The long and winding road: mental health across the life course

Introduction
The NPNR conference is the leading mental health nursing conference in the UK. This year our 22nd conference will explore the challenges faced by mental health nurses in delivering evidenced-based compassionate care across the life course. We will consider both the complexity of issues faced by individuals throughout the life course, and also how well services and nurses meet the mental health needs of the people they collaborate with. Once again, our intention is to provide an event where you can engage and critically debate issues (from education, practice and research) of relevance to the way care is provided and received. The NPNR conference is the place for mental health nurses and those we work with to present and learn new knowledge, therefore we encourage you to submit your research and practice development initiatives. The conference also provides a great opportunity to participate in discussion so that you leave the conference informed, enlightened and with new energy to engage with the challenges ahead. Alongside our expert speakers, great practice development and research papers the conference promotes a friendly and welcoming atmosphere that has been the hallmark of NPNR for over 20 years.
CALL FOR ABSTRACTS SUBMISSION GUIDELINES
Abstracts submitted to the above conference are peer reviewed by experts in mental health nursing research. The members of the NPNR scientific committee for 2016 are:

- Dr Ben Hannigan (Chair, Scientific Committee), Cardiff University
- Dr Russell Ashmore (Chair, Conference Steering Group), Sheffield Hallam University
- Professor John Baker, University of Leeds
- Clair Carson, RCN Mental Health Forum
- Dr Tim Carter, University of Nottingham
- Mr Andrew Grundy (Service user representative)
- Dr Laoise Renwick, University of Manchester

The criteria against which the reviewers will make their recommendations are detailed in the criteria for abstract selection document.

Please use the information below to help you prepare your abstract. We recommend that you develop your abstract in a word document and save a copy to your device. You must address all the points requested by the scientific committee.

The deadline for receipt of abstracts is Midnight Friday 29th April 2016.

Abstracts are invited that report on evidence examining policy, practice and education in, but not limited to, the following themes:

**Maternal Mental Health**

Mental health problems affect more than 1 in 10 women during pregnancy or within the first year after having a baby. If not addressed these conditions can impact significantly on mothers, fathers, children and families. Maternal mental health conditions often go unrecognised, undiagnosed and untreated. Tell us how you are trying to improve the lives of mothers, infants and their families.

**Child and Young People’s Mental Health**

Growing up and developing has never been so difficult. Young people are required to engage with and negotiate an increasingly changing world. Family breakdown, limited access to money and increased dependency on parents, unemployment, social networking and bullying are all issues that have the potential to impact on the mental health of young people. Therefore, it is perhaps not surprising that worldwide 10-20 per cent of children and young people experience mental health problems. We are keen to hear from colleagues on evidence and practice development relating to how you are addressing issues in this area.
Adult Mental Health

Adults in their working years face multiple challenges as they develop independence, move from education into the workplace and begin to lead lives often characterised by careers, long-term relationships and for some parenting. Mental health problems during this period of life are associated with low educational attainment, low income, unemployment and poor physical health. This is the phase of the life course when serious and ongoing mental health problems become manifest. Many mental health nurses work with adults of working age, and we are keen to hear from those who are researching, developing new interventions and innovating in their services in this area.

Older Adult Mental Health

The older adult population is increasing significantly with improved life expectancy. Older adults, like other age groups across the life course, experience challenges to their mental health (cultural, social, spiritual, physical and psychological). For some this may be a recent development (for example, trauma and depression), while others may have grown older with ongoing mental health issues from early life. The risk of dementia also increases with advanced age. It is recognised that services should be provided on the basis of need not age; yet older people continue to risk exclusion from effective interventions from specialist services. Submit an abstract in this theme showing how you are meeting the mental health needs of older adults.

Call for papers

Abstracts addressing the conference themes are invited for the following types of presentations:

a) concurrent sessions
b) poster presentations
c) symposia
d) workshops
e) fringe events

Preparing your abstract

- **Purpose**
  The purpose of the abstract is twofold:
  - To enable the Scientific Committee to make an informed decision on the suitability of the proposed presentation for the conference programme.
  - To provide participants attending the conference with written information on the presentation.

- **Title of abstract**
  Please provide a title that makes it clear what you intend to present in your paper. Only use capital letters in appropriate places, that is at the start of the title and when using abbreviations (RCN not Rcn). Do not use capitals throughout the title.

- **Key words**
  Identify up to five key words that best reflect the content of your paper.
• **Theme of abstract**  
  Abstracts will be considered for **one theme only**; so please select the one most suitable for your submission (see above).

• **Word limit**  
  Please adhere to the word limits for the different types of presentation given below. Please note that the electronic submission system will only accept the maximum number of words; anything after that will be automatically deleted.

### Types of presentations

**Submit an abstract for a concurrent session (350 words)**  
Abstracts submitted for a concurrent session should ideally fall into one of the listed themes, however other relevant topics will be considered by the scientific committee. Concurrent sessions will be 15 minutes in length, with a further 5 minutes for questions.

**Submit an abstract for a poster presentation (350 words)**  
Poster presentations are a significant part of the conference proceedings and presenters will have an excellent opportunity to interact with delegates. A poster is a way of visually conveying information about your work. Therefore posters should be visually stimulating and legibly presented. Presenters will be expected to make themselves available to speak with delegates during identified poster viewing times.

**For both types of submission abstracts MUST adhere to the following criteria:**

a. Abstracts reporting on the results of quantitative research studies must be structured; background, aim(s), method(s), results, discussion and conclusions.

b. Statistics including sample size and sampling method used must be supplied.

c. Relevant contextual information must be given e.g. research setting.

d. For qualitative studies the abstract must be structured; background, aim(s), sampling method, method(s), specific analytical approach or approaches, main findings, discussion and conclusions.

e. Theoretical/methodological abstracts must be structured: background, aim(s) of the paper, main discussion points, discussion and conclusions.

f. For all abstracts authors must specify how the paper contributes to mental health nursing research, education, policy or practice.

g. All abstracts must be written in English. NB All accepted abstracts will be published ‘as submitted’. It is therefore incumbent upon the author to ensure that the spelling, grammar and syntax are of an academic publishing standard.

**Propose a symposium (350 words per paper)**  
We also welcome symposia that group 3-4 papers together on a central coherent strand of relevance to the conference themes. Submissions for symposia should clearly indicate the proposed chair, the list of papers and presenters, provide abstracts as per the abstract guidelines for each paper and allow sufficient time for discussion. The total amount of time available will be 70 minutes for symposia.

Authors will need to submit one overarching abstract (up to 350 words) explaining the symposium. You will also need to provide a list (not included in the word count) of papers (3-4) that will be presented in the symposium. In addition, the author of each paper will need to submit an individual abstract outlining their presentation. Authors submitting abstracts for a symposium should adhere to the guidelines outlined above for concurrent sessions and poster presentations. Should the proposed symposium not be accepted, individual abstracts will automatically be considered for inclusion in the conference programme.

**Propose a workshop (500 words)**  
We would also like to receive proposals for workshops relating to the conference themes. The workshops could focus on aspects of education, practice or research. Workshops will be 70 minutes in length.
In preparing your abstract you will need to provide the scientific committee with a rationale for the workshop along with its aim(s) and proposed outcome(s). Importantly, as this is a workshop you will also need to provide details of its content and what types of activities delegates will be invited in participate in. You will also need to say how the workshop relates to the conference themes.

**Fringe events (500 words)**
In recent years we have provided the opportunity for fringe events and would like to open this out to colleagues to submit proposals. Fringe events will take place in the space between the end of formal conference proceedings on the first day of the conference and before the conference banquet. They should be approximately 30-45 minutes in length and on a theme of relevance to mental health nursing. There is limited space so we envisage no more than three such events taking place this year. Organisers of events can advertise to the conference with their own flyers on the morning of the conference. Previous events have focused on doctoral students in mental health nursing meeting to discuss the research journey, however we wish to provide for informal events too for instance those who have a particular research, education or practice focused interest and are looking for similarly minded individuals. It can be something creative such as music, comedy or visual entertainment. This is an open invitation so surprise us and bring something new to the conference!

Similarly to abstracts submitted to workshops, you will need to provide a rationale for your fringe event along with details of its aim(s), proposed outcome(s) and content. Fringe events must be on a theme relevant to mental health nursing.

**Recommended reading lists**

**Professional biography**
Please provide a short (up to 100 words) professional biography, written in the third person

**Checklist**
Before submitting your abstract use the checklist to see whether you have met all the criteria.

**Authorship**
Please include author details as you would like them to appear in the conference abstract book: forename, surname, qualifications, job title, and place of work. Please put an asterisk (*) next to the presenting author(s).