Video Abstracts

A video abstract is an accompanying feature that should attract viewers to your published article. The aim of the video abstract is to promote the highlights of your work. Your emphasis should be on capturing the attention of your audience and encouraging them to read your paper. Video abstracts are published under the same copyright policy as the associated article.

Steps to a Good Video Abstract:

The following description provides a step-by-step guide on how to plan, film, edit, and publish your video abstract.

1. **Identify the key points to cover**:
    - What is it about and why is it important? State this in everyday language.
    - What did your study find? What is your take-home message?
    - What is unique about your study? Put it in broader scientific context.
    - Why is your study important to the viewer/reader?
2. **Develop an outline** that details the sequence in which information is to be presented.
    - Write out a script to help organize your thoughts.
    - You may story board your video with PowerPoint slides.
3. **Decide what audio-visual media** you will use to convey the information. Strive to use at least two different types of media to increase visual interest.
    - Animation, text, voice-over (narration by an unseen speaker)
4. **Select your recording equipment**:
    - Tablet or smartphone that shoots video and still images
    - Computer/laptop
    - Digital camera
5. **Select your software**: Software for mobile devices is often easiest to learn and use.
    - Video editing software such as iMovie or Windows Moviemaker (desktop or mobile version)
    - Screen capture software to record computer screen (QuickTime, Screenflow, Camtasia)
6. **Film your video**:
    - Please create your video in one of the following file formats:
        - 3gp, asx, avi, f4v, flv, mkv, mov, mp4, mpg, wmv
    - To increase the accessibility of your video abstract, you may want to consider captioning:
        - embedded captions
        - caption files uploaded separately as additional files (.srt or .vtt)
        - multiple language captions

    - Additional Tips:

        - Speak directly to the camera to explain your work. Don't read your abstract.
        - Record a PowerPoint presentation (using screen capture software) and voice-over explaining your work.
    - Create an animation or find one in the public domain to use;

- Get written permission if it is copyright protected.
7. **Edit your video:**
    - Begin building your video by adding clips or images to the timeline (according to your movie-editing software instructions).
    - Trim out any unnecessary changes or poorly-shot footage.
    - Insert text, images, animations, or footage to illustrate what is being described verbally.
    - Record a voice-over narration if desired.
8. **Promote your video**. Be sure to encourage viewers to read your article. You could also invite viewers to ask questions via your Twitter or Facebook page (perhaps suggest a hashtag).