses to Diet and Food
Nutrition on Healthy Growth, Development and Reproduction
Disease Prevention, Progression and Treatment
Nutrition-Related Behaviors
Food Supply and Environment
Vitamins, Minerals, and Bioactives
Energy and Nutrient Metabolism
Community, Public Health and Global Nutrition
Nutrition and Health Policy

Make sure to choose an abstract category from the drop down list, pictured to the left.
Preparation of Abstracts:
1. Each abstract should be formatted using four (4) headings:
   - Objectives: A brief purpose of study
   - Methods: Clear, concise description of the methods used to include research design
   - Results OR Implications: Results should include at least preliminary data. Implications should show how study adds to the body of science. To say,"the results will be discussed," is insufficient.
   - Conclusions: Should be sound and justified by the data and statistical analyses
2. The abstract title should be short and specific.
3. Supporting sources should be mentioned in the final line of the abstract.

Criteria for Scoring Abstracts:

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<th>Criteria for Scoring Abstracts</th>
<th>Approximate Weighting to Consider</th>
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<td>Objective/Aim/Hypothesis</td>
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<td>- Must include at least preliminary data. &quot;Results will be presented at E9&quot; is not acceptable.</td>
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Rules for Abstract Submission:
1. An author may submit more than one abstract, as long as it is on different research.
2. The presenter submitting an abstract must be an author.
3. Each abstract form submitted must be signed by the presenting author.
4. The signature provides assurance of the adherence of the rules included.
5. If accepted, abstracts will be presented as posters at Advances and Controversies in Clinical Nutrition. Presenting authors are expected to attend the conference and participate in poster viewing hours.
6. CME credit will be offered. Please review the conflict of interest statement and check the box if appropriate.

Possible Conflict of Interest:
In accordance with the essentials and standards set forth by the Accreditation Council for Continuing Medical Education, as well as the guidelines proposed by the Food and Drug Administration and endorsed by the American Medical Association, a notation must be made in the Official Meeting Program if there are any abstracts to be presented by author(s) who may have a conflict of interest. Such conflicts may include, but is not limited to, any significant financial interest in a company, product or procedure that is mentioned in the abstract of presentation. If this potential conflict could exist, please check the box provided on the abstract form to be noted in the Program. This will not influence your opportunity to present your research in any way.
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Travel Award Application for Students, Trainees and Young Professionals

TRAVEL AWARD INFORMATION

2016 Advances and Controversies in Clinical Nutrition Travel Awards for Graduate/Medical Students, Trainees and Young Professionals

Up to five travel awards will be given based on abstract quality and available funding.

Travel Award Requirements

1. All applicants must be current ASN members.
2. A current graduate or medical student and/or young professional (as defined below) and presenting author of the submitted abstract.
3. All awardees must present their abstract during the designated poster presentation times at Advances and Controversies in Clinical Nutrition, December 8-10, 2016.
4. All applicants must complete the following Travel Award Application.
5. Only one application per presenting author will be considered.

A young professional is defined as a postdoctoral, medical resident, junior faculty and/or other young professional who has completed a nutrition, medical or related degree within the past three years.

Deadline for Abstract Submission and Travel Award Application: October 7, 2016 at 5:00 PM EST.

Make sure to read all the qualifying information.

You must answer additional questions that apply to your education or work status in order to complete the award application.
Abstract Submission Fee

Step 1) Click “Add to Cart” to be redirected to the payment page.

Step 2) Once payment is complete, go back to submission task and click “Payment Submitted” to complete the task.
Submitting your Abstract to ACCN

• Once all tasks are complete you may submit your abstract.
• You are welcome to submit more than one abstract.
• All abstracts will be reviewed and scored for quality assurance.
• Abstracts that are accepted will be presented at ACCN 2016. Several of the highest scoring abstracts will be presented in oral format; all other abstracts will be presented in poster sessions.
• If your abstract is accepted for presentation, you are expected to attend the meeting in December.

Thank you!