

# EHPS Conference 2023 experience

## Lilly Buhr

*University of Tübingen,  
Germany*

The EHPS conference 2023 in Bremen was my first EHPS conference and the reception couldn't have been more welcoming, not only considering the heart-warming performance of the shanty choir. First, I was a bit critical when one of the speakers called their fellow researchers the "EHPS family", but over the course of the following days, I realized how the whole atmosphere and character of the conference was based on mutual support and a genuine interest in colleagues and their research.

During the EHPS conference, I visited a wide array of symposia. Thereby, I was happy to both deepen my knowledge and learn about new developments in topics that I myself had been working on in the recent years. For example, since I have gathered some experience in intensive longitudinal measurements with ambulatory assessment during my PhD, learning about new insights into measurement reactivity helped me rethink my past and future study designs. Also, as a psychologist who originally focused on school psychology and self-regulation in the context of ADHD, I was happy to be made aware of the importance of self-regulation in health psychology and therefore learn more about the overlap of school psychology and health psychology. Additionally, I was happy to broaden my horizons and therefore visited different talks just out of curiosity. The broadness of research fields within health psychology impressed me and made me even more excited about possibilities in finding my own role in this scientific field.

A highlight for me on this conference turned

out to be the keynote lectures. Three very different researchers who all were able to convey their enthusiasm on their topics and their excitement about the expanding knowledge in health research. As an early career researcher, I was especially impressed by the wealth of insight that long-lasting expertise and research in a specific field can permit. All keynote lecturers gave a remarkable overview over their research agenda and showed how each finding in single studies led to the development of new questions and new research ideas. I also learned from them that finding a topic than one really cares about allows to build an overarching research agenda which allows for a central theme in one's career. I find it very encouraging to have experienced such great female role models for a fulfilling and qualitatively exceptional path in scientific research.

Since the main part of my PhD was undertaken during Covid-19 times, it was a pleasure to also experience all the additional networking possibilities that an on-site conference enables compared to online conferences. During the coffee breaks, the lunches and of course at the amazing conference dinner, I met impressive people from all over the world and was happy to exchange views on research, but also on different university systems or the culture of northern Germany and especially Bremen compared to their home countries. As I had finished my PhD a few months before the conference, I found myself at a time of vocational orientation. Although I was confident to pursue a path in research, I was still wondering where in the wide field of psychology my interests and expertise would best fit in and where I could find a place to further develop my skills. In

numerous conversations with researchers from all career stages and research areas, I was able to take new perspectives and better imagine possible places for myself within the area of health psychology. Additionally, the ample amount of job advertisements that were presented during many of the talks showed me the broadness of opportunities that psychologists have in health psychology research. In the end, all of these experiences helped me to accept a job offer which I received following the EHPS conference so that I will indeed now start new research projects in health psychology.

Finally, originally coming from northern Germany myself, I was very happy to see how the beautiful city of Bremen and the friendliness of its inhabitants impressed the participants of the conference, including my colleagues, and showed them that the area was more than rainy wastelands. Taken together, the EHPS conference was a great opportunity for me to learn about recent research proceedings, network with impressive scientists from all over the world and from all career stages and even helped me to find a new employment after my PhD. Therefore, I am very grateful about the EHPS grant which made this wonderful experience possible for me and I am very much looking forward to next years' EHPS conference in Cascais.

**Lilly Buhr**

Working Group School Psychology,  
University of Tübingen;  
Institute Gender in Medicine (GiM),  
Charité Universityhospital Berlin  
[lilly.buhr@charite.de](mailto:lilly.buhr@charite.de)