

Weight Stigma Conference abstract submission guidelines

1. Make sure your submission has something to do with weight stigma – submissions relating to eating behaviour or body image *alone*, for example, will not be accepted.
2. Please provide school or department (etc) information as well as university for all authors, and make sure it is clear who will be actually presenting if more than one author is listed.
3. There is no need to go into extensive background about weight stigma prevalence, seriousness, etc. People attending/reading about a weight stigma conference will already know this. You should need no more than one sentence to set the specific background to your study/paper.
4. Limit your abstract to details of what you will actually be presenting – i.e. what will fit into a poster or a 7 or 8 minute oral presentation, not for example, everything you have worked on during your masters etc.
5. If you wish to present work that is currently in progress, please indicate on the abstract, along with details of current stage (e.g. planning, data collection, analysis) and an estimation of when the work will be completed.
6. The abstracts will be available to download in the conference brochure, and may be published in an academic journal. Therefore, they must be stand-alone and informative to people who are NOT attending the conference. Resist the urge not to 'give too much away'.
 - a. For quantitative studies, please provide details – e.g. sample, sample size, methods/interventions, actual findings, effect sizes/ORs/standardised regression coefficients, CIs etc. You don't need all of these or to make the abstract all about data, but please illustrate your most important messages with some indication of numerical data. Finish with a sentence regarding conclusions and/or implications.
 - b. For qualitative work, please avoid abstracts of the form "This is an interesting topic. I will talk about it during my presentation." !!! If there is a theoretical framework or approach, mention it. Given details of methods/analysis type if appropriate. Include your actual arguments/findings, rather than listing what the questions were. Again, have a single sentence with conclusions and/or implications.

Weight Stigma Conference abstract submission guidelines

7. NOTE: We will not accept abstracts that *promote* the pursuit of weight loss as a means of combatting weight stigma. We will also not accept submissions that the review panel consider to contribute to increasing weight stigma in society or among health professionals. If in doubt, please contact us to discuss.

NOTE ON TERMINOLOGY: Our preference is for the use of the terms “weight stigma” or “anti-fat bias” in WSC abstracts and presentations, rather than “obesity stigma”. The word “obesity” represents a medicalization of body weight that not all agree with, and that some consider stigmatising in its own right. From a more practical point of view, as obesity is usually defined by having a BMI ≥ 30 , it is clear that weight-based stigma is not experienced only by individuals in this BMI range. Numerous studies have demonstrated weight-related stigma and discrimination at lower weights, including within the ‘normal’ BMI range for female targets. ‘Weight stigma’ is a more neutral term that also more accurately describes the nature of the phenomenon in question. We also prefer that person-first language be avoided. The following paper explain this position. However, these are guidelines and we will not insist on specific terminology. Meadows & Daníelsdóttir (2016). [What’s in a word: On weight stigma and terminology](#). *Frontiers in Psychology*.

DOI:10.3389/fpsyg.2016.01527