

**Dr Stephen Dinniss ePoster Prize Spring 2026
Video Abstract and ePoster Guidelines**

Thank you for submitting your written abstract for this year's ePoster Prize. Please submit your supporting video abstract and poster following the checklist detailed below.

Video Abstracts

- Video abstracts supporting your poster entry must be submitted in MP4 format.
- Video abstracts should be no longer than 3 minutes in duration.
- You should introduce yourself, the title of your submitted abstract/poster and the contribution you made towards the project.
- Continue to explain the part of other contributors and their professional affiliations.
- Please do not include any personal information.
- Explain methods, results and discussion, as appropriate, and end with conclusions.
- Please explain graphs and images and do not just read text.
- Don't forget you will be judged on (1) Scientific content, (2) Innovative ideas, (3) Sustainability and combatting climate change, (4) Methodology, (5) Clinical application, and (6) Quality of presentation.
- Please remember to look at the camera and speak clearly and concisely.
- Video abstracts should be submitted to southwest@rcpsych.ac.uk* by **27 March 2026** to be eligible for judging.

Posters

- Posters must be submitted as a 1-page document in PDF format.
- PDFs must be A4, portrait (ideally 2160 wide x 3055 high pixel resolution).
- Poster file size may not exceed 10Mb.
- The top line(s) on the poster should be the same as the title on the submitted written abstract.
- The next line(s) should indicate the contributors and their professional affiliations.
- Please do not include any other personal information.
- Continue with the introduction, methods, results and discussion, as appropriate, and end with conclusions.
- Try to let graphs and images tell the story, use text sparingly.
- Posters should be submitted to southwest@rcpsych.ac.uk* by **27 March 2026** to be eligible for judging.

NB. we reserve the right to edit / amend or reject any submissions that contain inappropriate information, have breached data protection requirements, or have not met the criteria above.

* WeTransfer is an easy way to transfer your documents <https://wetransfer.com/>