

THE NORDIC CONFERENCE ON PHYSICAL ACTIVITY AND BRAIN HEALTH, STOCKHOLM, NOVEMBER 11- 12 2026

Instructions for abstracts

Authors are invited to submit abstracts for oral or poster presentations related to physical activity, exercise, sleep, screen time, cognition, mental health, brain function, neuroplasticity, public health, interventions, and related interdisciplinary fields.

Abstract Format

Abstracts should be written in English and structured according to the following format:

- **Title:** Concise and informative (maximum 20 words)
- **Authors and affiliations:** Presenting author underlined
- **Background:** Brief introduction, rationale and study aim
- **Methods:** Study design, participants, measurements, and analyses
- **Results:** Main findings or preliminary findings
- **Conclusion:** Interpretation and implications of the findings. Here we particularly encourage you to translate what the findings may mean for stakeholders in schools, at workplaces and in health care settings.
- **Keywords:** 3–5 keywords

Submission Guidelines

- Maximum length: **300 words** (excluding title, authors, affiliations and keywords)
- Font: Arial 11 pt
- Line spacing: 1.5 spacing
- Abstracts should not include figures, tables, or references
- Standard abbreviations may be used after first definition
- All abstracts will undergo peer review by the scientific committee

Presentation Formats



Authors may indicate their preferred presentation format in the email:

- Oral presentation (10 minutes + 5 minutes Q&A)
- Poster presentation (digital poster presentation)
- Either oral or poster presentation

The scientific committee reserves the right to make the final decision regarding presentation format.

Themes of Interest

Submissions are encouraged within, but not limited to, the following themes:

- Neurophysiological and psychological mechanisms – Exploring mechanisms for how physical activity might influence brain health
- Epidemiological investigations of physical activity and brain health from a broad perspective, including the roles of genes, the environment, resilience pathways, and other related factors across different populations.
- Development and evaluation of interventions for brain health

Important Dates

- Abstract submission opens: May 20
- Abstract submission deadline: September 30
- Notification of acceptance at latest: October 14
- Registration deadline: October 2

How to submit your abstract

Abstracts are submitted in word or pdf format as attachments in an email to epabs@gih.se Please indicate the proposed theme and presentation format in the email.