

CREATE activities for early career researchers 2023

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The *Collaborative Research And Training in the EHPS* (CREATE) network is a subgroup of the European Health Psychology Society (EHPS), which aims to connect and support European and international researchers from the start of their academic careers, through to further progression.

We host a number of activities throughout the year, to help achieve our goals of supporting early career researchers (ECRs). Each year we adapt our activities and respond to what we hear from ECRs to ensure we are improving and supporting different needs.

We are excited to announce our plans and opportunities for this year in this article. We have some of our usual activities planned, as well as new ones! We would also like to use this opportunity to introduce ourselves as the CREATE Executive Committee (EC) 2023, and to reach and connect with as many ECRs in health psychology as possible.

Firstly, who are we?

CREATE is a network of and for health psychology ECRs that offers networking and learning opportunities. CREATE's activities are organised by the CREATE EC, who are elected to

their posts. Our EC consists of six members. At the beginning of this year, we said farewell to our former Secretary, Niki Warner, and said hello to our new Secretary Alea Ruf (Goethe University Frankfurt, Germany)! We warmly welcome Alea and send our very best wishes to Niki, and thank her for her time as Secretary. Alea joins:

-Chairperson, Dr Claire Reidy (University of Oxford, UK),

-Treasurer, Dr Louise Foley (University of Limerick, Ireland),

-Application Manager and Communications Officer, Dr Maria Blöchl (Charité Berlin, Germany),

-Webmaster, Maya Braun (Ghent University, Belgium), and

-Grant Master and Liaison Officer, Dr Daniella Watson (King's College London, UK).

For details of the Executive Committee and their roles, visit our website.

What do we do?

To support ECRs in their health psychology research and in fostering international relationships and collaborations, we plan a range of training and networking opportunities. Two of our key events are organised around the EHPS annual conference, including a **pre-conference CREATE workshop**, and **'Meet the Expert'** sessions with the conference keynote speakers. We also offer **grants** to support attendance at the pre-conference CREATE workshop. Since 2020, we have organised additional **webinars** to support and share knowledge between CREATE members in a virtual space. EC members are also actively involved in or



Image 1: The CREATE Executive Committee at our hybrid Winter meeting in Bremen, Germany, January 2023 (L-R, top row, Claire Reidy, Daniella Watson, bottom row, Louise Foley, Niki Warner, Maria Blöchl, Maya Braun)

collaborate with a number of committees and groups (for example, conference planning, conference tracks, sessions and special interest groups). In addition, we connect ECRs and share opportunities via **social media** throughout the year.

Our annual CREATE workshop

CREATE organises a 2-day workshop each year, which takes place immediately prior to the annual EHPS conference. These workshops are led by experts within the field of health psychology, providing opportunities and support to enhance

knowledge and skills. The workshop also provides key networking opportunities to familiarise ECRs with peers, and to create strong, long-lasting connections before the conference even begins.

Topics vary every year and are chosen through discussions with fellow ECRs during workshops and other engagements.

The CREATE workshop also offers great opportunities for networking outside of the educational components, including a CREATE dinner, a city tour and a pre-workshop networking event. Workshop participants often continue to strengthen new social and professional connections over the course of the conference.

Last summer, we conducted the first face-to-face workshop since 2019, which was on *'Digitalising Health Psychology research to enhance our science: Opening the doors to innovative measurement, design and intervention approaches'*. The workshop was facilitated by the fantastic [Prof Felix Naughton](#) and [Dr Olga Perski](#).

This year, we are excited to announce another exciting and very interactive face-to-face workshop on *'Communicating health psychology research to lay audiences'*. The workshop will take place on Sunday 3rd and Monday 4th September (all day), with a social networking activity on Saturday 2nd September (afternoon).

This workshop will be focused on communicating your research to people outside of the research world, where you will have a chance to delve into the topic of science communication! [Professor Dr Laura König](#) (University of Bayreuth, Germany) and [Dr Heide Busse](#) (BIPS Bremen, Germany) will discuss why engaging in science communication is rewarding for health psychology researchers at all career stages, explore how to develop and plan a science communication activity, discover different avenues for the implementation of such activities, and look at examples for do's and don'ts in science communication.

The deadline for applications for this year's workshop is Friday 2nd June 2023. The registration



Communicating health psychology research to lay audiences

EHPS 2023

create
collaborative research and training in the ehps

sessions delivered by

Prof. Dr. Laura König
Faculty of Life Sciences,
Universität Bayreuth

Dr. Heide Busse
Leibniz Institute for Prevention
Research and Epidemiology -
BIPS

CREATE
Early Career Researcher
Pre-Conference Workshop

Sat 2nd September 2023: Social Activity (Afternoon)
Sun 3rd September 2023: Workshop (Full day)
Mon 4th September 2023: Workshop (full day)

Workshop fee: €135 (€100 if eligible for reduced fee)
For more info and registration: www.ehps.net/create
or 2023.ehps.net/create

CREATE is a subdivision of the European Health Psychology Society, promoting education and collaboration for early career researchers in the field.
The workshop takes place immediately prior to the annual EHPS conference

Image 2: CREATE Workshop Flyer 2023

fees are as follows: full registration fee: €135; reduced fee for eligible countries: €100. You can check whether you are eligible for the reduced fee [here](#). The registration fee includes the two-day workshop, lunch and dinner on the first day of the workshop, coffee breaks, and a networking event including a guided city tour. Applications for the workshop are now open.

For more information on current and past CREATE workshops, check our [website](#). You can also hear more about this workshop and our fantastic workshop facilitators through our Twitter account - @EHPSCreators.

Funding

CREATE also offers funding opportunities for CREATE workshop registration, EHPS conference registration, accommodation and travel. Find out

more about eligibility and the selection process [here](#). This year, CREATE workshop grant applications are open until Monday 22nd May.

Meet the Expert Sessions 2023!

We also organise smaller group sessions with keynote speakers of the EHPS annual conference during the conference. These sessions are an exciting opportunity for a group of ECRs to meet, discuss, and network with a senior researcher in health psychology in a friendly and relaxed atmosphere. We will be announcing our Meet the Expert (MTE) sessions shortly!

Keep an eye on our Twitter page, mailing list, or our webpage for the opening of applications for the MTE sessions!

Webinars 2023

At CREATE, we also aim to host webinars relevant to ECRs in the domain of health psychology. This year we have already held our first webinar, on 24th April about 'Conference grants for EHPS and beyond: possibilities and how to successfully apply'. This was a fantastic session, which was run by our EC members, Daniella, Maria and Alea. We covered what grants are available in the EHPS, what the criteria are for grants, when the deadlines are, and what the process is for applying. We also explored how to improve your chances of being successful in writing a conference grant application, including an example from a past grant awardee!

We also have one more webinar coming up before the next EHPS conference. This will focus on how to make the most out of the EHPS conference and will be hosted by Maya Braun (CREATE) and Dr Lauren Gating (Synergy) on 29th June at 4 pm (CEST). This webinar will cover **all you need to know before, during, and after the conference**, including, how to prepare for the conference (e.g., what to bring, the scientific program), how to get involved in the EHPS (e.g., the subdivisions and special interest groups), and what to do during the conference (e.g., choosing sessions, networking tips and opportunities, and sightseeing). If you are keen to know more, check out our [webinars page](#) and keep an eye on our Twitter feed, mailing list, or webpage.

Involvement in this year's EHPS conference and Flashlight Talks

For the upcoming EHPS conference in Bremen, we were also delighted to be actively involved in the Scientific Committee. Together with Julia Koller (the ECR representative of the Health Psychology Division of the German Association for Psychology),

our EC member Dr Maria Blöchl has been representing the interests of ECRs in the development of the Scientific Programme. As part of this endeavour, we are happy to announce that CREATE has been co-organising a new presentation format to foster ECRs' contribution to the conference: Flashlight Talk sessions. In these sessions, up to 8 ECRs will give 5-minute talks about their work. We received many submissions for the Flashlight Talks and will be announcing the speakers soon. We look forward to all the exciting talks as well as connecting with you in the Flashlight Talk sessions in Bremen!

Opportunities to get involved in the CREATE EC

If you are interested in getting more involved in the EHPS, and like the look of the work that we do, please do consider applying for a position in our CREATE EC. Three of the CREATE committee members will be stepping down after the 2023 Workshop, and so there will be an opportunity for you to apply for a role. While Dr Claire Reidy will be stepping down as Chair, Maya Braun will be taking on this role. This will leave the position of Webmaster open. The roles of Application Manager and Communications Officer, and Grant Master and Liaison Officer will also be available with Dr Maria Blöchl and Dr Daniella Watson stepping down from these roles. Applications will open during the EHPS conference 2023. Please do consider applying and do ask us any questions you may have.

Participating in CREATE activities

The activities of the CREATE network are open to all ECRs working in the field of health psychology. To attend the workshop organised by CREATE, you are required to have [EHPS membership](#). For more information about what activities we are running,

and how to take part, check out our [website](#).

To keep informed about the latest CREATE activities, follow us on Twitter [@EHPSCreators](#), Facebook [@CreateEhps](#) and [LinkedIn](#), check out our [website](#) or email us at create@ehps.net.

To join the CREATE mailing list, please [subscribe here](#).

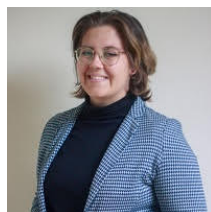
We look forward to connecting with you soon, online and in Bremen!

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