



Poster Perfect

Tips and Tricks to CREATE Successful Scientific Posters

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June 26th, 2025

Poster Perfect:

Tips and Tricks to CREATE Successful Scientific Posters



Carole Lynn Rüttimann

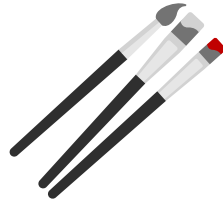
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More information
[ehps.net/create-
webinars](https://ehps.net/create-webinars)

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- How to create a successful scientific poster?
- How do I avoid common pitfalls?
- Get insights and ask questions in a Q&A!



Marthe Tulpin

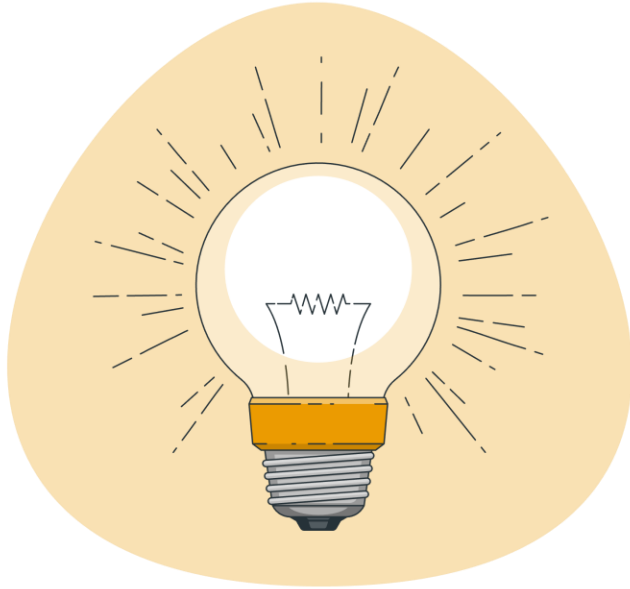
(Ghent Health Psychology Lab, Ghent,
and End-of-Life Care Research Group,
Vrije Universiteit Brussel (VUB) &
Ghent University, Belgium)

CREATE is a subdivision of the European Health Psychology Society, promoting education and collaboration for early career researchers in the field.



**When: 26.06.2025
12-13:00 CEST**

Learnings



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1. Skills to create **compelling and visually appealing** scientific posters
2. Effective strategies for **communicating complex research findings** through visuals and concise text
3. Practical tips for **organizing information** and maintaining engagement on a poster

Webinar Structure

1. Content and how to structure it
2. Key visual principles
3. Handy tools
4. What does a poster presentation look like?



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1 Content and how to structure it



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Be sure about your message!

3 Important Questions

What is it you would like to communicate?

- Study protocol
- Pilot study
- Results presentation
- Systematic review
- ...

Who is your audience?

- Research or practice?
 - Discipline(s)
 - ...
-  Knowledge and language

Predicting non-adherence in dietary behaviour maintenance using passive sensing

First part of a registered report

Carole Lynn Rüttimann, Dario Baretta, PhD, Corina Berli, PhD, & Jennifer Inauen, PhD
Department of Health Psychology and Behavioural Medicine, University of Bern, Switzerland

Background

- Behavioural weight loss strategies often neglect the **role of long-term maintenance of behaviours** like sustained adhering to a prescribed or intended diet [1].
- There is a gap in understanding (non-) adherence during weight loss maintenance, particularly in **identifying when and in which contexts** individuals experience lapses, a relapse [2] or even sustained change in their adopted dietary behaviour [3].
- Current research lacks precise definitions for long-term behaviour change phenomena such as relapse or maintenance, typically only focusing on lapses during the adoption phase (e.g., 4, 5) or only assessing with limited time points (e.g., 4, 6).

Research Questions

Exploring the complexities of long-term behaviour change

RQ1 What are the **patterns of lapses for relapse and maintenance** in dietary behaviour for people trying to maintain their weight loss?

RQ2 What are the **psychological, behavioural, and contextual predictors of lapses** in dietary behaviour during behavioural maintenance?

Methods

- 8-month intensive-longitudinal study (240 observations per person)
- 2 on-site appointments

Target Sample

120 participants

- ≥ 18 years old
- Native in German
- overweight (BMI ≥ 25) prior to weight loss
- enrolled in a weight loss program
- reached their target weight 3 months ago
- diagnosed with an eating disorder

Outcome

Hi user!

Did you just deviate from your intended diet?

Please click on the button to record an unplanned lapse in your dietary behaviour.

Record lapse

Ecological Momentary Assessment **daily**

Psychosocial predictors

- Perceived stress
- Affect (PANAS) and valence
- Coping
- Boredom
- Perceived & received social support

Smartphone Sensing **continuously**

Contextual and behavioural predictors

- Time spent indoors/outdoors
- Daily weather
- Usage statistics from 3rd party apps
- Number of steps taken per day
- Time spent sleeping

Activity Tracker Sensing **continuously**

Behavioural predictors

- Minutes of moderate to vigorous activity

Smart Scale **monthly**

Distal behavioural outcome

- Weight
- Body Mass Index (BMI)

Analysis and Expected Results

RQ 1

- Various types of **meaningful changes** will be identified with exploratory time-varying change point auto-regressive models [7].
- Iterative adaptation of boundary conditions (e.g., model parameters such as length and magnitude of change) [8, 9].

Participant example

RQ 2

- Lapses as a semi-continuous outcome
- Psychosocial, behavioural, and contextual** as continuous predictors
- Two-part multi-level modelling to predict lapses in dietary behaviour at different time scales [10]

Implications

- Adds a phenomena-driven research perspective to this field by testing the **boundary conditions of relapse and maintenance** of adopted dietary behaviour
- Potentially enables detection of early warning signals of lapses and meaningful changes in lapse patterns
- Explores passive sensing as a resource to lower participant burden

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2. Rüttimann, C. L., Baretta, D., Berli, C., & Inauen, J. (2023). Predicting non-adherence in dietary behaviour maintenance using passive sensing: First part of a registered report. *EHPS 2024*.

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Leveraging Digital Technologies to Predict Lapses and their Risk Factors

Carole Lynn Rüttimann¹, Dario Baretta², Corina Berli³, Radim Liskovec⁴, Zimu Xu⁵, Eric Samkew⁶, Antonio Di Maio⁷, Torsten Braun⁸, Jennifer Inauen¹

¹ Department of Health Psychology and Behavioural Medicine, Institute of Psychology, University of Bern, Switzerland
² Department of Geography, Faculty of Science, Maastricht University, Czech Republic
³ Communication and Distributed Systems Research Group, Institute of Computer Science, University of Bern, Switzerland

RELEVANCE

- Overweight and obesity are linked to serious health risks and a reduced quality of life (e.g., 1). Dietary change is essential for behavioural weight loss, yet maintaining a new eating behaviour is challenging (e.g., 2). There are still gaps in understanding and predicting lapses from intended diets during weight loss maintenance [3].
- Digital technologies offer a way to passively detect such lapses and their risk factors.
- While current predictive models of lapses and their risk factors show promise, a current limitation is their inability to reliably detect lapse events and capture a broader range of risk factors [4].

Can passive sensing reliably... predict lapses in eating behaviour? Identify risk factors of lapses?

STUDY DESIGN AND SAMPLE

- observational
- 8-month intensive-longitudinal study
- On-site appointments
- 1x at baseline
- 1x at follow-up
- a (self-)prescribed eating behaviour goal

120 participants

- ≥ 18 years old
- fluent in German
- overweight (BMI ≥ 25) prior to weight loss
- reached a weight goal ≥ 6 months before starting the study
- goal to keep off the weight lost
- a (self-)prescribed eating behaviour goal

LAPSES IN EATING BEHAVIOUR

- Describing:** Lapse pattern detection
- Predicting:**
 - Two-part multi-level modelling (e.g., 5)
 - Machine Learning (e.g., automated federated learning)

MEASURES

Smartphone Sensing

Contextual and behavioural predictors

- Time spent indoors/outdoors
- Daily weather
- Usage statistics from 3rd party apps
- Number of steps taken per day
- Time spent sleeping

Activity Tracker Sensing

Behavioural predictors

- Minutes of moderate to vigorous activity
- Daily number of steps
- Sleep time

Smart Scale

Distal behavioural outcomes

- Body weight
- Body fat
- Body Mass Index (BMI)

Ecological Momentary Assessment

Potential psychosocial risk factors*

- Perceived stress
- Affect (PANAS)
- Boredom
- Tiredness
- Loneliness
- Coping
- Availability of foods
- Received social support
- Action control
- Intention
- Self-efficacy

IMPLICATIONS

- This project will develop a predictive model to identify dietary lapses and their risk factors. The model may inform personalized interventions (e.g., fApps) to support long-term weight loss maintenance.
- Passive sensing enables unobtrusive, semi-continuous data collection and may eventually reduce reliance on ecological momentary assessments, easing participant burden.

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Be sure about your message!

3 Important Questions

What is it you would like to communicate?

- Study protocol
- Pilot study
- Results presentation
- Systematic review
- ...

Who is your audience?

- Research or practice?
 - Discipline(s)
 - ...
- 
- Knowledge and language

What should they remember?

- Main finding
- New concept
- Open research question
- ...

Key Components

Content Checklist



Title



Authors and affiliations,
institution logo



Background on the general topic



Project aims



Methods



Results



Conclusion or take-home
message



References



Contact details



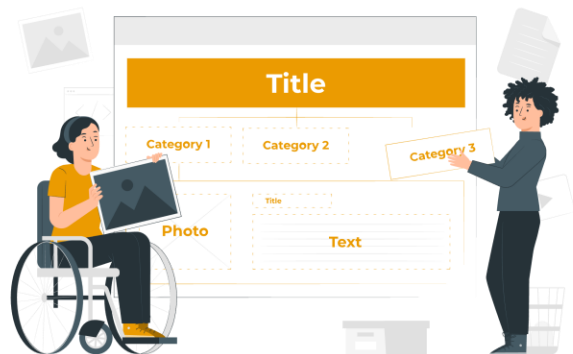
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Content Structuring

Original ways to structure your poster



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- Problem - Solution - Benefit
- What? - Why? - How? - So what?
- Background, aim, methods based on the 'AND - BUT - THEREFORE' structure
- ...

Content Structuring

And

Cancer is defined by uncontrolled cell growth
AND affects millions of people worldwide.

But

BUT traditional therapies are not always effective
and can cause severe side effects.

Therefore

THEREFORE, there is a need to develop
personalised therapies with fewer side effects.

2

Key visual principals



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Rules of the game

4 Tips

Less is more,
do not make
it crowded!

Draw the
attention to
the most
important
parts.

Make it easy
to navigate
through...

Make it
appealing,
not boring.

HIERARCHY – BALANCE – READABILITY

2 Key visual principles

HIERARCHY

Hierarchy

Use size variation to emphasize important elements

YOU

At some point you may come back to read this line or maybe not.

**WILL READ
THIS FIRST.**

And then you will read this line next.

You will go back to read this body copy if you want to know more. It takes the most effort to read because it has a lot of text in a small font in a light weight with tight line spacing. Many people will skip paragraphs like this unless if they aren't engaged right away. This is why it's important to draw attention to your message using visual hierarchy.

You'll probably read this before the paragraph.

Hierarchy

Make use of panels

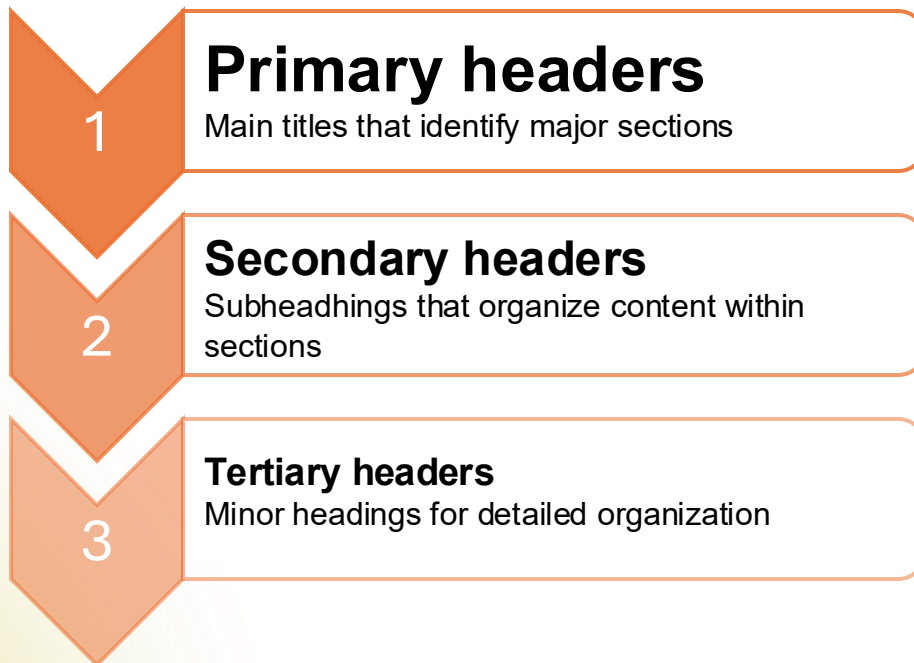


Panels create hierarchy and visual grouping

Panels help organize related content and establish a clear structure within your design. They create visual boundaries that help viewers understand which elements are important and which elements belong together.

Hierarchy

Make use of headers



Hierarchy

Make use of typography

Bold text

Creates emphasis and draws immediate attention to important information. Use for headlines and **key points** that need to stand out.

Italic text

Provides subtle distinction and can indicate secondary information or *special terminology*. Use sparingly for emphasis within body text.

ALL CAPS

Creates strong visual impact and can be used for short, important headlines. Avoid using for long text as it reduces readability.

Explaining Physical Activity Behavior Using a Network Analytical Approach to Social Cognitive Theory

Viktorija S. Egele, Eric Klopp, Robin Stark

Saarland University

Hierarchy in action: An example

- **Varying sizes** to direct attention
- **Panel elements** to group related content
- **Typography** choices that distinguish information types
- Clear **headers** that organize content sections

Theoretical Background

- Although Bandura's Social Cognitive Theory (SCT) is well researched, the theoretical assumptions are increasingly being questioned: it is unclear whether unilateral relations between self-efficacy, outcome expectations, sociostructural factors, and goals, are valid or whether the constructs are related via reciprocal relations (Beauchamp et al., 2019)
- Network analysis permits to analyze a complex pattern of relationships without causality assumptions
- A network consists of knots (variables), that are connected via edges, where an edge represents a pairwise interaction between the knots that can be expressed statistically by a partial correlation
- Network analysis aims at determining substantial edges, these can be determined using regularization (Epskamp et al., 2017)
- Communities are groups of knots that share a higher level of commonalities among each other than with other knots in the network (Briganti et al., 2018; Golino & Epskamp, 2017)

Research Question

- In absence of consideration of causal paths, how are the elements of SCT related to each other and which communities can be discovered?

Methods

- Sample: 335 participants (109 male, 225 female, $M_{age}=30.27$, $SD_{age}=12.78$)
- Physical activity was measured by means of the IPAQ (Craig et al., 2003)
- Self-efficacy, outcome expectations, sociostructural factors, and goals were assessed by rating scales as suggested by Bandura (2006).
- Internal consistencies of the SCT scales: self efficacy $\alpha=.93$, outcome expectations $\alpha=.79$, goals $\alpha=.54$, sociostructural factors $\alpha=.69$
- Regularized estimation using the EBICglasso ($\lambda=.5$; Epskamp et al., 2017; Epskamp & Fried, 2018))
- Estimation of edge's accuracy and network stability using a bootstrap (10000 bootstrap samples; Epskamp et al., 2018).
- Spinglass algorithm to determine the communities (Yang et al., 2016) with 500 replications

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Results

- Good model fit: $\chi^2(2)=3.225$, $p=.199$, CFI=0.997, RMSEA=0.043, SRMR=0.017
- Spinglass algorithm indicates 2 communities: One consisting of the SCT scales and a singleton community consisting of physical activity, displayed in Figure 1.
- Accuracy: only slight differences between the estimates and their bootstrap mean (absolute deviation = 0.025), see Figure 2
- Good stability ($CS=.75$)

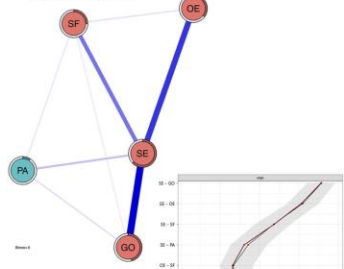


Figure 1. Network MD plot

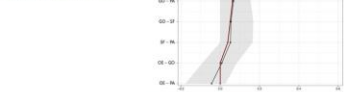


Figure 2. Bootstrap (accuracy)

Discussion

- Self-efficacy has the strongest relations to the other SCT constructs, which aligns with the research on SCT that is primarily concerned with self-efficacy (Young et al., 2014).
- Some relations that were assumed in the original theory seem to be absent in the network (e.g. a relation between outcome expectations and goals/physical activity).
- The presence of two communities hints at an intention-behavior gap: there are strong relations within the SCT-components and weak relations with physical activity.
- Very little variance of physical activity can be explained by SCT ($R^2 = 9\%$), it can thus be inferred that other variables (e.g. values, habits) are at least as pertinent for physical activity.

2 Key visual principles

BALANCE

Balance

Examples



Balance

Creating visual harmony

Explaining Physical Activity Behavior Using a Network Analytical Approach to Social Cognitive Theory

Viktoria S. Igde, Eric Klapp, Robin Stark

Theoretical Background

- Although Bandura's Social Cognitive Theory (SCT) is well researched, the theoretical assumptions are increasingly being questioned. It is unclear whether unilateral relations between self-efficacy, outcome expectations, environmental factors, and goals are as robust as assumed. The constructs are related to reciprocal relations (Bandura et al., 2015).
- Network analysis enables to analyze a complex system of relationships without causal assumptions.
- A network consists of nodes (variables) that are connected via edges, where an edge represents a causal interaction between the nodes that can be represented statistically by a partial correlation.
- Network analysis aims at identifying substantial edges. These can be determined using regularization (Späth et al., 2017).
- Correlations are general, all nodes have about a higher level of communality among each other than with other nodes in the network (Borgatti et al., 2010; Collins & Späth, 2017).

Research Question

- In addition to consideration of causal paths, how are the elements of SCT related to each other and which constructs can be discussed?

Methods

- Sample: 100 participants (50 male, 50 female, $M_{age} = 30.73$, $SD_{age} = 12.76$).
- Physical activity was measured by means of the PACE (Papoušek et al., 2015).
- Self-efficacy, outcome expectations, environmental factors, and goals were assessed by using scales as suggested by Bandura (2002).
- Internal consistency of the SCT scales, self-efficacy ($\alpha = 0.93$), outcome expectations ($\alpha = 0.78$), goals ($\alpha = 0.84$), environmental factors ($\alpha = 0.83$).
- Regularized estimation using the R package (Dai, Späth et al., 2015; Späth & Fried, 2016).
- Direction of edges: accuracy and network stability using a bootstrap (5000 bootstrap samples; Späth et al., 2016).
- Network analysis to determine the correlation (Jing et al., 2010) with self-efficacy.

Results

- Graph model: $N = 100$, $EDS = 1025$, $p = 198$, $CH = 198$, $MARS = 1045$, $SD = 1017$.
- Simplest algorithm includes 2 communities. One consisting of the SCT scales and a significant community consisting of physical activity. Analyzed in Figure 1.
- Strongest edge: self-efficacy between the variables and their bootstrap mean correlation deviation = 0.005, see Figure 2.
- Goal activity: $CH = 70$.

Discussion

- Self-efficacy has the strongest relation to the other SCT constructs, which aligns with the research on SCT that is primarily concerned with self-efficacy (Jing et al., 2016).
- Some relations that were assumed in the original theory seem to be absent in the network (e.g. a relation between outcome expectations and goal activity).
- The presence of two communities hints at an interaction between goals and an emerging relation between the SCT constructs and self-efficacy with physical activity.
- Way the relation of physical activity can be explained by SCT ($p < 0.05$), it is thus clear that other variables (e.g. values, values can be used as potential for physical activity).

Implications

- Network analysis can be used to explore the role of self-efficacy in physical activity.
- Physical activity is a complex system of relationships between self-efficacy, outcome expectations, environmental factors, and goals.
- Network analysis can be used to explore the role of self-efficacy in physical activity.

- Elements are evenly distributed on either side of a central axis, creating a formal, stable appearance.
- Unequal elements create equilibrium through careful placement, often resulting in more dynamic designs.
- Elements radiate from a central point, creating circular harmony and drawing focus to the center.

"We live two lives separately": an interpretative phenomenological analysis of spouses' experience facing Huntington's disease.

C. Manceau¹, M. Menier¹, E. Constant¹, E. Decorte¹, C. Simonin¹, & P. Antoine¹

Background

Huntington's disease (HD) is a rare, autosomal dominant, neurodegenerative disorder. It is characterized by motor, cognitive, and psychiatric symptoms. The impact of HD on the family is significant, and the experience of spouses is often overlooked. This study aims to explore the experience of spouses facing HD.

Methods

An interpretative phenomenological analysis (IPA) was conducted. Data were collected through semi-structured interviews with 10 spouses of individuals with HD. The data were analyzed using IPA to identify themes and patterns.

Results

The study identified several themes related to the experience of spouses facing HD. These themes include the impact of HD on the family, the experience of living with a partner with HD, and the experience of coping with the disease. The study also identified several sub-themes related to these themes.

Conclusion

The study highlights the importance of understanding the experience of spouses facing HD. This understanding can help healthcare providers to better support these individuals and their families.

Predicting non-adherence in dietary behaviour maintenance using passive sensing

First part of a registered report

Caroline van Erp, PhD, Corine van Erp, PhD, Jennifer van Erp, PhD

Background

- Behaviour change is a complex process that involves many factors. One of the key factors is the ability to maintain the change over time. This is often the most difficult part of the process.
- Non-adherence to dietary behaviour is a common problem. It is often caused by a lack of motivation or a lack of knowledge.
- Passive sensing can be used to monitor behaviour and predict non-adherence. This can help healthcare providers to better support individuals.

Methods

- A longitudinal study was conducted. Data were collected using passive sensing devices.
- The data were analyzed using statistical methods to predict non-adherence.
- The results of the study are presented in the following sections.

Results

- The study found that passive sensing can be used to predict non-adherence with a high degree of accuracy.
- The results also showed that there are several factors that influence non-adherence.
- These factors include motivation, knowledge, and social support.

Conclusion

The study highlights the importance of using passive sensing to predict non-adherence. This can help healthcare providers to better support individuals and improve their health outcomes.

Balance

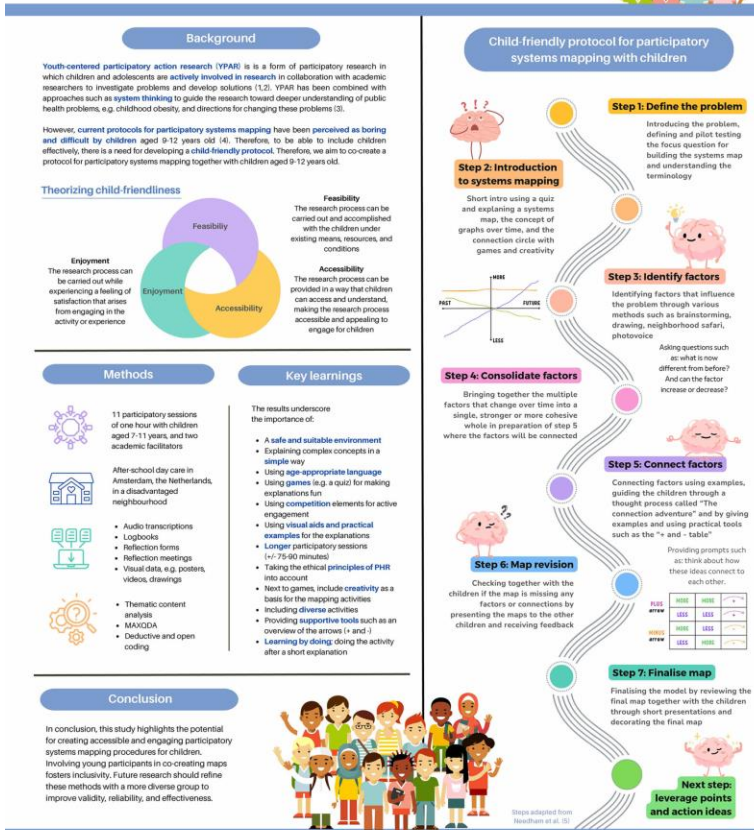
Best Practices for Visual Elements

- Incorporate **meaningful visuals**
- Ensure visual content **directly relates** to your textual information
- Consider the **placement and size** of visuals
- When properly integrated, visuals become powerful communication tools that work in harmony with your hierarchical structure and balanced composition

Youth-centred participatory action research meets systems thinking: co-creating a protocol for systems mapping together with children

Laura Belmont^{1,2}, Sharifa Adil¹, Renée Wink¹, Sophie Pleysier¹, Fiona Budge⁴, Mai Chin A Paw^{1,2}, Teatske Altenburg^{1,2}

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4. Athena Institute, Vrije Universiteit Amsterdam, Amsterdam, the Netherlands.



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Balance

Benefits of white space

- Creates **breathing room** for design elements
- Improves **comprehension** and information processing
- Establishes **relationships** between elements
- Directs **attention** to what matters most

Let your design elements breathe!



Balance

Benefits of white space

Heading

Sub-Headline

Nunc faucibus a pellentesque sit amet porttitor eget. Ligula ullamcorper malesuada proin libero nunc consequat. Feugiat nisl pretium fusce id velit ut tortor pretium viverra. Diam quis enim lobortis scelerisque fermentum dui. Diam donec adipiscing tristique risus nec feugiat. Ornare aenean euismod elementum nisi quis eleifend quam adipiscing. Quis commodo odio aenean sed.

Don't

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Heading

Sub-Headline

Nunc faucibus a pellentesque sit amet porttitor eget. Ligula ullamcorper malesuada proin libero nunc consequat.

Feugiat nisl pretium fusce id velit ut tortor pretium viverra. Diam quis enim lobortis scelerisque fermentum dui.

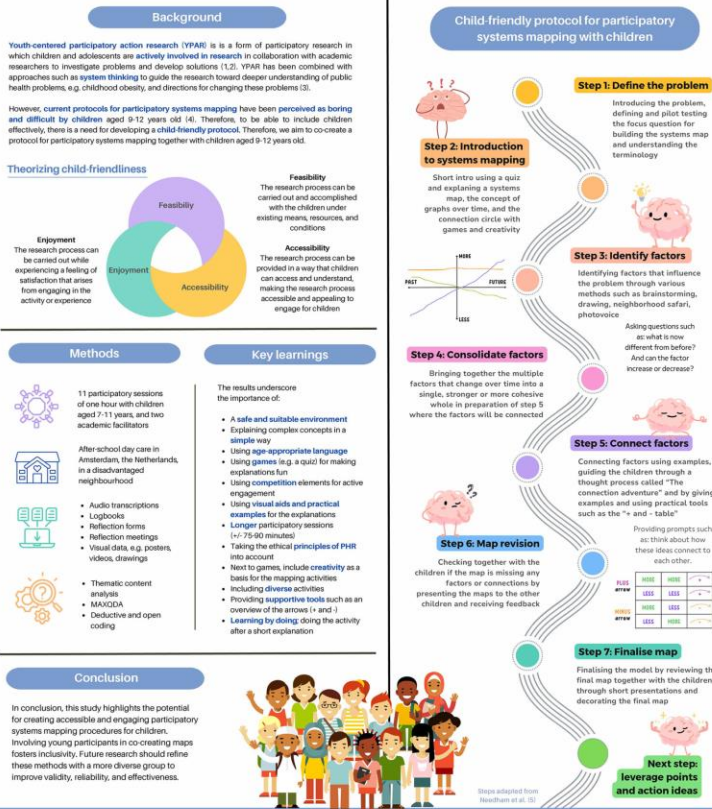
Diam donec adipiscing tristique risus nec feugiat. Ornare aenean euismod elementum nisi quis eleifend quam adipiscing. Quis commodo odio aenean sed.

Do

Youth-centred participatory action research meets systems thinking: co-creating a protocol for systems mapping together with children

Laura Belmont^{1,2}, Sharifa Adil¹, Renée Wink¹, Sophie Pleysier¹, Fiona Budge⁴, Mai Chin A Paw^{1,2}, Teatske Altenburg^{1,2}

1. Amsterdam UMC, Vrije Universiteit Amsterdam, Department of Public and Occupational Health, Amsterdam Public Health research institute, Amsterdam, the Netherlands.
2. Amsterdam Public Health, programs Health Behaviors and Chronic Diseases and Methodology, Amsterdam, the Netherlands.
3. Vrije Universiteit Brussel, Department of Physiotherapy, Human Physiology and Anatomy, Faculty of Physical Education & Physiotherapy, Brussels, Belgium.
4. Aeneas Institute, Vrije Universiteit Amsterdam, Amsterdam, the Netherlands.



2 Key visual principles

READABILITY

Readability

Text size

Ensure text is large enough to read from a distance.

Headlines: 24-36pt, Body text: minimum 18pt

Font choice

Select legible fonts and limit to 2-3 typefaces per design.

Sans-serif fonts often work best.

Contrast

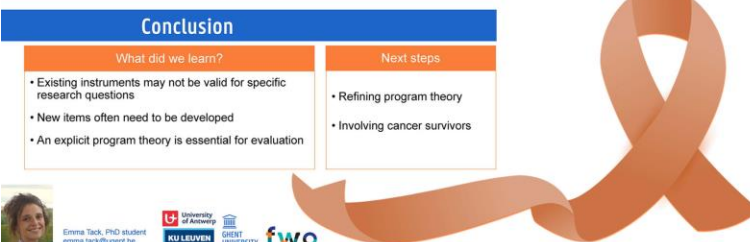
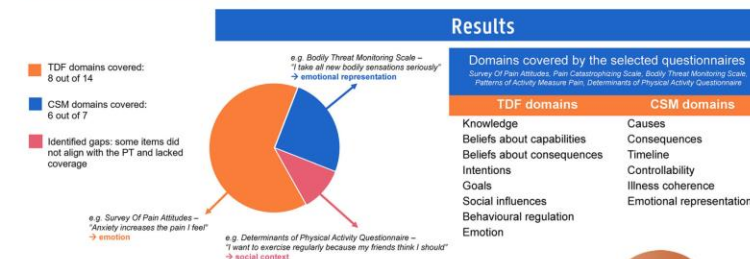
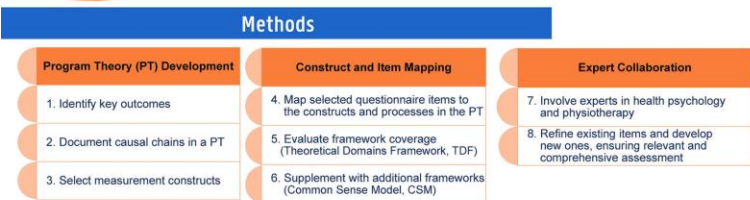
Maintain high contrast between text and background.

Dark text on light backgrounds or vice versa works best.

How to select and construct outcomes for a RCT? Discover construct and item mapping

E. Tack^{1,2}, A. De Paeppe¹, M. Van Overbeke^{1,2,5}, A. De Groef^{2,3,5}, L. Dams^{2,5}, M. Mertens^{2,4,5}, M. Meeus^{2,5}, G. Crombez¹

¹Department of Experimental Clinical and Health Psychology, Ghent University, Belgium
²Department of Rehabilitation Sciences and Physiotherapy, University of Antwerp, Belgium
³Department of Rehabilitation Sciences, University of Leuven, Belgium
⁴Department of Rehabilitation Medicine, Maastricht University, The Netherlands
⁵Pain in Motion International Research Consortium (PiM), www.paininmotion.be



Readability

Color scheme

Helpful tools

- Color combination guide:
<https://webflow.com/blog/best-color-combinations>
- Color palette generator:
<https://colors.co/>
- Color accessibility:
<https://www.color-blindness.com/coblis-color-blindness-simulator/>



2 Key visual principles

HIERARCHY – BALANCE – READABILITY

3 Handy tools

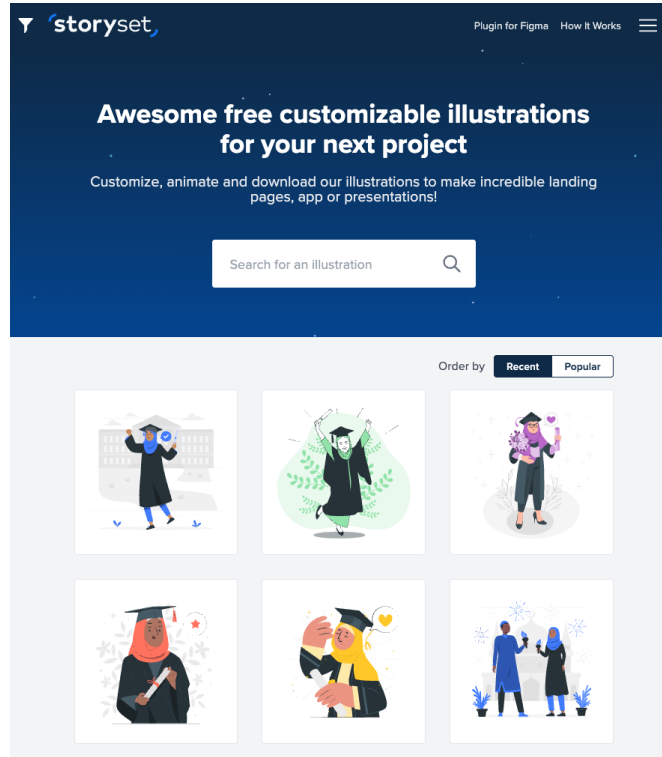


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Selected Websites and Software

Illustrations & Icons

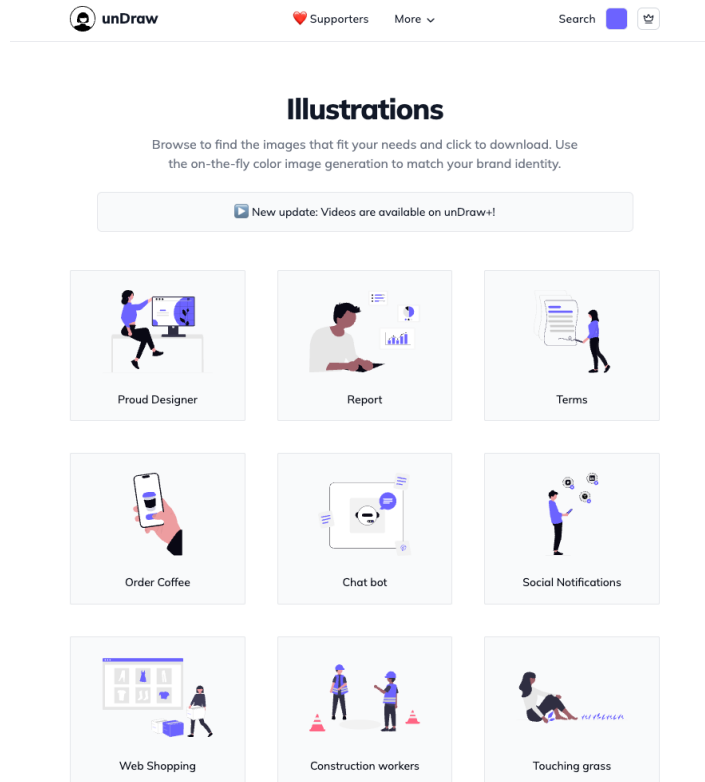
- Storyset: storyset.com
- unDraw: undraw.co
- DrawKit: drawkit.com
- OpenDoodles: opendoodles.com
- OpenPeeps: www.openpeeps.com



Selected Websites and Software

Illustrations & Icons

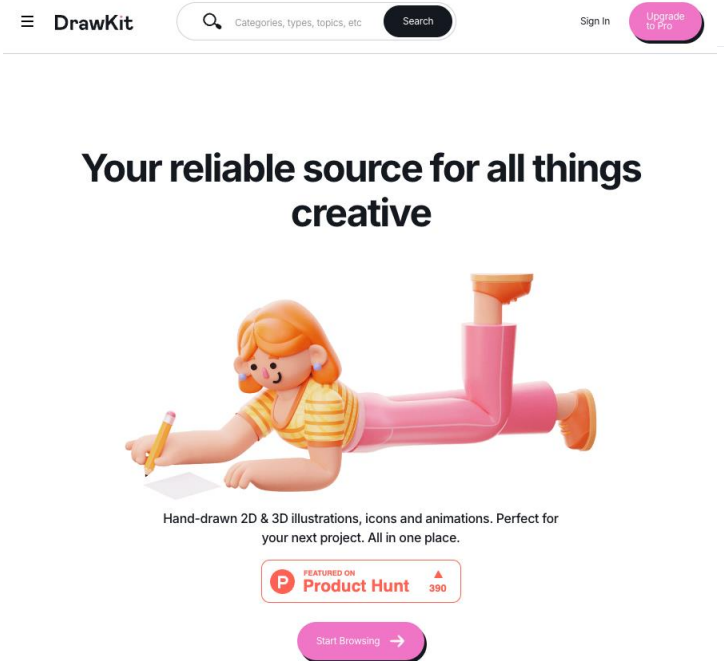
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- DrawKit: drawkit.com
- OpenDoodles: opendoodles.com
- OpenPeeps: www.openpeeps.com



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- OpenPeeps: www.openpeeps.com



The screenshot shows the DrawKit website interface. At the top, there is a navigation bar with the DrawKit logo, a search bar with the placeholder text "Categories, types, topics, etc", and links for "Sign In" and "Upgrade to Pro". The main heading reads "Your reliable source for all things creative". Below this is a large illustration of a cartoon girl with orange hair, wearing a yellow and white striped shirt and pink pants, lying on her stomach and drawing with a yellow pencil. Under the illustration, the text states: "Hand-drawn 2D & 3D illustrations, icons and animations. Perfect for your next project. All in one place." There is a badge that says "FEATURED ON Product Hunt" with a red 'P' icon and the number "390". At the bottom of the section is a pink button that says "Start Browsing" with a right-pointing arrow.



Selected Websites and Software

Illustrations & Icons

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Open Doodles

Illustrations

Compositions

Example

About

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Blush SVG



Open Peeps

A hand-drawn illustration library.

Use with Blush

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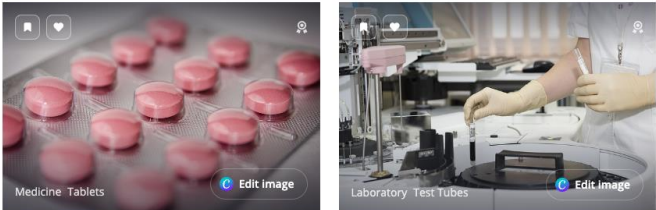
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Selected Websites and Software



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Multi-purpose

4:3

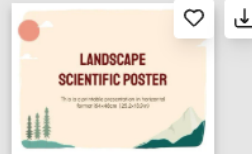


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Multi-purpose

4:3



Landscape Scientific Po...

Make a statement with your research! A great Google Slides and PowerPoint template, this...

Multi-purpose

4:3

Presentations

- Microsoft Power Point

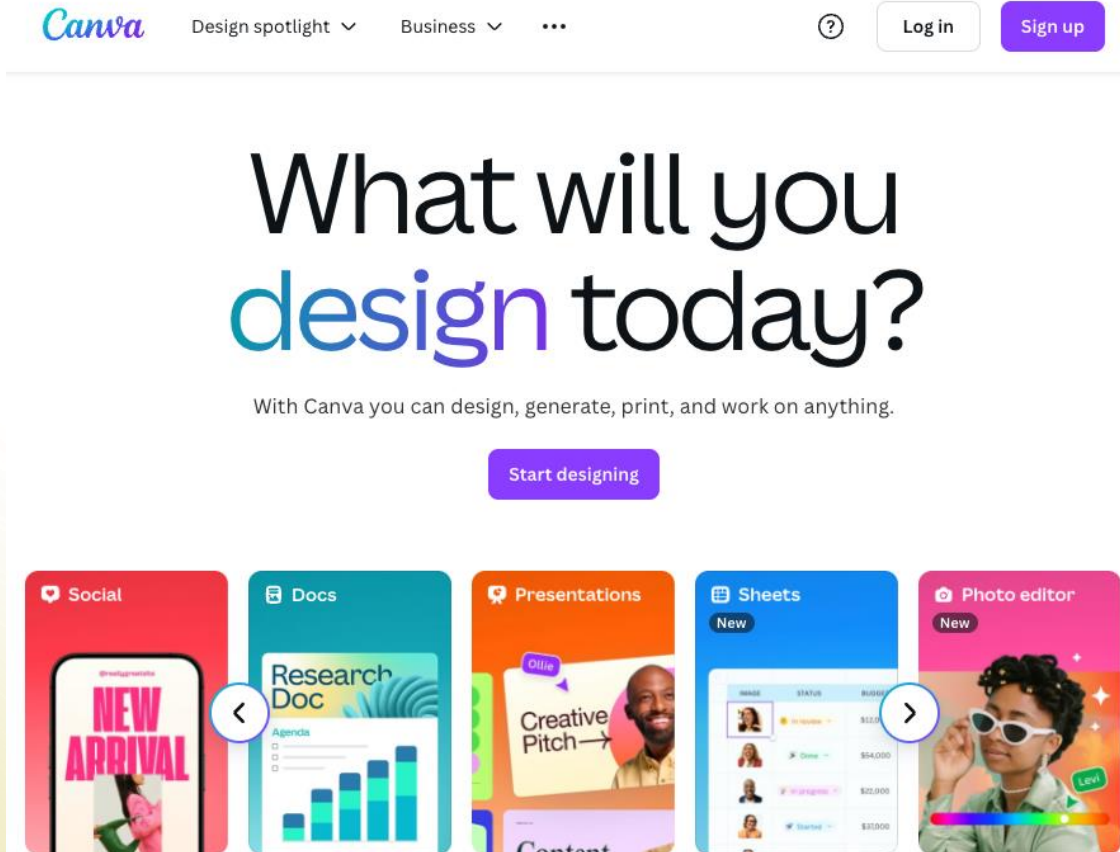
- LibreOffice:
www.libreoffice.org



SlidesGo:
slidesgo.com

- Canva: www.canva.com

Selected Websites and Software



The screenshot shows the Canva website homepage. At the top, there is a navigation bar with the Canva logo, links for 'Design spotlight', 'Business', and a menu icon, followed by a help icon, 'Log in', and 'Sign up' buttons. The main heading reads 'What will you design today?' with 'design' in a stylized blue and purple font. Below this, a subtext says 'With Canva you can design, generate, print, and work on anything.' and a 'Start designing' button is present. At the bottom, there are five category tiles: 'Social' (showing a 'NEW ARRIVAL' poster), 'Docs' (showing a 'Research Doc' with a bar chart), 'Presentations' (showing a 'Creative Pitch' slide), 'Sheets' (showing a 'New' sheet with a table), and 'Photo editor' (showing a 'New' photo editor interface).

Canva

Design spotlight ▾ Business ▾ ...

ⓘ Log in Sign up

What will you design today?

With Canva you can design, generate, print, and work on anything.

Start designing

Social Docs Presentations Sheets Photo editor

Presentations

- Microsoft Power Point
- LibreOffice:
www.libreoffice.org
- SlidesGo:
slidesgo.com
- Canva: www.canva.com

Selected Websites and Software

Be aware of
licenses!

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- unDraw: undraw.co
- DrawKit: drawkit.com
- OpenDoodles: opendoodles.com
- OpenPeeps: www.openpeeps.com

Pictures

- Pexels: [pexels.com](https://www.pexels.com)
- Pixabay: pixabay.com
- Unsplash: unsplash.com
- Stocksnap: stocksnap.io
- Gratisography: gratisography.com

Presentations

- Microsoft Power Point
- LibreOffice: www.libreoffice.org
-  SlidesGo: slidesgo.com
- Canva: www.canva.com

Offers both: [freepik.com](https://www.freepik.com)

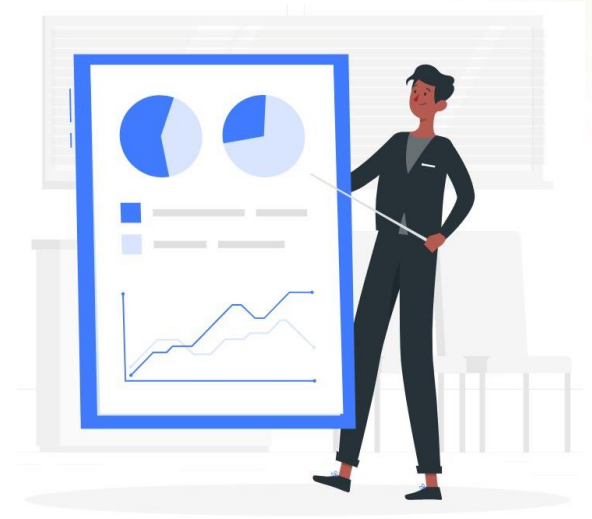
4

What does a poster presentation look like?

Poster presentation

Things to consider

- Printing your poster
- Presenting your poster
 - Pitch/read
 - Answer questions
 - Focus on the main message!

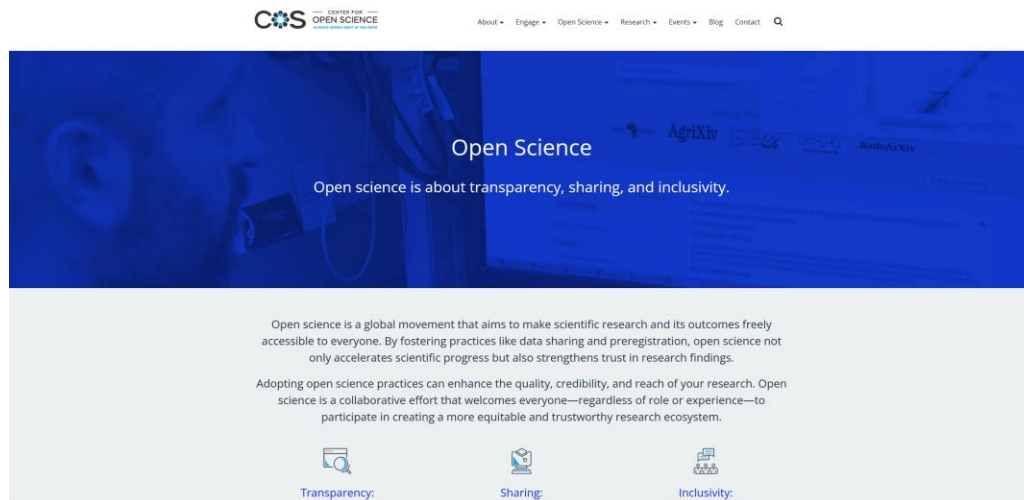


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After the conference

Things to consider

- Share your poster (e.g.: the Open Science Framework)



Recap

1. Content and how to structure it
2. Key visual principles
3. Handy tools
4. What does a poster presentation look like?



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Take Home Message

1. Focus on the main content.
2. Check Hierarchy, Balance, and Readability to create a visually appealing poster.
3. Explore some new tools.
4. Have fun preparing and presenting your poster!



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THANK YOU!

Q & A

Poster Perfect:

Tips and Tricks to CREATE Successful Scientific Posters



Carole Lynn Rüttimann

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and End-of-Life Care Research Group,
Vrije Universiteit Brussel (VUB) &
Ghent University, Belgium)



More information: <https://ehps.net/create-webinars/>

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CREATE is a subdivision of the European Health Psychology Society, promoting education and collaboration for early career researchers in the field.



