

## Tips for Poster Presentations

Congratulations on your acceptance for a poster presentation at the 20th Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS), November 14-18, in New Orleans, Louisiana, USA. The following information will help you prepare your research results so that your colleagues get the most benefit from the poster presentation.

### What is a Poster Presentation?

A poster is a visual presentation of your research or clinical project. Use schematic diagrams, graphs, tables, and other strategies to direct the visual attention of the viewer, rather than explaining it using text as you would in a journal article.

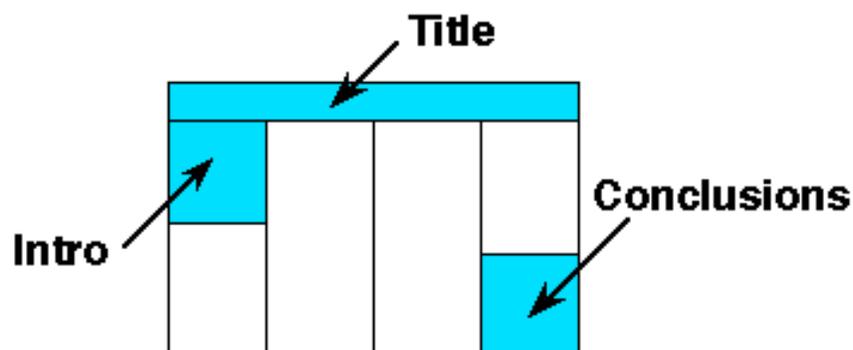
A poster addresses one central question. State the question or hypothesis clearly in the poster and use your presentation to provide a clear and explicit take-home message.

### What you will Need

You will be provided with a space approximately 4 feet by 8 feet (1.2 meters by 2.4 meters). Please prepare your poster so that it makes the most of this space but does not exceed the area. You will be provided **thumbtacks** to affix your poster to this space, but it is a good idea to bring extra. It's helpful to your colleagues when you provide a handout of your poster that includes your **full contact information** so they have access to your important ideas after the conference. Bringing **mailing labels** is also helpful, in case you run out of handouts. Colleagues can write their name and address on these labels that you can use to disseminate handouts after the meeting.

### Title and Author

The title of your poster presentation and your name should be made in very **LARGE** type so that viewers can easily see the subject matter of the poster and its author from a distance (*at least* 1" lettering, or 36 point font). The title, author's name, and author's affiliation are usually placed at the top and in the center of the poster board.



## Content

Posters usually have a similar structure to a research paper or journal article: an **abstract, introduction** (i.e., brief rationale or review of relevant research), **method** section, **results** section, and a **conclusion** or summary. You might also want to list key **references**. If your poster is more clinically oriented you may decide to use a different format, but breaking things down into clear sections with headings will help your colleagues understand your poster easily and quickly.

In the busy and crowded environment of a poster session most people do not have the ability to read and process long sections of text. Therefore, keep text to the bare essentials and stick to the most important ideas. You can convey details via discussion when you are standing by your poster.

## Format

- Use bullet points to simplify sections like the introduction and conclusions.
- Use large type, such as 36-point type for section headings, and 24-point type for text. Never use type smaller than 18 point for any reason. **This is 18 point Type.**
- Make use of underlines and **boldface**.
- Use graphs and figures whenever possible. Make your poster visually pleasing and attractive.
- Programs like MS PowerPoint can be helpful in making your poster.

## Materials

Try to make your poster sturdy enough to withstand your trip to the meeting. Use colored paper or poster board to back sheets of 8 1/2 x 11 paper. You can also print your poster on manuscript paper that you can get enlarged at a copy store. If you choose this option use the "column" and "border" options in your word processor to organize sections, and use landscape orientation and a small font (12. Pt for the title, 8 pt. for the text). Use color (muted colors are best for the background, bright colors are OK for borders) in your poster.

**Thank you for presenting at ISTSS!**