

## Best Practices for Writing Abstracts

The suggestions below are intended to provide guidance on abstract writing.

**Title:** To the extent the data permits, make the title dynamic and conclusive, rather than descriptive. For example, “Hypoxia Inhibits Kv1.5 Channels in Rat Pulmonary Artery Smooth Muscle Cells” is preferable to “Effects of Hypoxia on Kv1.5 Channels.” Explicit titles denoting the findings should be used (not “Investigations of...,” “Studies of...,” etc.)

**Structure:** Abstracts should have the following identifiable sections: Introduction, Hypothesis, Methods, Results and Conclusions.

**Category:** Be sure to select the correct abstract category. Category selection determines which team grades the abstract. If you select the appropriate category, your abstract will be blindly graded by experts familiar with the science of the category.

### Common Mistakes

1. Failure to state the hypothesis. We advise a formal statement such as, “We assessed the hypothesis that...”
2. Failure to state a conclusion. We encourage a final sentence that says: “In conclusion...”
3. Failure to state sample size. The reviewers want to assess the quality of the data – they need a mean SEM and a sample size.
4. Excessive use of abbreviations. All but the most standard abbreviations should be defined, and most abstracts should have less than 3 abbreviations.

### Traps to Avoid

1. Typographical errors
2. References cited in the abstract
3. Not providing context or a statement of relevance that provides the rationale for your study.
4. Complex graphics. Simple line or bar graphs are most appropriate. Ensure the font size is adequately large on each axis to be visible. Check a printed version of the abstract before submitting.
5. Duplicative work

**Remember:** Make sure your abstract is clear, concise, and follows all rules. Show your abstract to a colleague prior to submission and modify accordingly. A fresh pair of eyes will help spot any errors and will ensure the final packaged is ready for submission.

**Awards:** The Councils on Epidemiology and Prevention and Lifestyle and Cardiometabolic Health proudly sponsor the awards listed below in association with their joint conference and invite their members to apply. Detailed criteria for each award is located on the [conference website](#). Information is also listed on the submissions website.

#### Council on Epidemiology and Prevention

- Jeremiah and Rose Stamler Research Award for New Investigators
- Sandra A. Daugherty Award for Excellence in Cardiovascular Disease or Hypertension Epidemiology
- Trudy Bush Fellowships for Cardiovascular Research in Women's Health
- Roger R. Williams Award for Genetic Epidemiology and the Prevention and Treatment of Atherosclerosis

#### Council on Lifestyle and Cardiometabolic Health

- Mark Bieber Award
- The Steven N. Blair Award for Excellence in Physical Activity Research
- The Scott Grundy Award for Excellence in Metabolism Research
- Award for Excellence in Research Addressing Cardiovascular Health Equity
- Early Investigator Travel Award

Additionally, the Council on Epidemiology and Prevention presents two stipend awards to qualified applicants to provide financial assistance to cover travel expenses to the conference (abstract submissions not required), as well as a Mentoring Award that highlights the importance of superior mentoring in cardiovascular epidemiologic research.

- Minority Travel Grant
- Early Career Travel Grant
- Mentoring Award

Detailed instructions, eligibility requirements and award criteria for these awards may be located on the AHA Award Website at [councilawards.heart.org](http://councilawards.heart.org).