

2026 ICLM Annual Conference
Research Abstract Submission Guidelines
Submission Period: 10 July –5 August 2026

Conference Theme

Redefining Healthcare: Lifestyle Medicine at the Core of One Health

Conference Subtheme

Whole Person Health: Integrating Precision Chrono-medicine and Lifestyle Medicine

Conference Details

The **2026 ICLM Annual Conference** will be held on **29–30 September 2026** at **Jacaranda Family Club, DHA-II, Islamabad, Pakistan**.

The conference provides a platform for clinicians, researchers, educators, students, and allied health professionals to share original research, innovative clinical practices, and scholarly work that advance the science and practice of Lifestyle Medicine. Accepted abstracts will be presented as either oral or poster presentations.

Lifestyle Medicine is defined as:

"...the use of evidence-based lifestyle therapeutic interventions—including a whole food plant predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and connectedness as a primary modality, delivered by clinicians trained and certified in this specialty, to prevent, treat, and often reverse chronic disease."

Eligibility

Abstract submissions are invited from:

- Medical students
- House officers and residents
- Physicians and dentists
- Nurses and allied health professionals
- Public health professionals
- Researchers
- Medical educators
- Healthcare professionals with an interest in Lifestyle Medicine

Abstract Categories

Authors may submit abstracts under one of the following categories:

- Original Research
- Developments in Clinical Practice

Presentation Topics

Authors should select the presentation topic that best fits their submission under any of the following categories.

- Nutrition
- Physical Activity
- Restorative Sleep
- Stress Management
- Avoidance of Risky Substances
- Connectedness
- Gut Microbiome and Metabolic Health
- Environmental Health and One Health
- Lifestyle Medicine Education

Presentation Format

Oral Presentation

Accepted oral abstracts will be allocated a **5–7 minute presentation**, followed by discussion as determined by the conference schedule.

Poster Presentation

Accepted poster abstracts will be displayed during designated poster sessions. Poster specifications and display instructions will be communicated after acceptance.

Final allocation to oral or poster presentation will be made solely by the Scientific Review Committee based on reviewer scores, scientific merit, and the number of available presentation slots.

Required Submission Information

Authors will be required to provide:

- Presentation title
- Author(s) and affiliation(s)
- Corresponding author details

- Presentation topic
- Abstract category
- Preferred presentation format
- Structured abstract

Presentation Title

The title should:

- Be concise and informative
- Clearly reflect the content of the work
- Be written in Title Case
- Avoid abbreviations where possible

Abstract Preparation

All abstracts must:

- Be written in English.
- Be original work.
- Not exceed **250 words** (excluding title, authors, and affiliations).
- Follow the structured format appropriate for the selected abstract category.

Incomplete submissions will not be considered for review.

Abstract Structure

Original Research

Background (≤50 words)

Briefly describe the context, significance, research gap, and study objective(s).

Methods (≤50 words)

Describe the study design, participants, methodology, and analysis.

Results (≤100 words)

Present objective findings.

Statistical results should include appropriate quantitative measures (e.g., effect estimates, 95% confidence intervals, and p-values where applicable).

Conclusion (≤50 words)

Summarize the principal findings, clinical or public health implications, and future research directions.

Developments in Clinical Practice

Background (≤50 words)

Describe the clinical or educational problem and objectives.

Methods (≤50 words)

Describe the intervention, protocol, innovation, or implementation strategy.

Results (≤100 words)

Summarize outcomes, strengths, limitations, feasibility, and scalability.

Conclusion (≤50 words)

Discuss implications for practice and future development.

Ethical Considerations

Research involving human participants or animals must have received approval or exemption from the appropriate Institutional Review Board (IRB) or Ethics Review Committee where applicable.

Authors are responsible for ensuring ethical compliance.

Originality

Submitted abstracts must represent original work.

Previously published work in peer-reviewed journals should not be submitted.

If the work has been presented previously, authors should disclose this during submission.

Conflict of Interest

Authors must disclose any actual or potential conflicts of interest relevant to the submitted work.

Abstract Review Process

All abstracts will undergo independent peer review by members of the Scientific Review Committee.

Reviewers will evaluate submissions using a standardized scoring rubric.

Selection for oral or poster presentation will be based on:

- Scientific quality
- Reviewer scores
- Relevance to Lifestyle Medicine
- Originality
- Potential impact
- Available presentation slots

The decision of the Scientific Review Committee shall be final.

Selection for Oral Presentations

Abstracts will be independently evaluated by the Scientific Review Committee using the above rubric. Selection for oral or poster presentation will be based on the aggregate reviewer scores, scientific merit, and the number of available presentation slots. The highest-ranked abstracts will be allocated oral presentation slots. The Committee's decision shall be final.

Notification of Acceptance

Corresponding authors will be notified via email regarding acceptance and presentation format following completion of the peer-review process.

Registration

At least one author must register for the conference to present an accepted abstract. Failure to register by the specified deadline may result in withdrawal of the presentation from the conference program.

Withdrawal Policy

Authors wishing to withdraw an abstract should notify the Scientific Committee in writing as early as possible.

Certificates

Certificates of Presentation will be awarded to the presenting (first) author of all accepted oral and poster presentations.