Stress Congress 2025 — Poster Track Invite

Event: Stress Congress 2025 – 8ᵗʰ Edition

Dates: 09–10 October 2025

Venue: Palace of Parliament, Bucharest, Romania

Official website: https://stresscongress.org/en/

A national event with international participation, accredited by the Romanian College of Physicians and the Romanian Order of Nurses, Midwives, and Medical Assistants

About the Congress

Stress Congress serves as a forum for both national and international experts to exchange knowledge and present the latest findings related to stress's effects on health, with an emphasis on longevity medicine, personalized therapeutics, diagnostic algorithms, and predictive molecular biomarkers.

Poster Submission Call

We invite **students, medical residents, and researchers/clinicians** to submit posters, each accompanied by a separate abstract (150–200 words, in separate PDF documents), prepared according to the formatting guidelines available in the "poster instructions" section.

Abstracts must be submitted independently from the poster file and should follow the required structure: **Background and Objectives, Materials and Methods, Results, and Conclusion**.

The poster track welcomes **in-progress studies, pilot data, and late-breaking results**. Submissions should be concise and clearly present the rationale, methodology, and key findings (or expected outcomes, if ongoing).

Key Benefits:

- Accepted works will be presented as **posters** at the congress.
- Poster abstracts will be included in the conference adjunct materials.
- Presenters are expected to register and participate in person.

Submission Requirements:

- **Abstract length:** 150–200 words (PDF format), submitted separately from the poster.
- **Abstract structure:** Background and Objectives, Materials and Methods, Results, Conclusion.
- **Poster format:** Follow Stress Congress template (details available in the "poster instructions" section).
- **Language:** English.
- **Review:** All abstracts will undergo peer review.

Evaluation & Awards

Posters will be judged in **separate categories** for **students, residents, and specialists/researchers** to ensure fairness and to acknowledge contributions at different levels of experience.

- **Students**

  - **Clarity of objectives** – the purpose and goals of the work are easy to understand.
  - **Originality** – novelty of the idea or approach.
  - **Message coherence** – how well the poster communicates the study's key points.
  - **Visual presentation** – overall design, readability, and impact.

- **Residents**

  - **Scientific rigor** – quality and accuracy of the methodology.
  - **Clinical relevance** – applicability of the work to medical practice.
  - **Message coherence** – logical flow of content and clarity of conclusions.
  - **Visual effectiveness** – balance between text, figures, and layout for clear communication.

- **Specialists/Researchers**

  - **Innovation** – contribution of new ideas, methods, or results to the field.
  - **Scientific quality** – robustness of data, analysis, and interpretation.
  - **Message coherence** – clarity, consistency, and depth of the scientific argument.
  - **Professional presentation** – quality of visuals, structure, and overall impact of the poster.

Outstanding posters in each category will receive recognition during the congress.

Important Dates

Milestone	Date
Submission Deadline (abstract & poster)	20 September 2025
Notification of Acceptance	~30 September 2025

Topics of Interest

Submissions advancing the field of stress management and longevity medicine are highly encouraged. Suggested thematic areas include (but are not limited to):

- Molecular biomarkers & diagnostic algorithms
- Personalized therapies targeting stress-related aging
- Longevity medicine & health span optimization
- Multi-disciplinary approaches combining medical, psychological, and technological perspectives
- Predictive modelling & analytics in stress-related health

Presentation Details

All **accepted posters** will be displayed during the two-day event in Bucharest. Presenters should register for the congress and be available for discussion during poster sessions.

How to Submit

Please prepare your **abstract and poster in line with our official guidelines** and submit them **by the stated deadline** to office@anaaslanacademy.ro.