

Editorial December 2021

Angela Rodrigues This issue of the *European Health*

Pamela Rockow *Psychologist magazine* is a reflection of the EHPS

University of Stirling, UK online conference in

August 2021. We hope that you are as curious and excited as we have been to read and reflect on some of the activities and topics that took place during the conference. For those members who had not had the chance to attend this year's conference, this issue is an excellent way to learn about the conference.

Daryl B. O'Connor (University of Leeds, UK) gives an overview about his research on childhood trauma. His contribution was a keynote at the conference, and he kindly agreed to provide an article to share his work with our members. The same is true for Andrea Madarasová Gecková (University of Pavol Jozef Safarik in Kosice, Slovak Republic), who was also a keynote speaker. Andrea Madarasová Gecková's article provides an overview about patients' stories online as a new territory in Health Psychology.

Maya Braun (Ghent University) and Seraina Lerch (University of Bern) report about this year's CREATE workshop; and Anne van Dongen (University of Twente, Enschede, the Netherlands) summarises this year's Synergy expert meeting about Open Digital Health.

Below is an overview for each article included in this issue:

Daryl B. O'Connor focussed on stress as the "quite killer" arguing that stress can contribute to

health risk in two ways. First through influencing biological processes across the lifespan in an adverse way leading to health problems. Second, in an indirect way, stress can undermine health behaviours and therefore lead to negative health outcomes. A second focus of this contribution is childhood trauma, stress and suicide vulnerability.

In her contribution, Andrea Madarasová Gecková focusses on the power of storytelling in health psychology. She emphasises that patients' stories are a powerful tool to understand health and health behaviour from patient centered perspective. Andrea also advocates for a multidisciplinary approach to share patients' stories.

Maya Braun and Seraina Lerch reflect on their experience at the CREATE early career researcher workshop about "How to get your research out there: publishing, promoting, and funding your research". Dr. Marita Hennessy shared strategies on how to successfully run a twitter account. Dr Angela Rodrigues provided a workshop on publication strategies. The session was concluded with a round table discussion about getting research funding via grants and awards including Dr Elaine Toomey, Dr. Marta Marques, Dr. Wendy Lawrence and Hema Chaplin. The conclusion about this workshop was: "The speakers and organizers have been very authentic and honest about their own journeys, struggles and experiences so that we were invited to follow those role models and formed our identity as early-career researchers".

Anne van Dongen reports about the 2021 Synergy expert meeting titled: 'Open Digital Health: Accelerating health promotion and treatment during and after the COVID-19 pandemic'. The 2021 Synergy expert meeting was

facilitated by Dominika Kwasnicka and Robert Sanderman. Anne shares her experiences and some best practice tips about how to make the most of online conferences and meetings, reflection on how well organised this meeting was with the support of the whole Synergy team.

Hope you enjoy reading this issue!

Angela & Pamela



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