

Child and Adolescent Mental Health | Guidelines for Video Abstracts

CAMH welcomes video abstracts to engage your readers and help promote your article to a wider audience. Video abstracts have been shown to drive increased downloads, in a case study a journal saw 25% more abstract views and 82% more downloads of articles with video abstracts compared to those without.

A video abstract is a short audio-visual recording of the author(s) outlining the paper. The video abstract should NOT be author reading the abstract aloud, instead it should answer the following questions:

- What were our research questions/aims
- What did I/we do?
- What did I/we find out?
- What are the practical implications of our findings?

The recording should be 2-4 minutes long and accessible to all. Please upload it to a video sharing website, such as YouTube. Contact us if you have any questions.

There are examples available for here:

https://onlinelibrary.wiley.com/page/journal/14697610/homepage/video_abstracts.htm

Guide to Recording your Video Abstract

Before recording your video abstract think about your location, try to ensure you are in a quiet location and that there is nothing distracting for viewers in the background behind you. Relax before beginning and ensure you are at a comfortable distance from the camera, either sitting or standing. You can always do a test run to check you are visible to viewers.

1. Sign in to YouTube. If you don't have an account yet, sign up here
http://www.youtube.com/create_account?next=%2F.

2. Make sure your webcam and microphone are attached to the computer and are working. Most webcams have a built-in microphone, Mac laptops have the microphone built in to the laptop itself, or you can plug a separate microphone into your 'mic in' socket, many headphone sets have an in-built microphone.

3. Go to the "Record From Webcam" page (http://www.youtube.com/my_webcam).

4. If you see a message that says 'www.youtube.com is requesting access to your camera and microphone', click 'Allow'.

5. You should now see a picture in the record section. If you don't see this, you may need to choose a different video source from the video dropdown in the 'Record Video' window.
6. Before recording your final video abstract, do a test run by hitting 'record' and capturing a few seconds of video with audio, press the 'stop' button and preview it back to yourself. If your voice is too quiet/loud, adjust your microphone input volume on your computer's audio control panel.
7. Now record your video abstract! Remember to look directly into the webcam so that you are addressing your audience.
8. When you're finished recording, click 'Preview' – if you are happy with it, click 'Publish'; if you want to re-record your Video Abstract, click 'Re-record'
9. When you click 'Publish', your video starts processing. You can edit information about the video by going to the 'My Videos' page (http://www.youtube.com/my_videos).
10. Finally, email the journal's editorial office the link to your Youtube video!