

Guidelines for Abstract Preparation and Submission
4th International Research Symposium
Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka (iRuFARS 2026)

Abstracts submitted to iRuFARS should be based on original research work related to health sciences. Abstracts based on different types of reviews of existing literature (systematic reviews, scoping reviews, narrative reviews, integrative reviews, meta-analyses, and literature reviews) will not be accepted. The information presented should be clear, concise, and coherent. The abstracts that are already submitted or published at a scientific conference/journal, should not be re-submitted to iRuFARS.

General Requirements

1. Abstract should be written in a structured format under the following **five** sub-headings.
 - Background
 - Objective/s
 - Methods
 - Results
 - Conclusion/s
2. The word limit for the abstract should not exceed 300 (excluding the title, author's names, affiliations, and keywords).
3. Formatting:
 - Page size: Letter (8.5" x 11"/ 21.59 x 27.94 cm)
 - Margins: Top, Bottom and Right -2.5 cm each, Left – 3.0 cm
 - Font: Times New Roman
 - Language and Spelling: English (United Kingdom), should be devoid of any grammatical, typographical and spelling errors.
 - Digital file format: MS Word (compatibility mode) .doc or .docx
4. The abstract should be submitted using the template provided on the conference website adhering to the following format ([Template](#)).

Title: maximum 100 characters/two rows, font size 12, single line spacing, bold, centred, capitalised each word of the title except for prepositions (*of, into, to, for etc.*), articles (*a, an, the etc.*), and coordinating conjunctions (*and, but, or etc.*).

Authors' names: (font size 10, centred) should be written with the family name followed by initials with periods. Authors' affiliations should be marked with superscript numerals. If all authors have the same affiliation, superscript numerals should not be used. The name of the presenting author should be underlined.

Authors' affiliations: (font size 10, italic, centred) should be written in separate rows when there are more than one.

The corresponding author should be indicated with a superscript # sign and his/her email address should be provided as indicated in the template (E-mail: name@institution.domain (font size 8)).

Body of the abstract: (font size 10, single line spacing)

5. Maximum of **five** keywords should be mentioned at the end of the abstract, organised in alphabetical order and placed in italic fonts, separating the words by commas. Capitalize the first letter of each keyword.
6. Abbreviations should be defined at their first use. Minimize the use of abbreviations.
7. The abstracts should not include graphs, tables, figures, diagrams and references.
8. If scientific terms of organisms, botanical names, etc., are included, they should be written in *italics*. If vernacular names follow the scientific name, they should be included in parentheses.
9. International System of Units (SI) should be used, and a space must be left between the numerical value and the unit symbol (e.g.: 25 cm, 30 °C).
10. Acknowledgement can be mentioned and should only include research grants.
11. Abstracts should be submitted in MS Word format (No PDF versions are accepted).
12. Abstracts should be submitted online on or before **31st March 2026**.
13. One corresponding author can submit a maximum of **three** abstracts.
14. Mode of the presentation will be decided by the Scientific Committee of iRuFARS 2026.
15. If the presenting author is unable to present the abstract, a co-author can present with prior approval from the organizing committee.

If the abstract is not presented at the session, the corresponding author will be blacklisted from iRuFARS for a period of **three** consecutive years and a notification about the blacklisting will be sent to the relevant institution.
16. The duly completed declaration form should be submitted together with the abstract. ([Author declaration form](#))
17. Evidence of ethical approval should be submitted where necessary.

Abstracts that do not fulfil the criteria stipulated by iRuFARS 2026, do not comply with the prescribed format, or fail to submit the required ethical clearance and declaration forms will not be considered.