CHPSW RESEARCH DAY ABSTRACT
SUBMISSION REQUIREMENTS

All research submissions received by the deadline will be considered. Research is broadly defined as a systematic investigation, including research development, testing, and evaluation, designed to develop or contribute to generalizable knowledge. Proposals for research posters can be submitted that present any form of generalizable knowledge and may take the form of: 1) Research Reports, 2) Special Interest Reports, 3) Case Studies, or 4) Theory Reports. The reported work must be completed at the time of abstract submission. We especially encourage the submission of joint student-faculty work.

Language and grammar should be consistent with a professional presentation, including the use of “people-first” language. People-first language puts the person before the disability or disease, and it describes what a person has, not who a person is. For example, the phrase “people with physical handicaps” is correct use, rather than “physically handicapped people”. For more information, please visit http://www.kidstogether.org/pep-1st.htm.

You are not required to submit the complete poster for review, just an abstract that summarizes the research as described below. Abstracts are limited to 275 words, and should be submitted as word documents in 12 point font, single-spaced. Please be sure to include the Title, Author Names and Degrees, Departmental Affiliation, Contact Email (presenter), Faculty Advisor for the project, and the Type of submission (i.e., Research Report, Special Interest Report, Case Study Report, Theory Report). The title, author names/degrees, departmental affiliation, contact email, and submission type do not count toward the word limit.

DETAILED DESCRIPTION OF ABSTRACT SUBMISSION TYPES

1. Research Report
Research reports are presentations of original scientific data collected by the author(s). Any established research format may be used (eg, experiment, observation study, clinical trial, ethnography, descriptive study, single-subject designs, qualitative study, etc).

The components that must be used to create a research report abstract are:

- Type of submission: Research Report
- Title
- Authors, Degrees, Department
- Email address of corresponding author
- Faculty Advisor on Project
- Purpose/hypothesis
- Number of participants (or other units of analysis)
- Methods/materials – including statement concerning IRB compliance
- Results
- Conclusions
- Clinical or social relevance
- Word Count
2. Special Interest Report
Special interest reports are presentations of unique and innovative concepts, ideas, devices, or products developed to meet the special needs of health professionals. Ways in which these reports can be expressed include case reports, case studies, and reports of projects. Emphasis should be on the unique and innovative nature of the concept or idea presented. All special interest reports must contain data or evaluative information either collected or developed by the author(s) that address the idea, concept, device, or product presented. Reports that are limited to a “proposed” idea, concept, device or product are not appropriate for submission and will not be considered for presentation. Because of the nature of our practice areas, special interest reports span a range of possibilities and may include reports of practice linking academic and clinical/practice communities, dealing with referral management issues that face facility-based practice, or continuous quality improvement programs as some examples.

The components that must be used to create a special interest report abstract are:

- Type of submission: Special Interest Report
- Title
- Authors, Degrees, Department
- Email address of corresponding author
- Faculty Advisor on Project
- Purpose
- Description
- Summary
- Relevance to clinical or social work practice
- Word Count

3. Case Study Report
Case study reports are presentations of enlightening clinical/social cases that inform practice or future research. Case study reports in the health sciences literature may describe an unexpected association between diseases or symptoms; an unexpected event in the course of observing or treating a patient/client; findings that shed new light on the possible pathogenesis of a disease or an adverse effect; unique or rare features of a disease or unique therapeutic approaches, a positional or quantitative variation of the anatomical structures (source http://en.wikipedia.org/wiki/Case_report, accessed 10/20/2008). Within the social work literature, case study reports may address evidence-based interventions (generalist, clinical, organizational, community or policy) that provide new insights or innovations in practice.

The components that must be used to create a case study abstract are:

- Type of submission: Case Study Report
- Title
- Authors, Degrees, Department
- Email address of corresponding author
- Faculty Advisor on Project
- Background and purpose
- Case description
- Outcomes
- Discussion
- Word Count
4. Theory Report

Theory reports are presentations of a theory, idea, concept, or model that describes a foundation for the practice of health and social work professionals. “Theory is a general, abstract body of interrelated principles, concepts, and constructs that present a systematic, scientifically acceptable view of phenomena. Theory is conjecture that is inferred from a set of logical propositions that, in turn, are based on empirically derived evidence. Acceptable scientific theory is internally consistent, empirically testable, parsimonious, and congruous with existing knowledge. Theory also should be important scientifically” (Krebs DE, Harris SR, Herdman SJ, Michels E. Theory in physical therapy. *Phys Ther.* 1986;66:661-662). Systematic reviews, meta-analysis and other forms of data analysis that support theoretical development could be included in this submission type.

The components that must be used to create a **theory report** are:

- Type of submission: Theory Report
- Title
- Authors, Degrees, Department
- Email address of corresponding author
- Faculty Advisor on Project
- Abstract body (variable, but methods should be described, e.g., systematic or narrative review procedures)
- Translation to clinical or social work practice
- Word Count
**Type of Submission:** Research Report
**Title:** Effect of High Fat and Low Fat Diets on Bone Structure and Strength during Puberty

**Authors, Degrees, Department:** Tiffiny A. Butler, MS; Vanessa R. Yingling, FACSM, Kathleen K. Axen*. Temple University, Philadelphia, PA, *Brooklyn College CUNY, Brooklyn, NY

**Correspondence:** Tiffiny Butler; tiffiny.butler@temple.edu

**Faculty Advisor:** Dr. Advisor

**Purpose/hypothesis:** Obesity-promoting diets and the widely circulating idea that increased body mass is a protective factor for bone is an area of research that deserves further exploration. Determine the effect of a high fat or low fat diet during adolescence on bone strength and architecture.

**Methods:** Female Sprague-Dawley rats (N=31), 5 weeks of age, were divided into 2 groups and given High Fat (HF) and Low Fat (LF) diets. At sacrifice, week 11, right femurs were fixed and the trabecular region of the distal femur was scanned in an ex-vivo microCT scanner (SkyScan 1172, Aartslaar, Belgium). Left femurs were mechanically tested using a three point bend assay (Bose, Eden Prairie, Minnesota). Procedures approved by (IACUC) at Brooklyn College.

**Results:** No differences were found in body weight between groups. A trend towards decreased mechanical strength was found in the LF group. Micro CT analysis revealed percent bone volume was 19% (15.7/3.87 vs. 12.7/2.75, p < 0.05) greater in the HF compared to the LF group. Trabecular number was 14% greater (1.7610/.3215 vs. 1.5123/.2568 1/mm, p < 0.05 and trabecular thickness (.0886/.0700 vs .0833/.0057 mm p < 0.05) 6% greater in the HF group. A measure of architecture, the structural model index was 23% greater (.874/.202 vs 1.128/.224, rod- plate relationship, p < 0.05) in the LF group.

**Conclusions:** The HF had greater bone quantity and better bone quality with architecture more plate-like with no difference in body weight.

**Clinical Relevance:** This data along with the decreased bone strength in the LF group suggest that diet does impact the structure and strength of bone during puberty. The long-term consequences of these diets remain unknown.

**Word Count:** 272.