

## What is a video abstract?

A video abstract lets you introduce readers to your article in your own words, telling others why they should read your research. These short videos (2 mins 20 seconds or less is optimal for social media) are an increasingly popular way of getting others to engage with published research, increasing the visibility of your work and raising your profile. Your video abstract will be published alongside the text abstract on [CAJWR YouTube channel](#).

## Tips for a good video abstract

So, what makes a good video abstract? Here are our top tips to think about when creating yours:

- Make it **short**: 2 minutes and 20 seconds or less is perfect. Writing out a script (even just bullet points) in advance can help you with this.
- **Be natural**: if you're using a script, try not to rely on reading it to the camera. Your video will be more effective if you speak naturally and let your enthusiasm for your work come across.
- **Be clear and to the point**, answering these questions: what question did you want to answer with your research? How did you go about it? What conclusions did you come to? Make people want to find out more.
- Be **accessible**: video abstracts can be a great way to engage people outside your field, so use clear language and be succinct. If you restrict it to only your field you may be missing out on opportunities for cross-discipline readership, press coverage, or even influencing the work of policymakers.
- Use **images**: pictures speak a thousand words so include images, charts, tables – anything that helps you explain the focus of your article.
- Be **heard**: make sure your audio is clear. Pick somewhere quiet to film, as background noise can be distracting, and use a plug-in microphone.
- Make it **readable**: if you're using presentation slides with text or images on them, make sure there's not too much on the slide, so others can easily read them while still listening to you talk.
- Have a **call to action**: you want people to read your article, not just look at your video abstract, so tell them what to do once they've watched the video.

[Video Abstract – Making Women Into Protagonists: Midwives Reimagine The Mexican Childbirth Narrative](#)

## How to create video abstracts

### The equipment you need

NRI DKU has digital recording devices or services, which you are able to use. Use a tripod and a camera you are familiar with. If you use your phone or tablet, make sure it can record high definition

(and still use a tripod). If you have access to one, a plug-in microphone will give you better sound quality.

## Technical specifications

We do check all video abstracts for quality, to ensure they are watchable. Below are our technical specifications:

- Format: .mov, .mpg, or .mp4
- Maximum file size: 100 MB
- Aspect ratio: 16:9, square pixels, deinterlaced (landscape format is best)
- Frame rate: 24, 25 or 30 fps
- Frame type: 1080p (min), 4K is preferred.

Please include a written transcript (a written version of the material you have presented) when sending in your file. This is to ensure that your video is accessible to all.

## How to send us your video abstracts

Now you've filmed your video, how do you submit it?

You can send us your video via [WeTransfer](#), which allow you to transfer files of up to 2GB. Contact the journal's managing editor when you are ready, and we'll send you the details.

## When should I submit my video abstract?

You can send us your video abstract as soon as your paper has been accepted for publication. If your video abstract is not ready when you submit your paper but you are planning to create one, you should inform a journal manager. In these cases, your paper and video abstract are likely to be published at different times.

If you have questions or need further guidance on requirements, please contact the journal's manager. You can find their contact details on the journal's page.

## Get started

You may already have software and features on your computer or laptop to create a video, but below are some useful resources to help you get started.

[How to shoot high quality video](#)

[Apple: iMovie](#)

[YouTube: create videos](#)

[Go! Animate](#)

[WeVideo](#)

[Adobe Spark](#)

Don't forget to promote your article and abstract once they're published, on social media and beyond. All that hard work deserves to be talked about, so read our [top 10 tips for increasing the impact of your research](#).