

THEMHS CONFERENCE 2025

ABSTRACT GUIDELINES

ABSTRACT SUBMISSION PROCESS

Your abstract must be submitted online. After filling in your personal details, the abstract submission process involves entering the following:

1. Abstract Title
2. Presentation Type
3. Topic
4. Authors/Organisations
5. Abstract
6. Impact on Audience
7. References

Abstracts are accepted on the following conditions:

- Papers must be presented by the authors. Proxies will not be permitted except in an emergency such as illness or misadventure.
- The Committee reserves the right to accept or refuse any submission.
- The Committee reserves the right to allocate a session time or presentation type, which differs from that applied for.
- Wherever possible, incorporate collaboration across disciplines, teams and sectors to ensure that a range of stakeholders and perspectives are included as presenters in oral papers, symposia, workshops, debates, and roundtables.
- Do not include tables, diagrams, or graphs in the abstract.

PLEASE NOTE: *That only the first author (as given in the application) will be advised regarding the abstract submission acceptance and any correspondence about the presentation. All presenters must register & pay for at least the day of the conference on which they are presenting.*

ABSTRACT GUIDELINES

LENGTH OF ABSTRACT

- Abstracts for 15 min oral presentations, Ignite presentations and ePosters/posters should be a maximum of 200 words (excluding learning objective and references).
- Abstracts for symposia, workshops, and creative sessions should not exceed a total of 800 words (excluding learning objective and references).

CONTENT OF ABSTRACT

The abstract:

- The abstract should be as informative as possible and truly represent the intended presentation.
- Your abstract will be used both for selection purposes and if selected will be used in the online program.
- It should include a statement of the aims of the presentation; sufficient information to allow a delegate to learn what may be gained by attending the presentation; a strong concluding sentence in summary of the abstract.
- Consideration of the overall conference theme of '[Envisioning 2050: Towards a better mental health system](#)' should be given, and your abstract should connect your presentation to this overarching conference theme.
- TheMHS values and welcomes the safe and respectful sharing of lived and living experience of mental ill-health in the presentations. However, it is important to include how this relates to an understanding of mental ill-health and/or to mental health service policy, delivery and/or development.

Refer to samples below for examples of highly rated abstracts for oral presentations and the ePosters guidelines for examples of ePosters.

TOPICS

When submitting an abstract, you will be asked two questions relating to the topic of your abstract. These will help us to program your abstract together with other related papers, in the most appropriate session. These questions and options are:

1: Which (one) theme best describes the **focus** of your paper?

- a) Clinical programs and innovation
- b) Community led initiatives
- c) Co-design and co-production
- d) Engagement with traditional and community wisdom
- e) High quality service, implementation, and delivery
- f) Integration of support across settings, providers, and sectors
- g) Policy and legislation
- h) Prevention and promotion
- i) Recovery and wellbeing
- j) Research and evaluation
- k) Service systems design and leadership
- l) Social justice and human rights
- m) Stigma reduction
- n) Workforce (capacity building, education, and wellbeing)
- o) Technology

2: Select up to 3 keywords that best describe the **people, issues, groups, or settings** relevant to your paper?

- a) Adult
- b) Ageing
- c) Alcohol and other drugs

- d) Carers, families, kin, Whānau, and support networks
- e) Community
- f) Community led initiatives
- g) Culturally and linguistically diverse (CALD)
- h) Digital, technology and artificial intelligence
- i) First Nations
- j) Homelessness and housing
- k) Hospital or facility
- l) LGBTQIA+
- m) Lived experience - consumer perspective
- n) Lived experience workforce
- o) Physical health
- p) Rural and remote
- q) Stigma reduction
- r) Suicidality and acute distress
- s) Support workers
- t) Youth

IMPACT ON AUDIENCE

In this section, you will need to outline your response to the question below. Your response should be limited to 100 words.

- What is the primary key message you want the audience to take away or gain from your presentation?

REFERENCES

We encourage you to include references to support your abstract. Please note that these must be academic references, not character or personal references. References may be formatted in your preferred academic style.

If in doubt, TheMHS Learning Network recommends using the APA referencing style:

- e.g., **For a journal:**
Surname, J.S., & Surname, A.D. (2011). Article title. Journal Title, 10(4), 299-300.
- e.g., **For a book:**
O'Donoghue, T., & Clarke, S. (2010). Leading learning: Process, themes, and issues in international contexts. London: Routledge.

TYPES OF PRESENTATIONS

Please note that time limits for speakers will be strictly enforced so that there is adequate time for discussion of papers and for other speakers in the session to have their full allocated time.

Please take this into account when submitting your abstracts and that if accepted, you may be accepted for a different length of time than you have requested.

For ePosters, please do not create these until after the abstract has been accepted. Authors will be given a few months to create the content and submit for final review by TheMHS in July 2025.

TheMHS welcomes Lived Experience Consumer and Carer submissions across the topic areas.

Summary of presentation types:

- ePoster
- Ignite presentations
- 15 min oral presentation
- Symposium 1 hr
- Symposium 1.5 hrs
- Workshop 1 hr

- Workshop 1.5 hours
- Creative session 1 hr
- Creative session 1.5 hr

e-poster

- e-Posters provide an opportunity to display new research or evaluation results, clinical or service advances, new program features, or work-in-progress.
- TheMHS will facilitate connection between delegates and authors of e-Posters by:
 - Providing all delegates with copies of 'e-Poster Abstracts' on the website
 - Provide all delegates with copies of the ePosters on the TheMHS Conference App and in the exhibition area.
 - Providing all delegates with access to connect to authors via TheMHS Conference App.
- There is no speaking component to ePoster presentations in general, however the top scoring ePosters will have their posters printed and displayed and be invited to share their poster in a dedicated session. More details will be shared with the accepted ePosters.
- Listed presenting authors will need to register for at least one day of the conference.
- For more information on the format of ePoster and instructions on how to write ePosters refer to the specific 'ePoster Guidelines' below.

Ignite Presentations

- Ignite is an innovative and fast-paced style used to deliver a concise presentation. Presenters discuss their topic using 15 image-centric slides which automatically advance every 20 seconds. The result is a fun and engaging five-minute presentation.
- Each presentation is exactly 5 minutes.
- The audience will be invited to ask 1-2 questions immediately following your presentation, and if time allows there will be a combined question time at the end of each session for all speakers.

- The maximum suggested number of presenters per presentation is 2.

Oral Presentation

- An oral presentation can include innovations, research, services, creative therapies and arts, or personal stories.
- Each presentation is 15 minutes plus 5 min Q&A time.
- Wherever possible, focus on programs, initiatives and research that are already implemented and where evidence is available to support your presentation.
- The maximum suggested number of presenters per paper is 2.
- Your paper may be selected for a Deeper Dive session, that will include a facilitated discussion.

Symposium

- The symposium is designed to take a more formal approach to the selected topic.
- At least 20% of the total allotted time must be devoted to audience interaction.
- Within your abstract, submit a brief plan, containing a description of the unifying theme(s) as a whole, followed by an abstract of each individual paper within the symposium.
- The suggested number of presenters: 3 - 5 presenters, including a chairperson.
- Symposia can be submitted for either 60 or 90 minutes.

Workshop

- Design your workshop to have strong interaction with the audience.
- The focus will be on a particular issue or topic relevant to mental health services and audience participation is maximised. For example, the opportunity for discussion and debate on a given topic, or practical learning of skills.
- At least 50% of the total allotted time must be devoted to questions and answers, or to group interaction - remember this is NOT a lecture.

- Within your abstract, submit a brief plan of how the time will be allocated/managed.
- Workshop presentation types could include debates, roundtables, fishbowl sessions, etc.
- The suggested number of presenters: 3 - 5, including a chairperson/facilitator.
- Workshops can be submitted for either 60 or 90 minutes.

Creative Session

- This stream aims to offer delegates ways of alternative learning and connections.
- Creative presentations could include performances, poetry slams, writing workshops, yoga class, dance class, art therapy, yarnning circles etc.
- Anyone leading an activity that involves participation by delegates (such as yoga, art therapy etc.) must be suitably qualified. This will be verified during the selection process.
- The presentation needs to fit into a 60- or 90-minute time frame.

AUTHOR INFORMATION

- Applications should identify one person who will be the primary contact with the conference convenors, ideally, they should also be a presenter.
- Please note the below distinctions:
 - Authors are all those who contributed to the research or project who you wish to acknowledge.
 - Presenters are the people who will be speaking in-person at the conference.
- All presenters must register and pay for at least the day of the conference on which they are presenting. A registration link will be sent to presenters for accepted abstracts only. This link will also allow presenters to submit a 50-word bio, headshot, and other key information. Please note these bios will not be read out by the chairperson on the day, but are for the conference website/app.
- Please note for each author the below information must be submitted in the abstract submission portal:
 - First and last name

- Position - refers to your job title, e.g., Manager, Mental Health Worker
 - Organisation
 - Primary email address
 - Affiliation - such as universities, hospitals etc.
 - Tick box to indicated if this author is also presenting.
- No changes to abstract text and presenters will be accepted after **8th August** unless exceptional circumstances apply.

EXAMPLE OF ABSTRACTS

To assist in the submission process, below are the links to the top scoring abstracts that were submitted for TheMHS Conference 2023 - Adelaide. Please refer to these if you have not submitted an abstract previously.

- [Abstract 24 Oral Presentation:](#) Art therapy is associated with a reduction in restrictive practices on an inpatient CAMHS unit.
- [Abstract 121 Oral Presentation:](#) Mental health inequities and Medicare – shifting winds of change?
- [Abstract 47 Symposium:](#) Factors Affecting Community Treatment Orders: An Overview of a National Research Project.
- [Abstract 131 Symposium:](#) Supporting human rights through implementing recovery-oriented practice.
- [Abstract 155 Workshop:](#) StigmaBeat: Using films co-designed with rural young people to understand and reduce stigma.
- [Abstract 102 ePoster:](#) NSW Mental Health Act Information Resources.
- [Abstract 182 ePoster:](#) Lived experiences of Somali Australian women caring for individuals diagnosed with a severe mental illness.

TIPS FOR WRITING ABSTRACTS

- The abstract is a brief overview of what will be covered in the presentation. It is NOT a brief discussion of the topic.
- Abstract should read as a standalone overview of the entire project and should engage readers enough that they want to learn more.
- An abstract should address 7 main points/section, with one to three sentences only per point/section.
 1. Begin with an overall statement about the topic:
 - Introduce the key words/major ideas from the topic of the presentation.
 - What makes this topic distinct/significant to this conference.
 2. The purpose of the presentation:
 - A clear statement of what is the intent of YOUR presentation.
 - Where will you go with this?
 - How will your presentation make a specific contribution to this conference?
 - Why is the topic important or what the gap is in the research?
 3. The literature/background. No need for references here – unless your presentation is specifically focused on a particular reference, paper, book etc.)
 - What is the background to the work/topic etc.?
 - Major statistics that highlight the problems / issues
 - What literature have you drawn on – used to inform your work/approach?
 4. The methods/approach taken to the work:
 - How have you approached the requirements for the presentation?
 - What is briefly the big picture?
 - How have you operationalised YOUR topic?
 - Outline the factors that focus on the specific issues.
 - Identify the methods used e.g. case studies, questions for participants (If it is helpful).

5. Important findings and implications - Outline the main findings and state what the implications are for:
 - Mental health
 - Your work / topic for THIS presentation.
6. The conclusions of the paper:
 - Give the reader a clear idea of what YOUR conclusions are and maybe their significance.
 - State what is YOUR “take home message” from this presentation.
 - Implications for conference participants.

TERMS & CONDITIONS

As part of the abstract submission process the below terms and conditions must be agreed to by all authors/presenters:

- I have read the information on the Abstract Submissions section
<https://themhs.eventsair.com/themhs-conference-2025---brisbane/Abstracts>
- the event website thoroughly and have addressed the guidelines.
- I understand that submissions that do not adhere to the guidelines will not be accepted.
- I understand that if accepted, my presentation may be accepted for a different length of time or format than I have requested.
- I understand that I will be notified of the outcome of my abstract submission in late April /early May 2025.
- I understand that if my abstract is accepted for a presentation, all presenting authors will be required to register and pay for at least the day of the conference that the presentation is programmed on.

Abstract submissions are open from 13 January to 28 February 2025. if you would like to enquire about the submission process, please contact us at info@themhs.org
