The abstract submission portal for the 2025 NASPSPA Conference opens in mid-December and closes in mid-January.

Abstract Submission Portal Opens: **December 15, 2025**
Abstract Submission Portal Closes: **January 19, 2026 (Midnight Pacific Time)**

Conference Abstract Submission Information

- You must be a current NASPSPA member to submit your abstract. Memberships run from **September 1 to August 31** of the following year. Your membership should be updated by **January 12, 2026**, at the latest to facilitate abstract submission. You can update your membership [here](#).

- **Only data-based papers are eligible for submission.** To qualify, the work must not have been previously published in an archival scientific publication or presented elsewhere at a national or international conference.

- Please refer to NASPSPA Policy Manual Section II.C.2 *Guidelines for Abstract Submission and Presentations* ([NASPSPA Policy Manual](#)).

Presentation Types

- **Verbal presentations** will be 12 minutes with 3 minutes for questions.

- **Poster presentations** will be printed on paper or similar physical media and displayed on poster boards in a conference meeting room. Specifications for posters can be found [here](#).

- **Symposia** are themed session featuring multiple verbal presentations. NASPSPA encourages interdisciplinary symposia that include presenters from at least two program areas (SEP, MLC, MD) and/or from more than one lab or research group. A typical symposium includes a brief introduction, three speakers, and a discussant or reactor. See below for additional information and the radio button to open the symposium submission portal.

When submitting an abstract, you will have the option of indicating your preference for a verbal or poster presentation. The same reviewing standards apply to all abstracts (verbal, poster, and symposia).

Formatting

1. **Body:** All abstracts have a maximum length of 350 words. Titles and author listings are not included in the word limit. The abstract body cannot include section

headings, the title, or author information. A properly formatted submission is shown in the image below.

Abstract *

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Drawing on tenets of self-objectification theory, women and girls internalize a focus on their body's appearance rather than its functional attributes. Although self-objectification promotes constrained and ineffective motor performance in girls, it is unknown how body awareness and self-objectification impact motor performance in women. The present study examined the impact of body awareness and self-objectification on performance in women. It was hypothesized that greater body awareness would predict reduced performance during a visual-motor aiming task, and this relation would be mediated by self-objectification. Women (N = 80, Mage = 20.6 ± 3.1 years) completed the state Self-Objectification Questionnaire. To prime awareness of the body, participants were assigned athletic clothing to wear for the duration of the study, had their picture taken, weight, height, and waist circumference measured, and completed a body size distortion task. Participants then completed a visual-motor aiming task while sitting beside a full-length mirror. Their behavior was video recorded. For each participant, number of clothing adjustments and self-views in the mirror were coded and summed, and mean body distortion score was calculated. Z-scores were calculated and summed to create a composite body awareness measure (CBA). Mean and standard deviation (SD) of reaction time (RT) were calculated across aiming task trials. Based on the linear regression models, CBA was significantly related to SD of RT (β = 0.006, CI: 0.002, 0.010, p = 0.002), whereby increased CBA predicted increased SD of RT. The indirect effect of self-objectification was β = -0.001, CI: -0.002, 0.000, p = 0.054. These results suggest women's body awareness and perception of their body as an object rather than as an effective instrument may lead to inefficient motor performance. Over time, this relatively inefficient performance could deter participation in physical activity. More work is needed to explore this possible link between body awareness, motor performance and physical activity.

p   304 words

Max word count: 350

2. **Title:** Use upper-case for acronyms and the first letters of all nouns, pronouns, verbs, adverbs, the first and last words regardless of their part of speech, and following a colon. Use lowercase for articles (a, an, the), short prepositions (in, on, at), and coordinating conjunctions (and, but, or) unless they are the first of last word. Titles are limited to 30 words. A properly formatted submission is shown in the image below.

Abstract title *

How Do I Look? The Impact of Body Awareness and Self-Objectification on Motor Performance in Women

p   16 words

Max word count: 30

Overview of Submission Steps

1. **General Information.** You will be asked to agree to a series of statements related to NASPSPA standards for abstract submission and presentation (NASPSPA Policy Manual, specifically Section II.C.2 *Guidelines for Abstract Submission and Presentations*) and ethical behavior (NASPSPA Policy Manual, throughout).

Agreement to Present Research

If my abstract is accepted, I will present my paper at the conference during the time slot and format (podium or poster) assigned in the program. If I am unable to present my paper in person, I will designate a co-author to present on my behalf. *

I agree

⚠ **If your paper is accepted but you (or a co-author) do not present the paper at the conference, NASPSPA may impose a ban of presenting at NASPSPA conferences for up to 2 years for all authors on the paper.**

Ethical Conduct at the NASPSPA Conference

I will adhere to the Ethical Principles of Psychologists and Code of Conduct of the American Psychological Association and will contribute to ensuring the NASPSPA conference is safe and welcoming and free from harassment of any kind based on individual differences. *

I agree

Certification This Work Was Not Duplicated

I certify that the research I am submitting for presentation has not been published or presented at any other peer-reviewed venue. *

I agree

2. **Abstract Information.** The image below illustrates the abstract information page.

Abstract information: title, type, topics

Please select a research topic for your abstract *

- ○ Motor development
- ○ Motor learning and control
- ○ Sport and exercise psychology

Preferred presentation type *

- ○ Verbal presentation
- ○ Poster presentation

I am a student and would like to be considered for the NASPSPA Outstanding Student Paper Award. *

- ○ Yes
- ○ No

ⓘ   If you want to be considered for this award, click here for instructions on the award process.

This submission was funded by the NASPSPA Graduate Student Research Grant. *

- ○ Yes
- ○ No

Abstract title *

Use sentence case, i.e., first word, proper names and acronymns capitalized, all other words lowercase

p   0 words

Max word count: 30

Keywords *

Up to 5 keywords relevant to the abstract, separated by semi-colons

Funding source for your research

If applicable

BACK	NEXT

3. **Author Information.** The image below illustrates the author information page.

Author information

Author 1 (and presenter)

Given name(s) *

Last name *

Email *

Primary university/affiliation *

Do not include department/school/center names

ℹ Add up to 14 more authors or skip ahead to the next page.

BACK   NEXT

Author 2

Given name(s)

Last name

Primary university/affiliation

Do not include department/school/center names

Author 3

Given name(s)

Last name

Primary university/affiliation

Do not include department/school/center names

4. **Abstract Content.** The image below illustrates the abstract content page.

Abstract content

Abstract *

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The maximum length is 350 words

p   0 words

Max word count: 350

5. **Submit.** The radio button below opens the abstract submission portal. We suggest you open the portal in a new tab or window so you can have access to the instructions on this page. Alternatively, you can print the current page for reference.

SUBMIT ABSTRACT   ➤

If you have issues submitting your abstract, please contact our webmaster (Joel Barnes) at j@barnzilla.ca.