



Research Poster Competition – Application Guidelines

- All entries for the research competition should be submitted as abstracts, each on a separate page, not including any authors' or institutions' names, nor the names of the hospital, university or city, and follow the format shown in Appendix 1 (including font and text size). Successful entries will be published in the spring or autumn Journal of Pelvic Obstetric and Gynaecological Physiotherapy.
- Abstracts should be a maximum of 300 words, citing a maximum of five references and be structured using the headings recommended. Please see Appendix 2. The word limit pertains to abstract text only, not references.
- All abstracts should be presented in the format indicated in Appendix 1. There should be no deviation from the fonts used. The references should use Harvard referencing style as shown by the examples in Appendix 2.
- One author must be available, if selected, to present their work at the POGP conference in Edinburgh on the 10th and 11th of October 2025.
- In the ethics box, please state who you have ethical approval from or reason for not having it. All research studies should have ethical approval. While audits and service evaluations typically do not require formal ethical approval from a research ethics committee like a research project would, it is still crucial to consider ethical implications and ensure proper safeguards are in place, particularly when dealing with identifiable participant data or potential risks of harm; always consult your local guidelines and seek advice if unsure about the need for any ethical review process.



Appendix 1 – Abstract format

Title of poster (Bold, Arial, 14)

(Times New Roman, 12)

Background: How does this research relate to physiotherapy practice, management, education, policy and/or the evidence base? Conclude this with your research question.

Aim: What was the major reason for doing the study, and were there any secondary objectives?

Method/Study design: What methodological approach was used, and how was the data collected?

Participants and setting: Describe the number and relevant characteristics of the participants, and how they were selected

Results: Describe the key findings of your study.

Conclusion: What can be determined from the analysis of the data, and what are the recommendations for future research?

Implications: What are the implications for physiotherapy practice, management, education and/or policy?



Appendix 2 – References format

- Crotty K. (2018) Guidelines for preparing a poster for presentation at the POGP Annual Conference. *Journal of Pelvic, Obstetric and Gynaecological Physiotherapy* **123** (Autumn), 47–49.
- Dumoulin C., Adewuyi T., Booth J., *et al.* (2017) Adult conservative management. In: *Incontinence*, 6th edn (eds P. Abrams., L. Cardozo, A. Wagg & A. Wein), pp. 1443–1628. International Continence Society, Bristol.
- Independent Medicines and Medical Devices Safety Review (IMMDSReview) (2020) *First Do No Harm: The Report of the Independent Medicines and Medical Devices Safety Review*. [WWW document.] URL https://www.immdsreview.org.uk/downloads/IMMDSReview_Web.pdf
- Lee D. & Hodges P. (2015) Behaviour of the linea alba during a curl-up task in diastasis rectus abdominis: a new interpretation with clinical implications. [Abstract.] *Physiotherapy* **101** (Suppl. 1), e580–e581.
- Michie S., Atkins L. & West R. (2014) *The Behaviour Change Wheel: A Guide to Designing Interventions*. Silverback Publishing, Croydon.