

GUIDELINES FOR RECORDING SHORT VIDEOS FOR SOCIAL MEDIA

To expand scientific outreach and bring knowledge closer to the academic and professional community, we ask authors to record short videos presenting a summary of their published article.

Recording a video may seem challenging, but don't worry!

The goal is not to create something perfect, but to share your work in a simple, clear, and approachable way.

Think of this video as a brief conversation in which you present your research to colleagues, students, and professionals in the field. Your speech can be natural, without the need for overly technical language.

1. Video Length

- ⌚ Recommended length: between 60 and 120 seconds
- Be objective, clear, and to the point.

2. Video Content

Suggested simple outline:

1. Brief introduction

- Author's name
- Article title
- Scientific journal (e.g., *Advanced Nursing in Health*)

2. Background

- What was the main problem or central topic of the study?

3. Main objective

- What did the study seek to investigate or answer?

4. Results and contributions

- Main findings or contributions to the field
- Importance for practice, education, or research

5. Closing

- Invite viewers to read the full article

3. Position and Framing

- Record the video in vertical format
- Frame your face and upper torso (medium shot)
- Keep the phone at eye level
- Avoid cutting off your head or leaving too much space above it

4. Lighting

- Prefer natural light, positioning yourself facing a window
- Avoid strong backlighting (light behind you)
- If recording at night, use front-facing and even lighting

5. Audio

- Record in a quiet location
- Speak clearly, at a steady pace, and articulate well
- Avoid echoing spaces or external noise
- If possible, use earphones with a microphone

How to speak?

- Speak calmly, as if explaining your study to a colleague
- Use short, direct sentences
- Do not worry about memorizing the text — you may rehearse briefly
- If you make a mistake, you can record again (that's completely normal!)

6. Environment and Background

- Use a neutral and organized background
- Avoid visually cluttered environments
- The focus should be you and the scientific message

7. Appearance and Posture

- Wear attire appropriate for an academic setting
- Maintain a professional and welcoming posture
- Look directly at the camera
- Show enthusiasm and confidence while speaking

8. Editing (Optional)

- Editing is not mandatory
- If you choose to edit:
 - Avoid excessive filters
 - Do not use copyrighted music
 - Prioritize simple and natural cuts

9. Video Submission

- Format: MP4
- Record in good resolution (preferably HD)
- Submit according to the instructions provided by the journal's editorial team