

# Mindful Summit 2026

**2 May 2026 (Saturday)**

King Hamad American Mission Hospital, A'Ali, Bahrain

THEME

*The Gut–Brain Axis: Evidence, Impact, and Interventions*

## Call for Papers

This one-day symposium invites high-quality research that advances understanding of the gut–brain connection, its clinical and psychosocial impact, and translational interventions across the lifespan.

### 1. Important Dates

<b><u>Milestone</u></b>	<b><u>Deadline</u></b>
<b>Abstract Submission Opens</b>	<b>NOW</b>
<b>Abstract Submission Deadline</b>	<b>31 March 2026</b>
<b>Abstract Confirmation from Organisers</b>	<b>5 April 2026</b>
<b>Full Paper Submission Deadline</b>	<b>26 April 2026</b>
<b>Selection of Top 3 Papers</b>	<b>29 April 2026</b>
<b>Presentations at the Summit</b>	<b>2 May 2026</b>

## 2. Themes

### 1. Gut–Brain Development in Early Life

Focus on how the gut–brain axis influences infancy, childhood, and adolescence.

Key Topics:

- Microbiome establishment and early influences (birth mode, feeding, antibiotics)
- Neurodevelopmental & behavioral disorders (ASD, ADHD, anxiety)
- Nutrition and cognitive growth (probiotics, micronutrients, diet)
- Early interventions and public health strategies

### 2. Stress, Performance & Microbiome in Adults

Explore the impact of the gut–brain axis on adult mental health and productivity.

Key Topics:

- Occupational stress and gut health
- Cognitive function and emotional regulation
- Workplace mental health strategies
- Nutritional and organizational interventions

### 3. Aging, Cognition & Microbiome

Investigate microbiome changes and their effects on aging, cognition, and mood.

Key Topics:

- Microbiota decline and systemic inflammation
- Cognitive decline and neurodegeneration
- Mood disorders in older adults
- Dietary and preventive approaches

***Interdisciplinary & Cross-Stream Work is encouraged, integrating neuroscience, psychiatry, nutrition, immunology, public health, and clinical practice.***

## 3. Submission Guidelines

### 3.1. Abstract Submission

Purpose: A short proposal outlining your research idea or clinical review.

Required Format:

- Length: 200–300 words (structured)
- Language: English
- Structure (recommended):
  - Title
  - Aim / Objective
  - Methodology / Approach
  - Preliminary Findings / Relevance
  - Conclusion / Impact

Include:

- Author name(s)
- Affiliation(s)
- Contact email
- 3–5 keywords

### 3.2. Confirmation & Review

All submitted abstracts will be reviewed. Authors will be informed of acceptance by 15 March 2026.

### 3.3. Full Paper Submission

Once abstract is accepted, authors must submit full paper by **15 April 2026**.

Full Paper Guidelines:

- Length: 2,500–5,000 words (excluding references)
- Language: English
- Sections to Include:
  - Title Page (Title, Authors, Affiliations)
  - Abstract (same as submitted)
  - Introduction / Background
  - Aim / Research Question
  - Methods
  - Results / Findings
  - Discussion
  - Conclusion
  - References

File Format: Word (.docx) or PDF (preferably .docx for ease of editing)

### **3.4. Presentation Guidelines (For On-Site Summit- Top 3 papers)**

- Presentations are 15–20 minutes followed by Q&A.
- Top 3 selected papers will be highlighted for special presentation slots.

#### **Eligibility**

- a. Academicians, practitioners, students and research enthusiasts are all welcome to submit their papers. But all authors must be at least over 16, or, studying in high school.
- b. One or more authors - up to a maximum of four authors - can work together to submit a single paper.
- c. Two or three authors from different institutions or organizations can submit a single paper
- d. Approved letter or certificate from the ethics committee from the institute is mandatory if the research consists of human subjects and clinical trials.
- e. Completed and signed declaration (in the format given) stating that the work is original.
- f. Each submission must align with the symposium theme.

### **4. Formatting & Style**

#### **4.1 Citations**

- All references must follow APA 7th edition style.

#### **4.2 Submission File Naming**

Use this format:

Paper\_Title\_FirstAuthorLastName.docx

### **5. Evaluation Criteria**

Submissions will be evaluated on:

- Alignment with the symposium theme
- Originality and scientific/clinical relevance
- Quality of methodology and interpretation
- Clarity of presentation and writing

Best papers may be selected for publication in the conference E-Book

### **6. Awards & Recognition**

Top 3 papers will be selected for distinguished presentations and recognition certificates.

## 7. FAQs

Q1. How long should the abstract be?

200–300 words with keywords.

Q2. How long is the full paper?

2,500–5,000 words (excluding references)

Q3. What citation style is required?

APA 7th edition.

Q4. What about plagiarism?

All papers will be checked for plagiarism. Maximum 15% similarity threshold.

Q5. Is publication guaranteed?

Selected papers will be included in the official conference E-Book.

Q6. Can these papers be published in other journals?

Of course. Authors retain the right of publication and are free to submit their work to any journals they wish.

Q7. Should the authors be students of bachelor's?

Academicians, practitioners, students, and research enthusiasts are all welcome. All authors must be over 16, or at least, in high school.

Q8. How many authors can work together?

One or more than one author – up to a maximum of four authors – can submit a single paper. Two or three authors from different institutions or organizations can also submit a paper together.

## 8. Submission Process

Submit abstracts and full papers using the email:

[mindfulsubmit@amh.org.bh](mailto:mindfulsubmit@amh.org.bh)

For updates, please visit the Mindful Summit website:

[www.amh.org.bh/mindfulsubmit](http://www.amh.org.bh/mindfulsubmit)

Be sure your submission adheres strictly to these guidelines to ensure fair review and acceptance.