

**2025 ICLM Annual Conference**  
**RESEARCH ABSTRACT SUBMISSION GUIDELINES**  
**Open from July 20 – August 15, 2025**

**GUIDELINES**

The ICLM Annual Conference, to be held on October 23<sup>rd</sup> – October 26<sup>th</sup>, 2025 in Highland Country Club & Resort near Islamabad, Pakistan is an inclusive opportunity for those in the medical field to engage in exceptional 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 any one major area 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.”

**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 TOPICS**

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

- Nutrition
- Physical Activity
- Stress Management
- Sleep
- Avoidance of Risky Substances
- Positive Social Connections
- Circadian rhythm
- Gut microbiome

## PRESENTATION FORMAT

- Oral Abstract Presentation –

Abstracts submitted as potential oral presentations will be considered for a 5-7-minute time slot to present a talk at the conference.

- 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 100 words
- Conclusion – limit to 50 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 100 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 100 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. 5

**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 100 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)

## **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 7-minute presentation to be given at the conference. Submitting authors will be notified of their designation at the same time as notification of acceptance.

### CERTIFICATE OF PARTICIPATION

All accepted oral presenters and poster presenters (1<sup>st</sup> author) will be awarded a certificate of participation