

EHPS Grant Report

Márcia Carvalho
*University of Galway,
 Ireland*

Dear European Health
 Psychology Society
 (EHPS) Grants Officer,

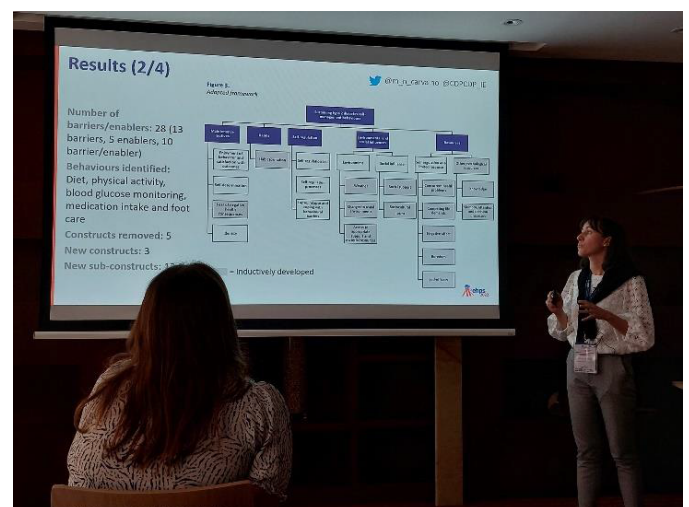
My name is Márcia Carvalho, and I was awarded a CREATE (Collaborative Research and Training in the EHPS) grant a few months ago to attend the 2022 CREATE workshop and the EHPS conference. I am writing to express my gratitude for the grant support. The CREATE grant enabled me to attend the CREATE workshop for the first time and participate in person at an EHPS conference, also for the first time. The opportunities afforded to me by this grant go, however, beyond the mere attendance at the CREATE workshop and the EHPS conference. This grant gave me a unique opportunity to enhance my research skills, improve my PhD project, network and increase my career opportunities.

The CREATE workshop on "Digitalising Health Psychology Research to enhance our science" was particularly relevant to my PhD project. The knowledge I gained in the workshop, particularly on programme theories and logic models, was instrumental in further refining the protocol for my PhD's second study – a documentary analysis to identify and describe the content of two structured type 2 diabetes education programmes. In the workshop, I also had the chance to gain new insights into possible new research interests and establish new networking relationships with fellow participants from all over the world.

Attendance at the EHPS conference was especially important as this was the first time I presented an oral presentation in person in such a reputed international congress. Attending the



conference in person also allowed me to chair two poster sessions. These opportunities will improve my CV and support me in achieving my long-term career goals, which include securing a post-doctoral position after my PhD. In addition, the opportunity to present and discuss the preliminary findings of



my review with other researchers at the conference helped me think about my review from different angles and reflect on its strengths and limitations. Therefore, it was an invaluable opportunity to polish and further improve the review manuscript I have been preparing for the last few months before submission. At the conference, I also established potential collaborative research links with other researchers with similar interests and expertise in methods I plan to use in my PhD.

Once again, thank you for awarding me a CREATE grant. It was a great honour to attend the 2022 CREATE workshop and EHPS conference. I look forward to using the knowledge and experience I have acquired in the CREATE workshop and the EHPS conference throughout my PhD and taking the most out of the opportunities this grant has given me.

Yours faithfully,
Márcia

**Márcia Carvalho**

Health Behaviour Change Research Group, School of Psychology, Arts Millennium Building Extension, University of Galway

M.Carvalho1@universityofgalway.ie