

CREATE activities at the '34th EHPS Online Scientific Meeting' and in times to come.

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Collaborative REsearch And Training in the EHPS (CREATE) is a subdivision of the European Health Psychology Society (EHPS), and functions as a network for early career researchers (ECRs) working in the field of

health psychology. CREATE organises interactive workshops each year, led by prominent experts within the field. These workshops offer great opportunities for knowledge and skills enhancement. However, equally important are the opportunities to meet other ECRs. Getting to know people who are striving towards a similar goal and are faced with the same challenges can be incredibly rewarding and a great learning experience. Many collaborations and friendships have emerged from CREATE workshops. This year is different from other years. As we move through this pandemic and remain in our 'working from home bubble', networking and collaborating is not as straightforward. Getting inspired by other ECRs' work and research is thus more challenging. In these challenging times, the '34th EHPS Online Scientific Meeting' was a great boost for morale, making us feel more connected to the health psychology community. Within the online meeting, CREATE aimed to support ECRs by organising two sessions. One was dedicated to ECRs showcasing their research, and one to highlighting the various career paths one could take within health psychology.

CREATE organised a research spotlight session in

which members of the network had the opportunity to showcase their work to attendees of the scientific meeting and fellow health psychology early career researchers. We had four great talks by CREATErs Dr. Emma Norris, Maria Blöchl, Christina Derksen and Daniella Watson. During the pandemic, feelings of isolation have been high and opportunities for distraction many. The presentation session was a welcome measure of connection with other researchers and some semblance of normality. Watching well-articulated and enthusiastically presented presentations about really diverse and interesting research that other ECRs have been working on was also incredibly galvanizing – I felt my attention being drawn back to my own research and that my motivation had been refueled. One advantage of the move to a virtual event was that we were able to organize such a presentation session dedicated to our members – something we have not been able to provide previously at the in-person conferences.

CREATE dedicated another session towards helping ECRs visualise and progress their future careers. Therefore, through series of short presentations and a vibrant discussion, several health psychologists shared their career paths, the challenges they had experienced, and lessons learned along the way. We had a great line-up (including several ex-CREATErs) of Dr. Alden Lai, Dr. Laura M. König, Dr. Lisa Hynes, Dr. Silja Voolma and Dr. Keegan Knittle. It was inspiring to see the different career routes people had taken. Dr. Alden Lai and Dr. Keegan Knittle provided great insights into taking an academic route of getting to Assistant Professor in Public Health Policy and

Management (Dr. Lai) or University Researcher (Dr. Knittle). Dr. König presented insightful tips and tricks, particularly in the area post-doctoral fellowship grant writing. Several tips such as gathering international work experience, building a solid network, and applying for third party funding early on, were all useful strategies for ECRs to increase chances of successful grantsmanship. We were all intrigued by Dr. Voolman, as she discussed starting her own design consultancy company, in which she helps health technology design teams create user-centred products and coaches individuals to transition into healthier lifestyles. Dr. Voolman highlighted that the “right” path and opportunity is a combination of your motivation, where the industry is at in its development, and the circumstances of your life. Fantastic career and life advice was offered by Dr. Hynes, highlighting a need for working hard and applying for everything, but also trying to be realistic and prioritising your priorities. All our speakers highlighted the importance of approaching more senior academics to function as a mentor. The purpose of academic mentoring is to support the professional growth of the individual who is in the early stage of their career. This is a process that CREATE is aiming to support more in the coming years (keep an eye on our social media for details).

In the coming times:

COVID-19 troubleshooting sessions

Our current challenging situation continues to have an impact on our ECR community. As such, we are aiming to provide support to ECRs, by aiming to host a series of engaging COVID-19 troubleshooting sessions via active discussions on our Facebook page. CREATErs will be asked what questions they would like us to post in these sessions, via a Twitter survey. Stay tuned for more details!

Upcoming webinars:

CREATE will host a series of relevant webinars over the coming year, starting with a webinar on the Person-Based Approach to Intervention Development. This approach outlines how

developers can acquire essential insights into how a given target population experiences and implements interventions, and provides a framework to identify the key characteristics that will make an intervention more meaningful and useful to those who engage with it. This approach has been successfully applied to the development of digital health interventions. This will be organised in the coming months and will be advertised accordingly on Twitter @EHPSCreators.

CREATE pre-conference workshop 2021

Our annual pre-conference workshops are an invaluable opportunity for ECRs to enhance their knowledge, research skills and network with other ECRs. Therefore, following the decision of the EHPS to hold its annual conference online next year, CREATE began planning an online workshop for CREATErs in 2021. In line with the most frequently suggested workshop topics by CREATErs in 2019, we are aiming to deliver a workshop on ‘Writing’. This will follow a slightly different format than our traditional 2-day duration. We will likely facilitate a series 2-hour sessions, each addressing a different style of writing. For example, grant writing, writing for publication, writing for lay audiences/ social media platforms.

Participation in activities of CREATE is open to all early career researchers working in the field of health psychology. To attend the workshops/webinars organised by CREATE, participants are required to become EHPS-Members.

To keep informed about the latest CREATE activities, follow us on Twitter @EHPSCreators and on Facebook @CreateEhps.

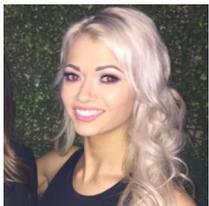
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