

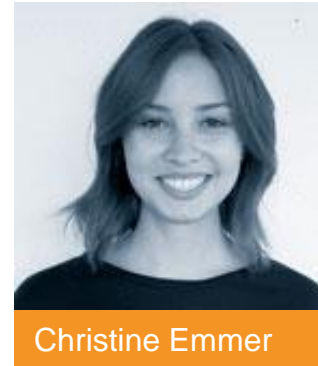
Conference Grants for EHPS and Beyond: possibilities and how to successfully apply

create

collaborative research
and training in the ehps

www.ehps.net/create

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



Overview

Which grants are there?

- Do I qualify for the grant?
- When are the deadlines?
- What do I need to do?

How do I improve my chances?

- Including examples from past grant awardees!



Types of grants and deadlines

Deadlines:

Third week of May

Send a collated PDF to
EHPS grants officer
grants@ehps.net

Acceptance:

Notified three weeks after
the deadline



About ▾

Membership ▾

Publications ▾

Networks ▾

Conferences

FAQ

Contact

Grants

The EHPS offers several grants options for its members. These grants may facilitate different endeavors as enabling members attendance to conferences, enabling a relevant stakeholder attendance to conferences, initiating a scientific collaboration or project, and more.



Conference Grants



Create Grants



Synergy Grants



Application documents

- A one-page narrative - including how it will benefit your career
- Curriculum Vitae
- Proof of abstract acceptance (if possible)
- For the graduate students, proof of student status
- Confirmation of financial need from a supervisor
- Breakdown of financial costs (accommodation, travel, workshop registration, conference registration + dinner)

Travel (from ... to Bratislava and back), approx.	200.00€
Accommodation, approx.	450.00€
CREATE Workshop fee	120.00€
Conference fee	35.00€
Total	55.00€



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- Candidates should give an estimate of their expenses upon application.
Final reimbursement is based on the **actual expenses per original receipts**.
- Grants cannot exceed the **maximum amount of costs**.

Travel (from ... to Bratislava and back), approx.	200.00€
Accommodation, approx.	450.00€
CREATE Workshop fee	120.00€
Conference fee	35.00€
Total	855.00€

Preconditions and expectations:

- Applicants should **apply for the CREATE workshop in addition to the grant.**
- Candidates must be **EHPS members** when accepting the grant.
- Grant recipients in the **past three years are not eligible** for application.
- It will be expected that after the conference recipients **submit an individual short report** describing how the fund has **supported their work.**
- A condition of funding is that successful awardees will be required to write a **collective conference report for publication in EHP.**
- Grant can only be used to **attend to upcoming workshop and conference** and it **cannot be given to another person** to attend the conference.



What we are looking for

Evaluation: (0-5 = does not apply – fully fulfilled)

- relevance of the submitted abstract to the workshop (for the CREATE and SYNERGY grants)
- relevance of participation in the workshop
 - CREATE grant: motivation to participate in the workshop
 - SYNERGY grant: relevant expertise to contribute to the Expert Meeting
- potential of the fund to promote the career of the recipient



Reviewers:

CREATE grants officer
Synergy grants officer
EHPS grants officer



How to successfully apply

– some advice for the EHPS grants and beyond –



Mechanics & Strategy

- Have your audience / reviewers in mind – write to convince them!
- Be honest, ask why you apply and why you are excited – aim to be specific
- Start with an outline → then draft → then loads of editing
- Perhaps use italics, bold font, and underlining to highlight sentences
- In your letter, you can mention other documents and keep to letter format
- Keep style of writing in mind (first person, cut unnecessary words, etc.)
- Show your application to other people, get feedback



1. Supporting letter

I was really excited when I found out about the topic of this year's CREATE workshop 'Digitalising Health Psychology research to enhance our science: opening the doors to innovative measurement, design, and intervention approaches'. I believe digital solutions are of great and increasing importance to advance Health Psychology research, as they allow studying dynamic processes in the natural environment. Health behaviours, such as diet and physical activity, are very complex phenomenon and therefore challenging to capture reliably. Assessing them through digital tools opens up new opportunities, as it (1) improves reliable assessment and ecological validity, (2) allows capturing dynamic processes in a longitudinal fashion, and (3) enables to intervene right in the moment when it is needed most. For all these reasons I am very interested in learning more about digital innovations at this year's CREATE

16th May 2022

I am applying to the CREATE/ EHPs travel grant because I consider the EHPs conference a highlight of the scientific annual schedule. Having conducted my PhD in an interdisciplinary team with no background in health psychology, I feel very connected to the EHPs community as kind of my 'research family'. After a long time of home office and virtual conferences, attending the EHPs in person would mean a lot to me.

This year's topic of the CREATE workshop *Digitalising Health Psychology research to enhance our science* has been and will be important for my scientific work in two ways. First, I have developed a

them in maintaining their physical function are highly needed. I hope to deepen my knowledge and get new insights on how to measure and support health by digital means at the CREATE workshop.

So far, my attendance at the EHPs conferences always provided large benefits to my career and research. For example, during my attendance at the SYNERGY expert meeting on habits back in 2019, I connected with Prof. Neill Hankonen and we made plans for me to do a research stay at University of Helsinki (which did not take place due to the Covid-19 pandemic unfortunately). Additionally, the idea for a peer-mentoring project arose from that synergy meeting. The research I will present is the result of that project. Listening to cutting-edge research from excellent researchers will surely inspire me this year, too.

The research I will present was not part of my PhD but was a side project together with a peer PhD of
Therefore, the attendance to the EHPs depends on third-party financial support.

If I am not accepted to receive a CREATE grant, I would also like to apply for the regular EHPs travel grant.

Kind regards,



14 May 2022

European Health Psychology Society Conference
grants@ehps.net

Dear grants officer,

Re: EHPs CREATE grant application

16 May 2022

Re: EHPs CREATE Grant application support letter

To whomsoever it may concern,
I am writing to apply for the CREATE grant. I have been accepted to present a poster of my PhD work

Currently, all European healthcare services are required to deal with legacies of the pandemic and continual pressures that are not pandemic related such as reduction in funding, staff numbers and a focus on cost-effectiveness. Findings may offer clear indications of influences on decision making and where interventions may be required.

I also wish to receive this grant to attend the CREATE workshop. I am a CREATE member and have attended previous workshops, which I have found very interactive and have made meaningful professional relationships from these. This year's workshop: 'Digitalising Health Psychology research to enhance our science', is pertinent to me in my understanding of prescribing decision making, which often happens when assessing an electronic health record. In my recent systematic review, pop-up reminders are widely used and effective in altering prescribing behaviour. I think this may be a valuable part of a future intervention to address the over-prescribing of ADT. However, much of the literature suggest that digital interventions aiming to 'de-implement' a practice need to be tailored to context and seamlessly integrated to clinician workflow, which I am less knowledgeable about. My project is the foundation of developing an effective and context-related digital intervention to de-implement overuse of ADT. I am excited to join the discussion, offer my 'de-implementation' perspective and explore other intervention ideas, to understand if and how they could work for my research problem.

Attendance to the CREATE workshops and EHPs conference would be beneficial for me as a PhD student, not only as my first face-to-face conference, but as a chance to build on my knowledge I have gained over my time in the PhD so far. In particular, the chance to take part in the workshop, will allow me to network and identify possible intervention or research required to overcome the prescribing issue from my PhD project. Coming out of COVID-19 the chances for funding from my university are very limited, particularly where travel is involved. I have worked hard to minimise the expenses and ensure I chose the most economical options. I hope you will consider my application. Thank you.

Yours sincerely,

Most use a letter format / letter head (incl. formal address and signature)

No "standard format" (but make it look visually appealing)

05.05.2022

Application for the 2022 EHPs CREATE Grant

Dear grant committee,

related behaviours, thus, being part of an interactive early career workshop focusing on innovative measurement, design, and inventive approaches, would strongly benefit the further design and development of my Ph.D. studies. Moreover, it would be extremely constructive as an early career researcher, to share with fellow researchers and experts, experiences and examples, in using practical tools that help in conducting research. Personally, I hope to benefit from the workshop and the conference by expanding my early career network and by establishing possible international collaborations and exchanges that are very important for Ph.D. candidates and for a future postdoctoral career.

Within the workshop, I intend to share my experience from one of the studies of my Ph.D. project, where I investigate the perceived impact of different smartphone app designs in eating-related cognition, intention, and behaviour change.

Using digital tools for behaviour change is a recent innovation in health psychology, and therefore, the 36th EHPs annual conference and the CREATE workshop offers a great opportunity to support my research career.

As there is no travel funding for PhD students provided by the department or the university, my participation in the conference relies on external funding. To cover travel expenses, accommodation, the workshop, and the conference fee, approximately 955.00 € would be necessary. I thank you for your efforts and look forward to hearing from you.

Common structure and content (order can vary!!)

- Why you are writing + introduce yourself + research topic (+fit)
- Explain why CREATE workshop is exciting to you + (fit)
- Abstract information, general interest in conference, benefits for career
- Optional: Statement on lack of funding
- Reference to other application materials



I was really excited when I found out about the topic of this year's CREATE workshop 'Digitalising Health Psychology research to enhance our science: opening the doors to innovative measurement, design, and intervention approaches'. I believe digital solutions are of great and increasing importance to advance Health Psychology research, [...]. For all these reasons I am very interested in learning more about digital innovations at this year's CREATE workshop.

I am [...]. As part of my PhD I [...]. Hence, I am already familiar with some digital tools but would love to build upon my existing knowledge. Based on my own experiences, I am also aware of the challenges researchers have to face when conducting studies which involve digital tools. It would be great to contribute to the workshop by sharing my experiences with others and discuss possible solutions for these problems.

I am going to complete my PhD in spring next year. Unfortunately I have not had the opportunity to work with digital health interventions during my PhD. I am particularly interested in learning about just-in-time adaptive interventions, as I would like to expand my research focus to this area as a Postdoc. For this reason it would be great to learn about JITAIs in this workshop and thereby improve my chances to find a Postdoc position in this area next year.

The CREATE Workshop is a great opportunity for me to:

1. Extend my knowledge.
2. Share my experiences.
3. Learn more about digital interventions.
4. Discuss challenges and possible solutions.
5. Get to know other early career scientists who are interested in this topic.

Unfortunately my institute does not provide funding for attending the workshop. For this reason, the CREATE grant would give me the unique opportunity to attend the workshop.

Dear EHPS Grants Officer,

I am writing to apply for a CREATE grant to attend the pre-conference CREATE workshop and the annual EHPS conference. I am excited about the opportunity to participate in the 2022 CREATE workshop and EHPS conference, as I believe this will support me in conducting high-quality research during my PhD and beyond and achieving my long-term career goals.

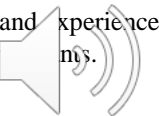
I am currently a [...]. Although I am fortunate to have been awarded this scholarship to complete my PhD, this does not cover PhD related expenses, including training and dissemination costs (e.g., travel and attendance at national and international conferences). A CREATE grant would allow me to attend the CREATE workshop and participate at an EHPS conference for the first time. This would be particularly important to me as I have submitted an abstract to EHPS 2022 [...], which was accepted for oral presentation.

The CREATE workshop theme "[...]" is particularly relevant to my PhD project and closely aligns with my research interests [...]. My PhD project aims to [...]. The learning provided in the workshop, particularly on ecological momentary assessment and observational and evaluative intensive longitudinal designs, which can be instrumental to better understand the process of behaviour change maintenance, will therefore be particularly relevant for me at this stage in my PhD. Furthermore, the expertise and experience of CREATE speakers and participants will allow me to further refine my research skills, gain new insight into possible new research interests, establish new networking relationships, and develop collaborative research links with researchers from across the world. Finally, attending the CREATE workshop will also support me in achieving my long-term career goals, which include [...].

I am excited to attend the CREATE workshop and use the knowledge and experience [...] while learning so much from the workshop trainers and fellow participants.

Thank you for considering my application.

Yours faithfully,



Keep in mind:

- “You need to be in it to win it!”
- If you won’t receive the grant, it doesn’t mean you wouldn’t deserve it or your application was bad
- “Don’t let perfection be the enemy of the good!”



Last but not least

Contact us.

create@ehps.net

Connect with us.



Twitter



Bluesky



LinkedIn



Mailing List



**Good luck with your grant
application!**

