

# Abstract Format Guide

## Title of the research

Perera S.<sup>1\*</sup>, Silva B.<sup>2</sup>, Perera J.K.<sup>2</sup>

<sup>1</sup> *Department, Division, Organization, Area, Country*

<sup>2</sup> *School of Nursing, International Institute of Health Sciences, Welisara, Sri Lanka*

*\*Corresponding author E-mail: [email@email.com](mailto:email@email.com)*

**Introduction:** Abstract should be written in a structured format under the following headings; Introduction, Methods, Results and Discussion and Conclusions. Introduction should contain both Background and Objectives. Word limit for abstract is 350 words (excluding the title, authors and acknowledgements).

**Methods:** Title: (max 100 characters/two rows, Times New Roman, 12 points, bold, centered) only the first letter of the first word of the title should be capitalized. All other words should be in lowercase, except for proper nouns and/or abbreviations. The names of authors and affiliations should be included adhering to the format for the font sizes and styles given in the template. Authors' names (11 points, centered) are written with family names written in full, followed by initials, followed by a full stop. Authors are marked with superscript numbers when belonging to different institutions. Authors' affiliations (11 points, italic, center-aligned) are written in separate rows when there are more than one, including the relevant number in superscript as mentioned after the authors' names.

**Results and Discussion:** The name of the presenting author should be underlined. The corresponding author should be identified with an \* sign after the author's name and his/her e-mail address should be provided as indicated in the template (Times New Roman, 11 points). Note that the presenting and the corresponding author could be the same author or two different authors. Body of the abstract: (in structured format as indicated in template, Times New Roman, 11 points, line spacing – single, margins – Top, Bottom and Right - 1.0 inch each, Left - 1.25 inch).

**Conclusion:** Maximum five key words should be mentioned at the end of the abstract. Abbreviations should be well defined the first time it is used. If scientific terms of organisms, botanical names, etc., are included, they should be written in italics. Abstracts should be submitted to the email ([bioinquirer.abstract@gmail.com](mailto:bioinquirer.abstract@gmail.com)) before 19<sup>th</sup> September, 2021. All abstracts should be submitted in English language without grammar and spelling mistakes. Mode of presentation will be decided based on the reviewer comments received and will be informed via email by 8<sup>th</sup> October, 2021.

**Key Words:** *Sample, Abstract, Format*



## Sample Abstract

### Systematic review on the prevalence and associated factors of lower back pain among physiotherapy students

Perera R.S.<sup>1\*</sup>, Koralegedera I.<sup>1</sup>

<sup>1</sup> *School of Physiotherapy, International Institute of Health Sciences, Welisara, Sri Lanka*

Corresponding author E-mail: [email@email.com](mailto:email@email.com)

**Introduction:** Physiotherapy is a physically demanding profession which makes students in their training period vulnerable to musculoskeletal injuries such as lower back pain (LBP). The aim of this study to understand the prevalence of lower back pain among students studying Physiotherapy as a future profession with their scope of study ranging from undergraduate to doctorates in Physiotherapy through the revision of accredited literature.

**Methods:** A systematic electronic search for survey articles published in Google Scholar, BMC Musculoskeletal Disorders, ResearchGate, NCBI – National Centre for Biotechnology Information, and U.S. National Library of Medicine from the years 2003 onwards was conducted. All research were then subjected to JBI Checklist for Analytical Cross Sectional Studies and Mixed Methods Appraisal Tool - 2011 Version.

**Results and Discussion:** Throughout the 6 studies, 971 Physiotherapy students participated to note the prevalence of LBP. All research had a response rate of above 70. A larger number of fourth-year students experienced LBP compared to first years. The average age of students suffering from LBP ranged from 21-25 years and the average age of onset was noted to be 16-19 years. It was remarked that individuals in this age are prone to rapid growth and improper body mechanics and this period of time made them prone to musculoskeletal injuries and that Physiotherapy students were 2.55% more likely to experience LBP.

**Conclusion:** LBP was increasingly prevalent among Physiotherapy students, increasing with the progressive duration of their course. Academic factors were the main factors in the development as a causative agent and proper preventative techniques should be taken to prevent further increment.

**Key Words:** *Lower Back Pain, Back Pain, Physiotherapy, Physiotherapy Students, Prevalence*

