



# MINISTRY OF HEALTH

## 2nd National Mental Health Conference - 2025

JW Marriott Hotel Nairobi, Oct 8 – 10, 2025

### Poster Presentation Instructions

1. Size and Orientation
  - a. Ensure that your poster is A0-sized (841 x 1189 mm or 33.1 x 46.8 inches). Refer to image at the end for reference.
  - b. The poster should be in portrait orientation.
2. Design and Layout
  - a. Title: Use a font size that is large and easily readable from a distance (suggested: 72pt).
  - b. Headers: Use bold fonts for section headers such as "Introduction", "Methods", "Results", "Discussion", and "Conclusion": (suggested: 48pt)
  - c. Main Text: Text should be legible from at least a meter away (suggested: 24-28pt).
  - d. Captions: For images, charts, and tables, keep the font size slightly smaller than the main text but still readable (suggested: 24pt)
3. Content Organization
  - a. Title at the top followed by the authors' names and affiliations.
  - b. Corresponding author email address.
  - c. Structure your poster with a clear flow.
    - i. Typical sections include:
      1. Introduction
      2. Objectives/Aims
      3. Methods
      4. Results
      5. Conclusions and Recommendations
      6. References (maximum of 3 relevant references)
4. Visual Elements
  - a. Use high-quality images, graphs, and tables. Ensure they are clear and large enough to be seen from at least 1 metre.
  - b. Avoid clutter. Keep enough white space to make the poster look organized and easy on the eyes. Align left/left justified (do not justify indentation).

- c. Use color schemes that enhance readability and avoid those that clash or are too bright.
  - d. All photographic images must of persons in the study include consent
  - e. Font: Stick to one or two font types to maintain consistency e.g. consider Arial and Helvetica fonts
  - f. Use bullets, numbering, and boxes to organize and highlight important information.
  - g. Ensure your content is concise. A poster should be a visual summary of your research, not an exhaustive explanation
5. Material & Mounting
- a. Print on high-quality, matte-finish paper to reduce glare
  - b. Use mounting materials provided at the presentation venue
  - c. Ensure the poster sits flat and securely on the board.
6. Presenting
- a. Familiarize yourself with poster presentation timings
  - b. Stand to the side of your poster so viewers can see it without obstruction.
  - c. Prepare a 2-3 minute summary of your work for interested attendees.
  - d. Engage with viewers, answer questions, and seek feedback.
7. Extras
- a. Consider having handouts or business cards available for interested attendees.
  - b. A QR code linking to your full paper or additional resources can be a modern and efficient touch.
8. Safety
- a. Ensure no protruding elements, sharp edges, or loose pieces that can be hazardous to conference participants.
9. After Presentation
- a. Make sure to take down your poster at the designated time



Sample of suitable poster.