



Anxiety & Depression
Association of America
Triumphing Through Science, Treatment, and Education

ADAA Blog Post Guidelines – 2022

Thank you for your interest in submitting your work. ADAA members are welcome, and encouraged, to submit content on an on-going basis. We appreciate our member input and expertise and consider it an opportunity to showcase the invaluable work you do to advance the mental health field in research, treatment, and practice. **Your contributions reach more than 11 million unique visitors to our website annually.**

Contributions are posted in the form of an: [ADAA blog for the public](#) or [for professionals](#).

Please note: ADAA can assist in editing, coordinating, and finalizing your piece. We have a writer/editor on staff who can help you create, flush out, and/or edit your contribution or assist in any way. We are open to various ways to help ensure your work is published.

ADAA's Blog Post Guidelines:

- Word count of 500-750 ideally but we will consider each piece individually.
- For public-focused work, please keep the writing informal. Please use short sentences and paragraphs. -- Bulleted key information is great. And "Listicles" drive more engagement.
- Include a **title (please keep titles short and "catchy" - ie., "Five Tips to Overcome School Anxiety")**. "
- **Please provide a current headshot (high resolution JPG or PNG file) and a short bio** (one to two paragraphs). These must be submitted with your blog post.
- Include a link to an affiliated website (i.e. your practice, academic organization, your website, etc.)
- If possible, please include two to three questions at the end of blog post to inspire engagement and comments.
- All blog post subject matter must be aligned with the mission of the organization. ADAA reserves the right to not publish a blog submission. As a nonprofit 501(c)3 organization, we are nonpartisan, we do not lobby and cannot share content that is political in nature.
- Author agrees and warrants the piece is original and has not previously been published (work posted on author's own website is fine).
- It is understood that no compensation is provided for any blog posts.

For style/format examples of public-focused blogs, [click here](#). For professional-focused blogs, [click here](#).

All blog posts are comments-enabled (people can leave a comment, ask a question, etc., on each blog post). These comments are reviewed by ADAA staff and must be approved before posting. Comments that are deemed inappropriate are deleted. ADAA will share positive feedback on posts with the blog authors.

Please contact Lise Bram, ADAA Deputy Executive Director at lbram@adaa.org or 240-485-1016 with any questions. Thank you!

The decision to publish a post and when is at the sole discretion of ADAA. Once published, the post becomes the property of ADAA, and we may publish and share the blog post in any manner we choose (now and in the future). All blog posts are shared on ADAA's social media platforms (Facebook, Twitter, LinkedIn, and Instagram) and highlighted in our free monthly public and bi-weekly professional e-newsletters.