



## ANNUAL SCIENTIFIC MEETING POSTER SPECIFICATIONS

A poster presentation consists of research highlights that are visually presented on a moveable display. **The area for displaying poster materials is 4 feet high by 4 feet wide.** The poster boards you will be displaying your work require you to use **velcro or push pins** to set your poster up. **Please do not exceed the 4 feet by 4 feet space allotted!** The final program, which you will receive at the meeting, will have individual poster assignment numbers for each poster that corresponds with a poster board. Please mount your poster next to your number.

You may bring your poster already assembled, or you may bring items to be individually posted. Don't forget to bring velcro or push pins, as they will not be supplied!

Here are a few hints for good poster presentations:

- Make your poster simple and eye-catching.
- Use simple drawings, diagrams, graphs and/or photographs
- Graphics should be explicit and brief
- Have clean and attractive layouts
- Use few panels, including an introduction/summary.
- Simple use of color can add emphasis effectively.
  - The 6 best color combinations are:
    - Black on white
    - Red on white
    - Green on white
    - Blue on white
    - White on blue
    - White on black
- Use large print and a minimum of text
- Your poster should contain headings that organize and logically display the information.
- Bring handouts for distribution (500 attendees are expected).
- Remember, not all attendees will be fluent in English. Keep abbreviations and jargon to a minimum.
- Stay with your poster so attendees may confer with you.

If you have any questions, please feel free to contact an APS team member at (703) 556-9222 or [info@psychosomatic.org](mailto:info@psychosomatic.org).

We look forward to seeing you in March!