

ARTICLE

## CREATE activities for early career researchers in 2025

Melanie Bamert, Maya Braun, Christine Emmer, Laura Gördes, Alea Ruf  
and Carolina C. Silva

### Abstract

This article outlines the 2025 activities of Collaborative Research And Training in the EHPS (CREATE), a network run by and for Early Career Researchers (ECRs) in health psychology. CREATE offers year-round opportunities for learning, networking, and professional development, including a pre-conference workshop, ‘Meet the Expert’ sessions, and Early Career Spotlight talks at the EHPS 2025 conference in Groningen. Additional webinars, funding opportunities, and a new CREATER mode initiative support ECRs in building skills, connections, and confidence at the start of their careers. This overview highlights how CREATE fosters an inclusive, engaging community for emerging researchers.

**Key words:** Early career researchers, networking, conference workshop, open science

### Who are we?



**Fig. 1.** The CREATE Executive Committee at the Winter Meeting in Vienna, 2024. From left to right: Melanie Bamert, Alea Ruf, Maya Braun, Christine Emmer, Laura Gördes, and Carolina Silva.

All CREATE activities are organised by the elected CREATE executive committee, which consists of six members. Since the last EHPS conference in Estoril, we have welcomed a new member in the team, so please allow us to introduce ourselves:

- Chairperson: Maya Braun (Ghent University, Belgium & University of Zurich, Switzerland)
- Secretary: Alea Ruf (University of Vienna, Austria)
- Treasurer: Laura Gördes (University of Bern, Switzerland)
- Application Manager: Carolina Silva (Trinity College Dublin, Ireland)
- Grant Master and Liaison Officer: Christine Emmer (University of Mannheim, Germany)
- Public Communications Manager: Melanie Bamert (University of Bern, Switzerland).

For details of the Executive Committee and their roles: <https://ehps.net/create-committee/>

## What do we do?

CREATE provides learning and networking opportunities for Early Career Researchers year-round and at the annual EHPS conference. While all Early Career Researchers with an interest in health psychology are welcome to participate in CREATE activities, involvement in conference events or the CREATE Executive Committee requires EHPS membership. All other CREATE activities remain open to everyone.

## EHPS 2025 in Groningen, the Netherlands

During the EHPS conference, we organize an **annual pre-conference workshop**, ‘**Meet The Expert**’ sessions and the **Early Career Researcher Spotlight talks**.

### CREATE pre-conference workshop

**Open Science Practices:  
Preregistrations and Registered Reports**

**CREATE**  
collaborative research  
and training in the ehps

**EHPS 2025**  
GRONINGEN

**CREATE**  
Early Career Researcher  
Pre-Conference Workshop

**Sun 24th August 2025:** Social Activity (4:00 pm)  
**Mon 25th August 2025:** Workshop (Full day)  
**Tue 26th August 2025:** Workshop (Half day)

**Workshop fee:**  
€150 (€100 if eligible for reduced fee)

**More info and registration:**  
[www.ehps.net/create](http://www.ehps.net/create) or [2025.ehps.net/create](http://2025.ehps.net/create)

**Sessions delivered by**

**Dr. Emma Norris**  
Department of Health Sciences,  
Brunel University of London

**M.Sc. Rory Coyne**  
School of Psychology,  
University of Galway

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 EHPS conference.

Fig. 2. Flyer for the CREATE pre-conference workshop in 2025.

Each year, the CREATE committee organizes an interactive two-day workshop just before the annual EHPS conference. Led by experts in health psychology, these workshops offer valuable opportunities to expand knowledge and skills. They also provide a great chance to connect with peers, making networking a key aspect of the experience. In addition to engaging sessions, the workshop includes a CREATE dinner, a city tour, and various social activities. Past workshops have covered topics such as science communication (2023), digital health (2022), and systematic reviews & meta-analysis (2019). You can read the report about the

previous CREATE pre-conference workshop in 2023 written by the past participants Valérie Bösch and Robert Edgren (University of Bern) here: <https://doi.org/10.62696/ehp.v23i3.3461>.

We are excited to announce that this year's CREATE workshop will focus on open science practices, with a special emphasis on preregistrations and registered reports! The workshop will be led by the amazing Emma Norris and Rory Coyne, committee members of the EHPS Open Science Special Interest Group. It will take place on Monday, August 25th, and the morning of Tuesday, August 26th. Find more details about the CREATE workshop: <https://2025.ehps.net/create/>

Although submissions for this year's workshop have already closed, we warmly invite you to join us at the Meet the Expert sessions (see below).

### *Apply in August 2025: Meet the Expert*

CREATE hosts informal 'Meet the Expert' sessions, where keynote speakers take the time to connect with a small group of Early Career Researchers over coffee. This year, we are thrilled to welcome Ellen Smets, Sabine Sonnentag, Justin Presseau, and Theresa Marteau as our keynote speakers. Learn more about them here: <https://2025.ehps.net/keynote-speakers/> and find details about previous Meet the Expert sessions and apply here starting July 2025: <https://ehps.net/create-meet-the-experts/>

### *Early Career Spotlight Talks*

For the third year in a row, CREATE is organizing the Early Career Spotlight talks at EHPS 2025 in Groningen! This format, designed for and by Early Career Researchers, challenges presenters to summarize their research in just 7 minutes. Senior researchers are warmly invited to attend these sessions to support Early Career Researchers. More details can be found here: <https://2025.ehps.net/submission/>. Also check out the recording of last year's webinar by Louise Foley (University of Limerick) and Daryl O'Connor (University of Leeds) on the do's and don'ts of preparing 5-minute research talks in preparation of the conference: <https://ehps.net/create-webinars/>. Submission for this year has closed already. If you have missed it, we look forward to seeing you in the audience!

### Throughout the year

Throughout the year, CREATE connects Early Career Researchers and shares opportunities via social media. We also host webinars to foster knowledge exchange and support CREATE members in a virtual space. To kick things off, we have organized a webinar facilitated by two brilliant Early Career Researchers - Juliane Traxler (University Medical Center Hamburg-Eppendorf, Germany) and Rory Coyne (School of Psychology, University of Galway, Ireland) - together with Geert Crombez (Ghent University, Belgium; Editor-in-chief of Health Psychology Review), offering tips and tricks for getting your paper published—an especially relevant topic for early career researchers. The next upcoming webinar will focus on creating effective research posters, with insights from ECRs Carole Rüttimann and Marthe Tulpin. This session will be particularly useful for those preparing for the EHPS 2025 conference. Stay tuned for updates via the EHPS newsletter and other communication channels! You can find recordings of past webinars and information on upcoming sessions here: <https://ehps.net/create-webinars/>. Additionally, we are excited to introduce a new initiative called CREATER mode, designed to support ECRs in organizing events such as knowledge-sharing sessions and networking opportunities. CREATE can help promote your event within the early career research community and provide infrastructure for hosting it. If you have an idea, let us know by filling out this form: <https://forms.gle/UsUgQaCvYqgxtrZy5>.

## Funding

CREATE also provides funding opportunities to support participation in the CREATE workshop and EHPS conference, including coverage for registration, accommodation, and travel. You can find details about eligibility and the selection process here: <https://ehps.net/grants/>.

Curious about the available grants and how to apply? Our Grants Officer, Christine Emmer, has recorded a short video explaining the funding options and offering tips for a strong application—featuring examples from past grant recipients! Watch it here: <https://ehps.net/create-webinars/>.

We look forward to connecting with you soon!

## How to get involved in CREATE?

For more information about what activities we are running, and how to take part, check out our website here: <https://ehps.net/create/>

### Want to keep up to date?

You're in luck, there are many ways!

- Keep an eye on the website <https://ehps.net/create/>
- Bluesky: <https://bsky.app/profile/ehpscreators.bsky.social>
- LinkedIn: <https://www.linkedin.com/company/ehpscreators/>
- Join our WhatsApp group by filling in the sign-up form: <https://docs.google.com/forms/d/17vt5iWbunB8mApg32m9K8Dh7QGn41EXNf6ftbhJJghQ/edit>
- Join our mailing list here: <https://ehps.net/network/>, or keep an eye on the EHPS newsletter.



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