



# The Journal of Rheumatology

## Guide for Video and Audio Abstracts

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## INTRODUCTION

A video/audio abstract compels your audience to read your article by giving them a summary of your objective, methods, results, and conclusion. We will guide you through the process of creating and submitting your video abstracts.

### WHY CREATE A VIDEO/AUDIO ABSTRACT?

- To reach a wider audience by simplifying the research in your own words
- To easily promote and share your research on social media platforms, through posting, tweeting, linking, or e-mailing the video abstract
- To increase the awareness about your article

[Why should I create a video abstract? \[Video\]](#)

### GENERAL REQUIREMENTS

Short video and/or audio recordings should focus on the importance of your research. Authors can provide a summary of the study, technique demonstration, and/or background information to be promoted on *The Journal's* website and social media feeds.

Watch our video on [how to create an effective video abstract. \[Video\]](#)

## VIDEO ABSTRACTS

### Types

Video abstracts can be in the form of computer-generated animations, live technique demonstrations, interviews with authors, and similar recordings that will help readers further understand the concept of the research.

### Mechanical Requirements

1. File type: mov, avi, mpg, mp4, and wmv
2. Length: maximum of 5 minutes
3. Frame size: 640 × 360 pixels
4. Aspect ratio: 16:9, square pixels, deinterlaced
5. File size: maximum 300 MB

### Other Requirements

1. The video should be accessible to non-experts in the field of rheumatology and should be easy to understand.
2. The audio should be clear and well understood.
3. Verbal descriptions and/or subtitles/text descriptions are highly recommended for clarity.
4. Text and images should be in a size that is easy to read.
5. A title page should be created including the full title of your article, authors, and DOI.
6. Any form of acknowledgment, funding, or support from third parties must be clearly stated as coming from the authors (e.g., “The authors would like to thank...”).

## **AUDIO ABSTRACTS**

### **Types**

Audio abstracts can be in the form of technique descriptions, interviews with authors, and similar recordings that will help readers further understand the concept of the research without the need for visual aid.

### **Mechanical Requirements**

1. File type: wav and mp3
2. Length: maximum of 5 minutes
3. Audio bitrate: 64 kbps or better
4. File size: maximum 150 MB

### **Other Requirements**

1. The audio should be accessible to non-experts in the field of rheumatology and should be easy to understand.
2. The audio should be clear and well understood.
3. An introduction of the topic and author/speaker should be included.
4. Any form of acknowledgment, funding, or support from third parties must be clearly stated as coming from the authors (e.g., “The authors would like to thank...”).

## WRITTEN TRANSCRIPTS

A complete, accurate, word-for-word transcript of the submitted video abstract must be included.

## EXAMPLES

- For an example of a video abstract, see [Venous Thromboembolism in Systemic Sclerosis: Prevalence, Risk Factors, and Effect on Survival by Sindhu R. Johnson, et al.](#)
- For an example of a technique demonstration, see [The Dorsal 4-finger Technique: A Novel Method to Examine Metacarpophalangeal Joints in Patients with Rheumatoid Arthritis by Mohammed A. Omair, et al.](#)

## UPLOADING FILES

All video and audio recordings should be uploaded to our FTP website: [production.jrheum.com](http://production.jrheum.com) (username and password will be provided upon request). Alternatively, you may use file transfer sites such as [wettransfer.com](http://wettransfer.com) and send your files to [production@jrheum.com](mailto:production@jrheum.com).

Files must be uploaded only after your paper has been accepted for publication and must include the following:

1. Video/audio recordings
2. Written transcript of the video/audio abstract as a Microsoft Word file
3. Signed Recording Rights Agreement (e-mailed to contact author along with PDF Guide)

## TIPS AND TRICKS

- Write a script to guide you with outlining your key points. You may write down key points or your entire script, depending on what you are comfortable with.
- Record your video/audio in a quiet room or area.
- Use an external microphone (Bluetooth, handheld, or lapel mic) if possible to reduce ambient noise.
- You do not have to record in one shot. You may stop and start as often as necessary and put them together or cut out sections in editing.
- Approach your institution's IT department for equipment, such as digital recorders, microphones, or editing software.
- Edit your video abstract by adding a title page and/or credits, as well as text overlay, to introduce your author(s) or highlight key points. You can also record an audio commentary to go with a PowerPoint slideshow.
- For audio recordings, make sure that you begin with an introduction of your topic and speaker/author.

### **EDITORIAL DISCRETION**

Video and audio abstracts are meant to enhance your article. *The Journal of Rheumatology* will only publish video and audio abstracts that meet our quality and standards.

### **EDITING SERVICES**

If you need assistance with minor editing, please contact [production@jrheum.com](mailto:production@jrheum.com) to get a quote. Please include the manuscript number, and what kind of editing assistance you require.

### **QUESTIONS**

For more information on video and audio abstracts, please contact [production@jrheum.com](mailto:production@jrheum.com).