

IBACH Poster Presentation Guidelines

IMPORTANT REMINDER: BEFORE submitting a conference poster abstract, or if you want to use IBACH data for a conference presentation, thesis, dissertation or manuscript, you **MUST** have a completed and approved *IBACH Data Access Form* or *equivalent approval form* depending on parent study requirements (parent study refers to the study from which your data was obtained). Approval will be granted by the Project Manager (PM) and Principal Investigator (PI) of the study. Please see IBACH Data Access Protocol or equivalent study protocol for complete guidelines on how to obtain data (see IBACH website: http://ibachsd.org/?page_id=38).

These poster presentation guidelines are designed to assist you in preparing a poster for presentation at a conference, meeting, or other similar venue, once it has already been accepted for presentation.

Step 1. Preparing to create the poster

- Consult the poster guidelines on the website of the specific venue for poster requirements, which may include:
 - Theme or category specifications
 - Poster dimensions (width and height). Also, some use landscape and some use portrait
 - Font size and type specifications for titles and text
 - Your poster is often read from several feet away, including as far as 5 feet away. Some folks recommend a minimum of 18 to 30 pt. font size.
 - Font size for the title should be large (at least 70-point font).
- Look at posters throughout the IBACH hallways for inspiration and to become familiar with posters that are appealing and display the information well.
- Obtain the following information from the PM:
 - Is there a specific template that should be used?
 - Are there specific colors that should be used?
 - Are there specific project/study logos that should be used?
 - Is there a specific format or wording that the poster should include?
 - Can the PM send you examples to help you create your poster?
- If the study does not use a template, identify a format that will work for your poster. *Microsoft Office PowerPoint* offers free poster templates At http://www.posterpresentations.com/html/free_poster_templates.html
 - To re-size a poster in MS PowerPoint:
 - Click the “Design” tab
 - Select “Page Setup”
 - Adjust height and width of the poster as needed.

- Tip:** Save your poster dimensions in the title of the document so it is easy to remember when requested by the printer.
- Here are two websites with additional examples:
 - <http://colinpurrington.com/tips/academic/posterdesign>
 - <http://www.writing.engr.psu.edu/posters.html>

Step 2. Preparing the poster

Tips:

- Be clear and concise; too many words are challenging to read during a poster session. Keep it simple and direct.
- Format the content so it is visually appealing and easy to follow. Consider using bullet points instead of full sentences.
- Use photos, pictures, and other visual information to make it easier to digest.
 - Avoid using any images without permission (i.e. internet images that are not free)
 - Consult the PM to find out if the project has photographs or other images you may use (most do)
 - Confirm that any images that include study participants have a photo/video release on file with the project
- Make sure there is reasonable white space

Note: Poster sections may vary depending on the requirements of the specific venue. The following are common poster sections. If space is limited, sections can be combined, (e.g., study description information included in methods).

- Title:** The title should accurately describe the study and poster content. Make sure to follow any guidelines on word count for the title
- Authors and author affiliations:** Verify the following information on the authors' websites and if unable to find, ask the PM:
 - Spelling of name, i.e., with or without a middle initial
 - Degree(s) and order, i.e., MPH, PhD
 - Affiliations, i.e., organization, university, department
 - Order in which authors should be listed (consult with the PM and/or PI)
 - Format the authors and their affiliations using the example below:
 - Use superscript numbers after each author's degree to identify their institutional affiliation. If people have the same affiliation, usually you can use the same number
 - Make sure the affiliation is complete (e.g. Institute of Behavioral and Community Health, not IBACH) unless space is limited, then ok to abbreviate

- Include both IBACH and SDSU as an affiliation for both students and faculty affiliated with these institutions
- Include both SDSU and UCSD for Joint Doctoral Program students, (e.g., San Diego State University/University of California, San Diego, Joint Doctoral Program in Health Behavior)

Example:

<p>POSTER TITLE</p> <p>John P. Smith, PhD¹, Jessica R. Brown, MPH, PhD^{1,2}, Sam Scott MA, PhD²</p> <p>¹Institute for Behavioral and Community Health, San Diego State University Research Foundation ²San Diego State University, Graduate School of Public Health</p>

- Logos:**
 - Include all study partner and affiliation logos as per PM/PI.
 - Do not** distort the images.
 - Do not assume you are allowed to use any and all logos.** Some organizations such as funding agencies, do not allow you to use theirs.
 - SDSU** students and staff should include the SDSU logo. SDSU logos and information about the use of logos can be found at <http://go.sdsu.edu/brand/download.aspx>.
 - IBACH** staff and students should use the SDSU Research Foundation logo. A SDSU RF logo and the use of logos can be found at http://www.foundation.sdsu.edu/about/graphic_identity_system/.
 - SDSU/UCSD Joint Doctoral Program** students should include the SDSU and UCSD logos. UC San Diego logos and information about the use of logos can be found at <http://ucpa.ucsd.edu/resources/brand/>

- Background/introduction section:** Pertinent background information demonstrating an up-to-date review of the literature that prefaces the aims or hypotheses of the study. References used should be no older than 10 years old unless foundational or theoretical work. Background section should start broad and narrow, likening to an inverse triangle.
- Study Description:** A concise description of the parent study, a description of the data being used for THIS poster, and the study aims for THIS poster.

- Methods:** A concise description of the study methods which include the following:
 - The scientific study design.
 - The setting. Consider the audience when developing your content. Example: If the poster is for an international conference, include a map of the country, state, and city to better describe the location of the study. Include information not only about the geographic setting, but the organizational setting if applicable, e.g., schools or clinics.

- Participants: N, age, and other demographics.
 - Intervention description: components, setting, etc (if appropriate).
 - Evaluation procedures: methods of data collection, scales used including number of items, response options, and psychometric properties (e.g., alpha coefficients, reliability, validity). Be sure to add references for the scales you used. If you created a score (sum or mean), describe how that score was calculated.
 - Description of analyses: Briefly include information about your analyses including what type of model you ran as well as any adjustments made.
- Results and Discussion**
- Results: Make sure to note if the sample size is different from the parent study sample size. If possible, always attempt to display results in clear and simple graphics. If you have results that are significant or that you would like to point out, do so by highlighting, circling, using a * (only for significant findings), or a superscript and an abbreviated footnote under the graph. If space permits, include correlations; otherwise, include the type of model you ran (e.g., multivariate) and any statistical adjustments you made.
 - Discussion: Summarize the study findings, highlighting the take-away points. Consider what the significant results suggest and/or what non-significant results suggest. Note whether the data support your hypothesis and how the study addresses important gaps in the literature. Avoid restating the results. Include strengths and weaknesses of parent study and your study (consider design, population representativeness, data collection, analysis, etc.). Identify and explain the relevance of your data and how it builds upon the existing literature or addresses gaps in the literature. In a broader scope, what does your study add to the field? Identify next steps that should be taken in either research or practice.
- Contact Information:** Include the contact information (Full Name, Address, phone number and email address) for the corresponding author. Include the IBACH website.
- You might consider adding a QR code. A QR code allows your audience to scan the code with a smartphone or tablet and receive more information. The code can open a text document, web site, video, e-mail address, phone number, map page, or WiFi connection.
- Funding and Acknowledgements:** Somewhere on the poster you must include the study funding information such as the source and grant number (e.g. National Cancer Institute, *Grant number: X00X000-X00*) as well as any additional acknowledgements (e.g., other staff, consultants, participants, etc.). Check with the PM/PI for this information.
- References:** Include the full references for any sources that were cited in the poster. Make sure that all references follow the same citation format, i.e. APA or AMA. Note that this might always fit and some people do not include.
- Tables and Figures**

- All tables and figures should be titled and numbered. Keep titles short and descriptive, for example, “Demographic differences between women and men at baseline, N=400”
- Keep in mind that all tables/figures should “stand alone” (i. e., the axes in the graph are properly labeled, maps have north arrows and distance scales, all symbols are explained, etc.)
- Unless otherwise specify, try to format your tables in APA or AMA manual of style.
- Make sure tables are formatted consistently; for example if you present descriptive statistics in several tables, make sure to always show as “n(%)”, where n is the frequency or count and the percent goes in the parenthesis.
- Make sure to refer to your tables in your text, for example “(see Table 1)”. Text should come first to explain the table or figure.
- Consider presenting some information as a figure, like a bar graph. If results can be plotted, graphs are recommended over tables.
- Here are two sample tables and two sample bar graph but look around IBACH for other examples.

Ex. Descriptive Statistics-

RESULTS

- Participants were categorized into 3 groups based on measured blood pressure at the baseline assessment.
 - **Normal:** Systolic < 120 mmHg AND Diastolic < 80 mmHg
 - **Pre-Hypertensive:** Systolic 120-139 mmHg OR Diastolic 80-89 mmHg.
 - **Hypertensive:** Systolic >= 140 mmHg OR Diastolic >= 90 mmHg.

Table 1. Demographic characteristics by blood pressure level.

	Total Population	Normal	Pre-Hypertensive	Hypertensive	P-value
	N= 331	N= 130	N= 148	N=53	
Mean age (SD)	39.9 (10.6)	37.2 (10.3)	40.2 (10.3)	45.7 (9.9)	.000
% Married (n)	70.9 (234)	71.5 (93)	67.3 (48)	79.2 (42)	.257
% Employed (n)	40.7 (134)	36.2 (47)	44.5 (65)	41.5 (22)	.366
% High school education (n)	56.5 (186)	66.9 (87)	50.7 (74)	47.2 (25)	.008
% with income above Federal Poverty Level ¹	48.1 (137)	52.3 (58)	46.4 (58)	42.9 (21)	.484
% Foreign born (n)	77.3 (255)	75.5 (98)	76.9 (113)	83.0 (44)	.529
Mean acculturation score (SD) ^b	1.96 (.86)	1.92 (.80)	2.01 (.87)	1.94 (.86)	.651

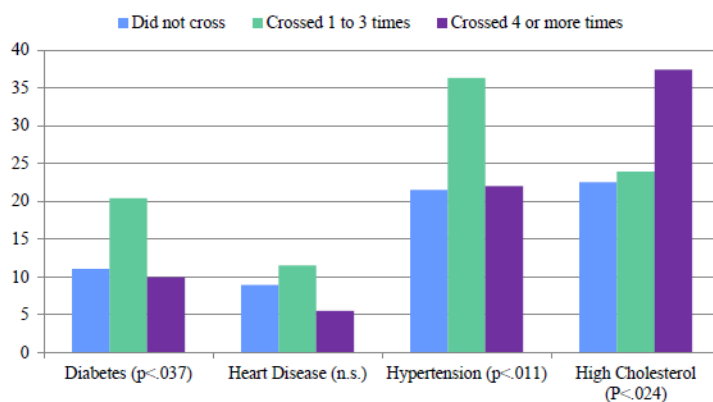
Ex. Inferential Statistics- MANOVA-

Table 2. Differences in health behaviors by blood pressure level.

	Total Population N= 331	Normal N= 130	Pre-Hypertensive N= 148	Hypertensive N=53	p-value
Health Behaviors					
Minutes of leisure time physical activity (SD)	137.8 (217.4)	146.3 (222)	120.6 (201)	139.9 (250)	.814
Minutes of total physical activity (SD)	707.2 (872.5)	594.9 (725)	718.3 (861)	949 (1155)	.044
% eaten fast food in last week (n)	1.48 (1.4)	86.9 (113)	75.5 (111)	75.5 (40)	.040
% Smoke at least once a week (SD)	12.1 (4)	10.0 (13)	13.6 (20)	13.2 (7)	.634
Servings of fruits and vegetables per day	4.92 (2.2)	4.71 (2.3)	5.09 (2.2)	5.00 (2.3)	.353
Soda Consumption (# per day)	.66 (1.1)	0.47 (.70)	0.76 (1.3)	.82 (.88)	.036
Hours of TV on a typical work day	2.85 (3.4)	3.10 (4.3)	2.83 (2.9)	2.30 (1.5)	.343
Health Measures					
Body Mass Index (SD)	30.1 (6.2)	27.8 (5.1)	31.3 (6.6)	32.0 (6.2)	.000
Social Support					
Family Support	2.79 (1.1)	2.81 (1.1)	2.82 (1.1)	2.62 (1.2)	.549
Friend Support	2.57 (1.2)	2.44 (1.2)	2.7 (1.2)	2.6 (1.2)	.263
Partner Support	2.59 (.90)	2.52 (.91)	2.64 (.85)	2.60 (1.0)	.627
Neighborhood Characteristics					
Cohesion (SD)	2.22 (.55)	2.11 (.57)	2.27 (.53)	2.36 (.53)	.006
Safety (SD)	2.82 (.52)	2.87 (.55)	2.78 (.49)	2.79 (.51)	.316

- Significant differences existed between blood pressure levels and physical activity, fast food consumption, soda consumption, BMI, and neighborhood cohesion (see Table 2).

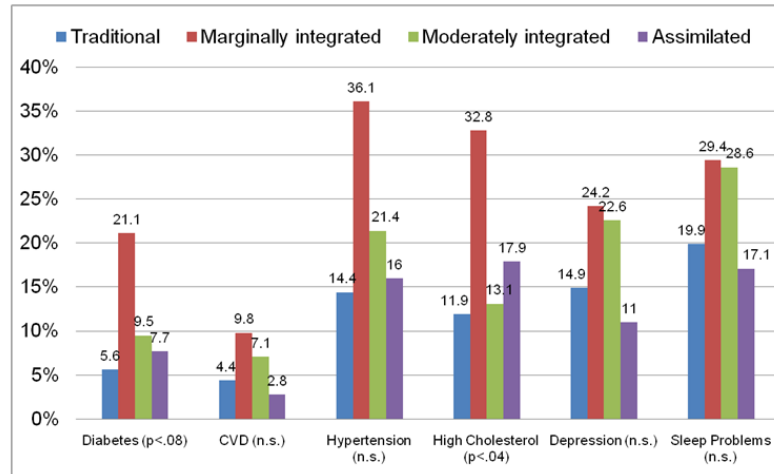
Figure 1. Previous disease diagnosis by frequency of border crossing.



- Data not presented here suggest a trend that frequent crossers were more likely to report their primary reason for crossing was for social reasons, such as meeting with friends or family, to eat at a restaurant, than occasional crossers, 85.2% to 75.2%, respectively (p<.081).

Figure 1. Prevalence of self-reported physician diagnosed health conditions by acculturation

Prevalence of ever being diagnosed with any health condition was highest among the marginally integrated group. However differences were only significant for high cholesterol and trends for depression (see Figure 1).



- If possible, include the values attached to bars on a graph and make sure they are large enough to see.

Step 3. Proofing

- Proofread, proofread, proofread! It is very frustrating for a PM or PI to review a poster that someone did not take the time to correct spelling, formatting, or other minor issues. These types of grammatical errors draw the reader away from the content and require more revisions. Ask peers, family members, friends, etc to review for grammar, content, formatting prior to submitting it to the PM or PI.
- Make sure...
 - Font type and sizes are legible and consistent throughout.
 - Appropriate words or headings are consistently capitalized (or not).
 - Decimals are reported consistently throughout.
 - Punctuation is consistent throughout. For example, all sentences and bullet points have periods at the end.
 - Bullet points and indentations are aligned and consistent throughout.
 - To use dark font on light background.
 - To include pictures, graphs, or other visuals to make visually appealing and break-up blocks of text.
 - Format consistently throughout. Either 'justify' everything or don't 'justify.' Alignment of bullet points and indentation should be consistent
- Simplicity is key.
 - See below for an example of how a poster can be edited to be simple but effective in relaying information

Can landscape features of amphibian breeding pools predict mortality events?

Megan K. Gahl and Aram J. K. Calhoun

THE UNIVERSITY OF MAINE, DEPARTMENT OF PLANT, SOIL, AND ENVIRONMENTAL SCIENCES, ORONO, MAINE, USA

INTRODUCTION

Amphibian populations are declining globally, and landscape features may be important in explaining these declines. We tested the hypothesis that landscape features predict mortality events in a population of the Hellbender (*Cryptobranchus alleganiensis*) in a population of 100 pools in the Adirondacks. We used a landscape metric (Landscape Shape Index, LSI) to predict mortality events. We found that LSI was a significant predictor of mortality events in a population of 100 pools in the Adirondacks. We found that LSI was a significant predictor of mortality events in a population of 100 pools in the Adirondacks.

METHODS

We developed an index of landscape shape (LSI) to predict mortality events in a population of 100 pools in the Adirondacks. We used a landscape metric (LSI) to predict mortality events in a population of 100 pools in the Adirondacks. We used a landscape metric (LSI) to predict mortality events in a population of 100 pools in the Adirondacks.

Table 1. Landscape metrics for 100 pools in the Adirondacks.

Metric	Mean	SD	Min	Max
LSI	1.2	0.5	0.5	2.5
Area	1000	200	500	1500
Perimeter	100	20	50	150
Shape	1.0	0.2	0.8	1.2

LITERATURE CITED

Calhoun, A. J. K. (2010). Landscape metrics and mortality events in a population of Hellbenders. *Journal of Landscape Ecology*, 23(1), 1-10.

RESULTS

High landscape metrics were associated with high mortality events in a population of 100 pools in the Adirondacks. We found that LSI was a significant predictor of mortality events in a population of 100 pools in the Adirondacks.

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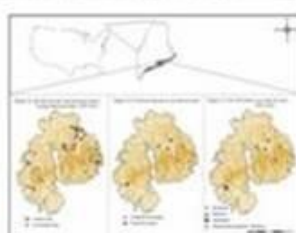
Table 2. Mortality events in a population of 100 pools in the Adirondacks.

Pool ID	Mortality	LSI	Area	Perimeter	Shape
1	Yes	1.5	1200	120	1.1
2	No	1.0	800	80	1.0
3	Yes	1.8	1500	150	0.9
4	No	0.8	600	60	1.2
5	Yes	1.3	1000	100	1.0
6	No	1.1	900	90	1.1
7	Yes	1.6	1100	110	0.9
8	No	0.9	700	70	1.1
9	Yes	1.4	1000	100	1.0
10	No	1.0	900	90	1.1

Table 3. Landscape metrics and mortality events in a population of 100 pools in the Adirondacks.

Metric	Mean	SD	Min	Max
LSI	1.2	0.5	0.5	2.5
Area	1000	200	500	1500
Perimeter	100	20	50	150
Shape	1.0	0.2	0.8	1.2

We found that LSI was a significant predictor of mortality events in a population of 100 pools in the Adirondacks. We found that LSI was a significant predictor of mortality events in a population of 100 pools in the Adirondacks.



CONCLUSIONS

High landscape metrics were associated with high mortality events in a population of 100 pools in the Adirondacks. We found that LSI was a significant predictor of mortality events in a population of 100 pools in the Adirondacks.

CONSERVATION IMPLICATIONS

Conservation efforts should focus on maintaining high landscape metrics in a population of 100 pools in the Adirondacks. We found that LSI was a significant predictor of mortality events in a population of 100 pools in the Adirondacks.



ACKNOWLEDGMENTS

We thank the following individuals for their assistance in this project: Aram J. K. Calhoun, Megan K. Gahl, and the staff of the Adirondack Park State Office.

Poster 1 is a traditional poster with substantial blocks of text. Although this version has only 740 words of core text (1436 including legends, titles, literature cited, etc.), it still is so dense that most passersby will not take the time to read it.

Can landscape features of amphibian breeding pools predict mortality events?

Megan K. Gahl and Aram J. K. Calhoun

THE UNIVERSITY OF MAINE, DEPARTMENT OF PLANT, SOIL, AND ENVIRONMENTAL SCIENCES, ORONO, MAINE, USA

INTRODUCTION

We investigated landscape features that influenced mortality of anurans at a breeding pond. Anurans mortality events from their wetlands that have not been fully understood by researchers.

METHODS

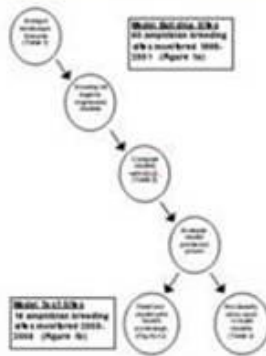


Table 1. Landscape features at the breeding pond.

Feature	Value
Area	10.00
Perimeter	10.00
Volume	10.00
Depth	10.00
Width	10.00
Height	10.00
Length	10.00
Radius	10.00
Diameter	10.00
Circumference	10.00
Area	10.00
Perimeter	10.00
Volume	10.00
Depth	10.00
Width	10.00
Height	10.00
Length	10.00
Radius	10.00
Diameter	10.00
Circumference	10.00

RESULTS

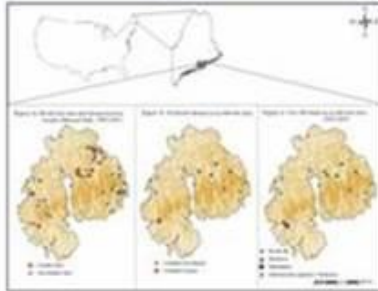


Table 2. Mortality events at the breeding pond.

Event	Date	Location
1	10/10/10	10.00
2	10/10/10	10.00
3	10/10/10	10.00
4	10/10/10	10.00
5	10/10/10	10.00
6	10/10/10	10.00
7	10/10/10	10.00
8	10/10/10	10.00
9	10/10/10	10.00
10	10/10/10	10.00

Table 3. Mortality events at the breeding pond.

Event	Date	Location
1	10/10/10	10.00
2	10/10/10	10.00
3	10/10/10	10.00
4	10/10/10	10.00
5	10/10/10	10.00
6	10/10/10	10.00
7	10/10/10	10.00
8	10/10/10	10.00
9	10/10/10	10.00
10	10/10/10	10.00



CONCLUSIONS

High mortality events at the breeding pond are associated with landscape features. High mortality events at the breeding pond are associated with landscape features. High mortality events at the breeding pond are associated with landscape features.

CONSERVATION IMPLICATIONS

High mortality events at the breeding pond are associated with landscape features. High mortality events at the breeding pond are associated with landscape features. High mortality events at the breeding pond are associated with landscape features.



ACKNOWLEDGMENTS

We thank the following individuals for their assistance in this project: [Names of individuals].

Poster 3 is shorter still with a reduced introduction, methods presented as a flow chart, and results presented only in figures. This version would probably be optimal for a poster session during which the presenter is always available to talk people through the poster. Nevertheless, even with only 209 words of core text (727 words total text) the poster can still be understood as a stand alone.

- Step 4: Obtaining co-author review and approval**
 - If a trainee, poster should be shown to advisor or designee and the PM for approval prior to sending to all co-authors and the PI. Submit at least three weeks prior to the presentation date.
 - Posters should be sent to all co-authors for review at least 2 weeks prior to presentation date. When sending your poster, it is recommended to include a deadline for the authors to provide feedback.
 - After reviewed by all co-authors and revised and approved by the co-authors, PM, and PI, send final poster to all co-authors and include a citation. Send to PM for study archives.

Step 5: Getting your poster printed

- Consider how you intend to get the poster to the venue when making a decision about how to print. Some folks print fabric posters as they are easier to put in a suitcase. However, in most cases, posters are printed on paper. Thus, do you need a case to keep it looking nice? Ask the PM.
 - Here is another free resource for templates and online ordering (e.g., vinyl, cloth, paper, glossy paper) <http://www.makesigns.com/>
- MOST COMMON** - Posters can be printed at the San Diego State University Copy & Print Service Office located in the 24/7 Study Area of the SDSU Love Library. Allow one week to print. Bring your file on a Windows-compatible USB drive or CD. The printing fee is \$40 for each poster. Contact Information: (619) 594-3446.

Step 6: Day of the presentation

- Bring thumbtacks in case they are not provided.
- Bring copies of the poster printed on an 8X11 piece of paper and business cards.
- Bring a sign-in sheet on a clipboard if you want to send interested folks additional information once you get home.
- As people arrive to your poster, talk them through your poster using a prepared set of bullet points, from describing the purpose and methods to what you found. Some conferences have judges that will come and listen to you talk about your poster. Sometimes you will be video-taped. Or sometimes you will just have the casual observer come and want to learn more about your study.
- The key is to be prepared by knowing your poster very well and enjoying yourself.