



## **Submission Guidelines for THE BLOG on IAPMD.org**

Thank you for your interest in writing a guest blog for the International Association for Premenstrual Disorders website, IAPMD.org. We're glad you're here.

Our website has over 300k unique visitors each year and we are always looking for passionate, exceptional writers to contribute to our blog.

Please take time to review this entire page. It should answer any questions you have about the content we are looking for and how the submission process works.

If your blog meets our standards and aligns with our content strategy, please submit it via the online form at **[iapmd.org/blog](https://iapmd.org/blog)**.

If you currently live with, or have a history of, PMDD, PME, or you're passionate about women's reproductive health and mood disorders and have a story to tell, you are welcome to share it with us. We love personal stories and essays on all aspects of the PMDD journey. Here are some suggested topics, but don't let it limit your thinking:

- Your fight for the right diagnosis
- Your treatment pathway
- Seeing your struggle with PMDD in a new light
- Why you choose to raise awareness of PMDD
- Stories that touch on:
  - ◇ Hope
  - ◇ Empowerment
  - ◇ Strength
  - ◇ Perseverance

- ◇ Forgiveness
- ◇ Resilience
- ◇ Self-care
- ◇ Loving yourself
- ◇ And more!
- Managing PMDD and other aspects of life (work, family, relationships, education)
- What helps you to keep going
- How you survived your worst times with PMDD
- Choosing not to give up
- Managing/coping with specific symptoms of PMDD (depression, anxiety, rage, suicidal thoughts and behaviors, etc.)
- An ode to someone who has been instrumental in helping you through PMDD
- Silver linings that you have discovered
- The unexpected benefits of challenges

### **Blog Basics:**

Successful guest blogs are comprehensive, interesting, and may contain data. They teach our readers something new about PMDD, reproductive mood disorders, and/or the menstrual and mental health experience.

We are looking for original concepts, compelling arguments, and high-quality writing that is simple, accessible, and clear.

We love blogs that teach and encourage, convey something interesting and useful to our readers, and tell a story that encourages readers to take a next step.

### **Blog Details:**

Blogs should reflect the values and voice style/tone of IAPMD:

- |                                |               |
|--------------------------------|---------------|
| ● Helpful                      | ● Validating  |
| ● Globally Conscious - Diverse | ● Empowering  |
| ● Compassionate                | ● Educational |

- Evidence-based Research/Data
- Professional
- Kind
- Collaborative
- Respectful
- Trustworthy

Data, quotations, and outside content should be properly referenced in the article.

There is no strict word count but articles are generally 1,000 - 1,500 words.

Submissions must meet the Blog Team's quality standards to be published.

Blog selection is at the complete discretion of our Blog Team, the IAPMD Board of Directors, and the Clinical Advisory Board. Not all submitted blogs will be published.

**We Do Not Accept:**

Anything that represents products, services, diagnostic approaches, or therapies used to treat PMDs that have not been scientifically validated, do not perform better than a placebo in the context of randomized controlled trials, or are inappropriately marketed to PMD patients as producing dramatic or "miraculous" results.

Anything that addresses the following topics:

- gambling
- firearms/munitions
- pyramid based models
- pornography

Anything that makes false and/or unsubstantiated claims about products or services.

Anything that is offensive or inaccurate.

**If We Publish Your Blog:**

The Blog Team may add links to iapmd.org content, edit and adapt your blog content if needed, and update it in the future to ensure up-to-date accuracy and comprehensiveness.

The Blog Team will help promote your blog and drive up readership through our social media channels, emails to our community, and on [iapmd.org](http://iapmd.org)

We hope you will share a link to your blog with your friends/family/community.

(rev 12.3.20)