

ARTICLE

CREATE Activities for Early Career Researchers in 2026

Theresa Frohn, Carolina C. Silva, Melanie Bamert, Jessica Schiller, Laura Gördes, Vivien Hajak and Ann-Kathrin Sowa

Abstract

CREATE (Collaborative Research and Training in the EHPS) is an early career researcher (ECR) subdivision of the European Health Psychology Society (EHPS), dedicated to supporting the professional development, networking, and engagement of ECRs in health psychology. This report provides an overview of CREATE's initiatives and activities for 2026, covering activities at the annual EHPS Conference in Pafos, Cyprus, as well as initiatives throughout the year. Key activities at the conference include the CREATE pre-conference workshop, which this year focuses on the use of artificial intelligence in research, the “Meet the Experts” sessions, and the Early Career Researcher Spotlight Talks. Throughout the year, CREATE offers a range of initiatives, including webinars, networking events, and writing retreats. In addition, the report highlights funding opportunities and outlines ways to stay informed about CREATE activities.

Key words: early career researchers, health psychology, professional development, networking, conference workshop

The following sections introduce CREATE, its current Executive Committee, and provide an overview of the activities and initiatives offered to early career researchers in health psychology.

About CREATE

CREATE (Collaborative Research and Training in the EHPS) is a subdivision of the EHPS (European Health Psychology Society) dedicated to connecting and supporting early career researchers (ECRs) in health psychology. It provides a range of training and networking opportunities tailored to researchers at the beginning of their academic careers. The initiatives are organized by the CREATE Executive Committee.

The CREATE Executive Committee

The current CREATE Executive Committee consists of seven ECRs who take on a range of roles within the team. As part of a dynamic and evolving network, its composition changes over time. Following the last EHPS conference in Groningen, several new members joined the committee. The current members are listed below and shown in Figure 1:

- Co-Chairperson: Carolina Silva (University College London, UK)
- Co-Chairperson: Melanie Bamert (University of Bern, Switzerland)
- Secretary: Jessica Schiller (Johannes Kepler University Linz, Austria)
- Treasurer: Laura Gördes (University of Bern, Switzerland)
- Application Manager: Vivien Hajak (MSB Medical School Berlin, Germany)
- Grant Master & Liaison Officer: Ann-Kathrin Sowa (University of Wuppertal, Germany)
- Public Communications Manager: Theresa Frohn (University of Wuppertal, Germany)



Fig. 1. The CREATE Executive Committee at the Winter Meeting in Bern, 2025. From left to right (front row): Melanie Bamert, Jessica Schiller, Ann-Kathrin Sowa, Theresa Frohn, Carolina Silva. From left to right (back row): Vivien Hajak, Laura Gördes.

CREATE Activities

The CREATE Committee organizes learning and networking opportunities for ECRs at the annual EHPS conference and throughout the year. As in previous years, a range of activities is planned in 2026.

Activities at EHPS 2026 in Pafos, Cyprus

We will organize three dedicated formats for ECRs at this year's EHPS conference in Pafos, Cyprus: the CREATE pre-conference workshop, the “Meet the Experts” sessions, and the Early Career Researcher Spotlight Talks. Involvement in these conference events requires EHPS membership.

CREATE Pre-Conference Workshop

The CREATE pre-conference workshop is an interactive format for ECRs held annually ahead of the EHPS conference. It combines practical learning with opportunities to connect, offering a supportive space to develop new skills and engage with peers in health psychology.

This year's workshop, “AI in Research: Utilizing LLMs in Evidence Synthesis”, led by Prof. Ian Kellar and João Craveiro, focuses on a timely and highly relevant topic: the use of artificial intelligence in research, with a particular emphasis on how large language models can be applied in evidence synthesis. Through hands-on activities and guided exercises, participants will learn how to use these tools thoughtfully and effectively in their own work – skills that are becoming increasingly important in contemporary research practice.

Beyond the academic content, the workshop will also include a range of social activities, such as shared dinners, informal gatherings, and opportunities to explore the city and the surrounding area together. These activities create a relaxed and welcoming atmosphere and facilitate networking among participants. Especially for those new to the field, the workshop offers a valuable opportunity to become part of the health psychology community and connect with peers even before the conference begins. Figure 2 shows the flyer used for promoting the pre-conference workshop.

Find more information on this year's workshop here: <https://ehps.net/workshops/>

“Meet the Experts” Sessions

Once again, we are organizing a series of “Meet the Experts” sessions at this year's EHPS conference. These sessions are designed to bring ECRs and EHPS keynote speakers (“experts”) together, creating space for open exchange, discussion, and networking in a friendly, informal setting. All of this year's keynote speakers (Prof. Jane Walsh, Prof. Gertraud Stadler, Prof. Alex Gillespie,

CREATE PRE-CONFERENCE WORKSHOP FOR EARLY-CAREER RESEARCHERS



AI IN RESEARCH: UTILIZING LLMS IN EVIDENCE SYNTHESIS

SUN 30TH AUGUST 2026
Workshop (Half-day) + Social Activity

MON 31ST AUGUST 2026
Workshop (Full-day)
(The workshop takes place immediately prior to the EHPS conference)

WORKSHOP FEE
€150 (€100 if eligible for reduced fee)

MORE INFORMATION & REGISTRATION
ehps.net/workshops/ or
2026.ehps.net/create-interactive-workshop/

FACILITATED BY:



PROF. IAN KELLAR
School of Psychology
The University of Sheffield



M.SC. JOÃO CRAVEIRO
School of Psychology
The University of Sheffield



CREATE is a **subdivision of the European Health Psychology Society (EHPS)**, promoting education and collaboration for **early-career researchers** in the field.

Fig. 2. Flyer for the CREATE pre-conference workshop at EHPS 2026 in Pafos, Cyprus.

and Dr. Nicos Middleton) agreed to take part in the “Meet the Experts” sessions in person, and session organization is currently being finalized. Updated information about the sessions and registration opportunities, including access to an online registration form, will be shared prior to the conference via the CREATE and conference websites and CREATE’s communication channels (i.e., LinkedIn, Bluesky, and the CREATE and EHPS newsletters).

Find an overview of the experts from previous years on our website (<https://ehps.net/create-meet-the-experts/>) or learn more about this year’s experts on the conference website (<https://2026.ehps.net/keynote-speakers/>).

Early Career Researcher Spotlight Talks

Building on the success of previous years, the Early Career Researcher Spotlight Talks will return to the EHPS conference this year. This format offers ECRs the opportunity to present their work in short, engaging seven-minute talks. Members of the CREATE Committee will also be present to facilitate the sessions and lead a joint discussion following the presentations.

Applications for this year’s Spotlight Talks are now closed. However, if you missed the chance to sign up this year, we would still love to see you there – join us at the sessions and support your fellow researchers!

Activities Throughout the Year

Alongside the activities at the EHPS conference, we are also planning additional CREATE initiatives throughout the year. All CREATE activities are open to ECRs interested in health psychology.

We are currently developing further formats, including webinars on topics relevant to ECRs. The first webinar, “Mastering Manuscripts: Practical Writing Tips for Early-Career Researchers”, led by Dr. Gabriela Hofer and Dr. Ziva Korda, took place in May and focused on academic writing, particularly on developing effective writing strategies and improving manuscript structure. Figure 3 shows the flyer that was used to advertise the webinar. More information about our webinars, including an overview of past (recorded) sessions, can be found on our website: <https://ehps.net/create-webinars/>

Moreover, CREATE offered a networking-focused writing retreat in June for the first time. Attendees could choose between guided writing sessions and independent work in a distraction-free environment, with opportunities for informal exchange between sessions. The flyer used to promote the event is shown in Figure 4. Further information is available on our website: <https://ehps.net/networking-events/>



Fig. 3. Flyer for the live webinar in May on Mastering Manuscripts.

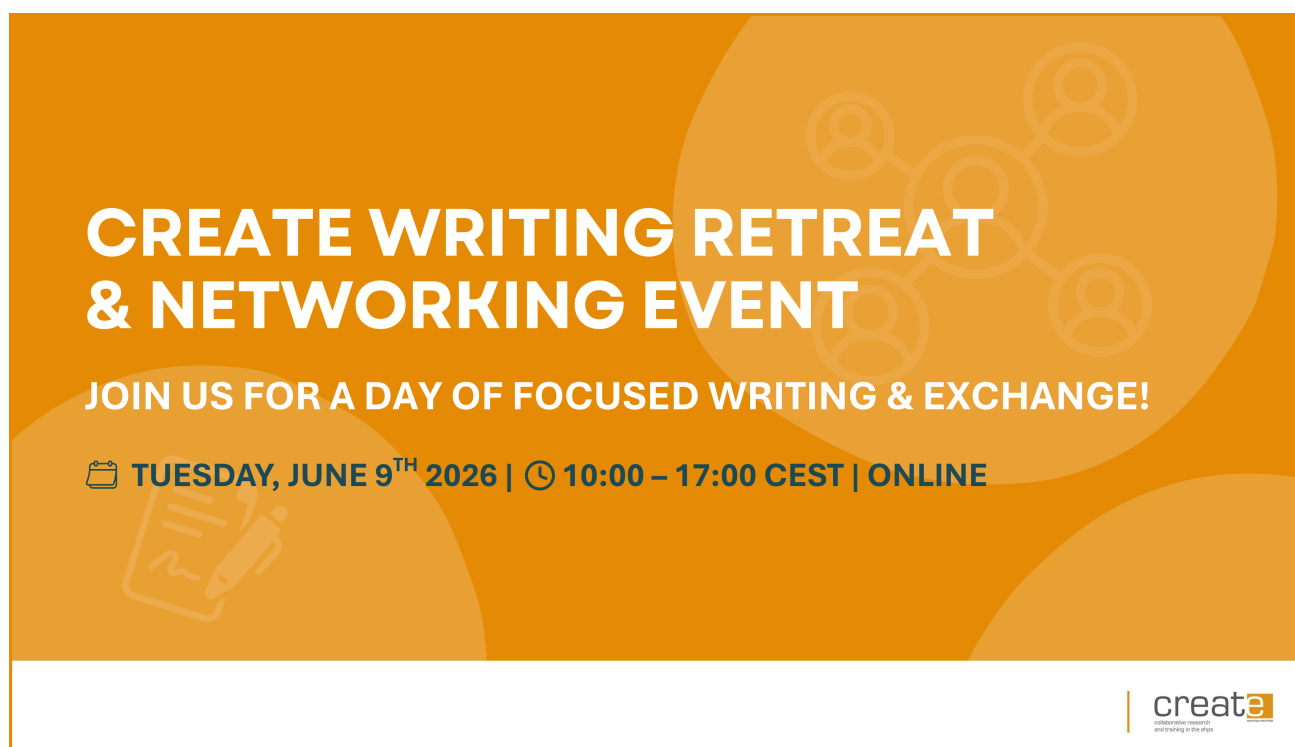


Fig. 4. Flyer for the writing retreat and networking event in June.

Funding

CREATE also offers a range of funding opportunities to support ECRs, including grants for workshops and conference registration, as well as accommodation and travel. Detailed information on eligibility criteria and the selection process is available here: <https://ehps.net/grants/>

If you have any questions, please contact the current Grant Master and Liaison Officer. You can also find tips for your application, including insights from previous grant awardees, in a recorded webinar (“Conference Grants for EHPS and Beyond: Possibilities and How to Successfully Apply”), available here: <https://ehps.net/create-webinars/>

How to Get Involved in CREATE

For more information about our activities and how to take part, visit our website: (<https://ehps.net/about-create/>). To become an active part of CREATE, you need to be an EHPS member. Opportunities to join the CREATE Executive Committee are announced via our communication channels.

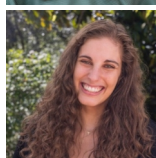
Want to Keep Up to Date?

Staying up to date is easy! We regularly share updates on our activities and opportunities across different platforms, including our website (<https://ehps.net/about-create/>), LinkedIn page (<https://www.linkedin.com/company/ehpscreators/>), and Bluesky account (<https://bsky.app/profile/ehpscreators.bsky.social>). You can also join our WhatsApp group (for more information, please get in touch with our current Public Communications Manager), subscribe to our mailing list (more information here: (<https://ehps.net/about-create/>), or keep an eye on the EHPS newsletter.

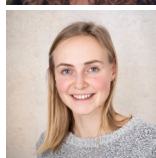
Stay informed by following these channels, and don't miss any updates!



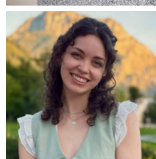
Theresa Frohn works at the University of Wuppertal, Germany.
ORCID: 0009-0001-7662-670X
Email: tfrohn@uni-wuppertal.de
Website: <http://linkedin.com/in/theresa-frohn-814b44181>



Carolina C. Silva works at the University College London, United Kingdom.
ORCID: 0000-0003-1814-032X
Email: carolina.silva@ucl.ac.uk
Website: <http://linkedin.com/in/carolinasilva11>



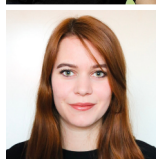
Melanie Bamert works at the University of Bern, Switzerland.
ORCID: 0000-0001-7577-1457
Email: melanie.bamert@unibe.ch
Website: <http://linkedin.com/in/melanie-bamert-b33480136>



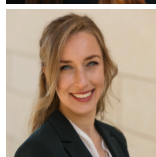
Jessica Schiller works at Johannes Kepler University Linz, Austria.
ORCID: 0009-0000-5805-8035
Email: jessica.schiller@jku.at
Website: <http://linkedin.com/in/jessica-schiller-6508b832b>



Laura Gördes works at the University of Bern, Switzerland.
ORCID: 0009-0001-5222-065X
Email: laura.goerdes@unibe.ch
Website: <http://linkedin.com/in/lauragoerdes>



Vivien Hajak works at the MSB Medical School Berlin, Germany.
ORCID: 0000-0003-0565-7119
Email: vivien.hajak@medicalschoool-berlin.de
Website: <http://linkedin.com/in/vivien-hajak-464934261>



Ann-Kathrin Sowa works at the University of Wuppertal, Germany.
ORCID: 0009-0002-3386-2371
Email: asowa@uni-wuppertal.de
Website: <http://linkedin.com/in/ann-kathrin-sowa-9153a7212>