

## Call for Abstracts

Lithuanian University of Health Sciences invites submissions of abstracts for the **10th International Scientific Lifestyle Medicine Conference, which will take place on October 21, 2026, VICTORIA Hotel Kaunas, Miško g. 11, Kaunas**

The conference is intended for researchers, healthcare professionals, public health practitioners, lifestyle medicine specialists, nurses, psychologists, students and anyone interested in healthy lifestyle research and practice.

Abstracts may address (but are not limited to) the following topics:

- Nutrition
- Physical activity
- Sleep
- Stress management
- Social support and sustainable behaviour change
- Other topics relevant to lifestyle medicine

**Abstract submission deadline:** September 15, 2026

**Submission email:** [gyvensenosmedicina@lsmu.lt](mailto:gyvensenosmedicina@lsmu.lt)

### Submission requirements:

- File format: Microsoft Word (.docx)
- File naming: LastName\_FirstName\_ShortTitle.docx
- Email subject: Abstract Submission for LM2026 conference
- **Contact person: Judita Bulotaitė-Kasparavičienė, [judita.bulotaite-kasparaviciene@lsmu.lt](mailto:judita.bulotaite-kasparaviciene@lsmu.lt)**

### Fees:

- Abstract submission is free of charge.
- A fee of 35 EUR applies only if the abstract is accepted. This fee also serves as the conference registration fee for the submitting author.
- It is mandatory that at least one author of each accepted abstract registers and participates in the conference.
- Conference registration fee (for participants not submitting abstracts): 35 EUR. Students, members of the Lithuanian Obesity Association, and colleagues from the LSMU Faculty of Public Health: 20 EUR.

**CONFERENCE REGISTRATION** – <https://forms.cloud.microsoft/e/R5sbX81YdV>

**Payment should be made to the following bank account:**

- Recipient (Account Holder): Lietuvos nutukimo asociacija
- Bank Account Number (IBAN): LT227044060008291844
- Bank: SEB Bank
- Payment Reference: LM2026 conference

**Review and publication:**

All submitted abstracts will undergo peer review by the Scientific Committee.

Authors will be notified of acceptance results **by the first week of October 2026.**

Accepted abstracts will be published in a **peer-reviewed conference abstract book (ISBN assigned)**, which will be available in electronic format and suitable for citation.

Accepted abstracts will be published in the conference abstract book. Authors of selected abstracts will be informed about the format of their presentation.

**Important Notes:**

Abstracts that do not comply with the requirements may be rejected without review

Authors are responsible for the scientific accuracy and language quality of their submissions.

Abstracts will not be edited. Check grammar and spelling prior to submitting.

**Abstract submission guidelines:**

**Abstract length**

- Maximum 3.200 characters including spaces
- Maximum **1 page**

**Language**

- **English**

**Structure**

**Abstracts must follow a structured format:**

**Abstract title**

(14 pt, bold, CAPITAL LETTERS)

**Authors**

Name Surname<sup>1</sup>, Name Surname<sup>2</sup>

**Affiliations**

<sup>1</sup> Institution, city, country...

## **Introduction**

Briefly present the background and the objective of the study.

## **Methods**

Describe the methodology, sample, and analysis methods.

## **Results**

Present the main findings of the study.

## **Conclusions**

Indicate the key conclusions and their practical significance.

## **Keywords:**

3-5 keywords.

## **References**

Author A, Author B. Title. Journal. Year; Volume (Issue):pages.

## **Technical requirements**

- Font: **Times New Roman**
- Font size: **12 pt.**
- Line spacing: **1**
- Margins: **2.5 cm**
- Text alignment: **Justified**
- Tables and figures are **not allowed.**