

Call for Thesis

Lithuanian University of Health Sciences invites submissions of thesis 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.

Thesis 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

Thesis submission deadline: September 30, 2026

Thesis email: gyvensenosmedicina@lsmu.lt

Thesis requirements:

- File format: Microsoft Word (.docx)
- File naming: LastName_FirstName_ShortTitle.docx
- Email subject: Thesis Submission for LM2026 conference
- **Contact person: Judita Bulotaitė-Kasparavičienė, judita.bulotaite-kasparaviciene@lsmu.lt**

Fees:

- -Thesis submission is free of charge.
- -A fee of 35 EUR applies only if the thesis 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 thesis 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.

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 thesis will undergo peer review by the Scientific Committee.

Authors will be notified of acceptance **results by 9 October 2026.**

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

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

Important Notes:

Thesis that do not comply with the requirements may be rejected without review will not be edited. Check grammar and spelling prior to submitting.

Thesis submission guidelines:

Thesis length

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

Language

- **English**

Structure

Thesis must follow a structured format:

Thesis title

(14 pt, bold, CAPITAL LETTERS)

Authors

Name Surname¹, Name Surname²

Affiliations

¹ 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**.