



Video Abstract Submission Guidelines

Purpose

Video abstracts are a concise and engaging way to communicate the key messages and impact of your research. They should highlight the importance of your work in a format that is accessible to a broad audience, including clinicians, researchers, trainees, patients, families, advocacy and industry partners. Your video abstract should complement, not replace, your scientific abstract, poster, or manuscript. Focus on the key messages and findings you would like viewers to remember rather than presenting all aspects of your work. Shorter videos are generally more effective and engaging. We encourage participants to be creative and have fun while communicating their research. To see examples and tips for making your own video abstract, please [click here](#).

Technical Specifications

Videos should be designed to be viewable on both desktop and mobile devices. Ensure all text, captions, and figures remain legible when viewed on a smartphone screen.

File Format	Audio Quality
• Recommended length: 2-4 mins • File format: MP4 (preferred) or .MOV • Recommended Frame rate: 24-30 fps • Recommended Resolution: 1080p (1920 × 1080)	• Record in a quiet environment • Use an external microphone if possible • Ensure speech is clear and easy to understand • Avoid distracting background music or background noise
Video Orientation	Visual Quality
• Landscape (16:9) preferred. • Vertical (9:16) or square (1:1) formats may be accepted if they are intentionally designed for mobile-first viewing and all content remains clear and accessible.	• Use large, readable fonts • Ensure figures and graphics are legible on a laptop or mobile device • Use good lighting if including video footage of presenters • Avoid shaky or unstable camera footage
Accessibility Requirements	Creativity is Encouraged!
Accessibility should be considered from the beginning of the video development process. All video abstracts must: • Include accurate closed captions/subtitles • Use sufficient colour contrast between text and background • Use readable font sizes for any on-screen text • Ensure on-screen text remains visible long enough to be read • Required: A transcript of the video narration in an editable file format (Word document or plain text file) to support accessibility and future use of the content.	Video abstracts do not need to follow a traditional presentation format. We encourage you to be creative and have fun while communicating your research. Consider using: • Animation or motion graphics • Whiteboard or hand-drawn illustrations • Interviews or conversational formats • Demonstrations or laboratory footage • Patient-centered storytelling approaches • Creative visualizations of data and concepts • The most effective video abstracts are often those that tell a compelling story and clearly communicate why the work matters.

Video Submission

If you are interested in submitting a video abstract for promotion on the NMD4C website and social media channels, or if you have any questions, please contact the NMD4C Communications Coordinator, Lola Owoeye, at LOwoeye@cheo.on.ca.

Tip: Focus on the one thing you want viewers to remember. Tell a clear story, make it accessible, and don't be afraid to be creative in your methods.