

EHPS Conference Report

Hazel Wolstenholme I am very grateful to have been awarded the 2017 EHPS conference grant, which allowed me to participate in such a renowned, and interesting, international conference. The quality of all aspects of the conference including workshops, presentations, poster sessions and social events was extremely high. The week in Padua was enjoyable and inspiring and my participation will most definitely benefit my current and future work in health psychology.

For me, the conference began with the workshop on *Writing High Impact Scientific Papers and Getting Them Out for Review*, which was delivered by James Coyne. This was incredibly useful to a PhD student embarking on their publishing journey. The workshop provided some excellent advice and information about online tools and digital resources that are useful for keeping up to date with literature and finding appropriate journals for publication. This workshop also covered how to write a good title, abstract and cover letter that will stand out, get your paper out for review, and increase the ease of access to your paper through database searches once it is published. Journal impact factors and altmetrics were discussed, helping us to effectively distinguish between high quality and poorer journals. The workshop was informal and interactive, utilising research examples from the participants and this facilitated interesting discussion. James Coyne highlighted the importance of media presence both before and after publication and he gave the good advice that if you don't define yourself on social media, social

media will define you!

One of the strengths of the EHPS conference is the variety of sessions on both specific research topics and broader areas that are applicable to researchers in multiple fields. I was impressed to see the array of presentations relevant to my specific research area, family and child eating behaviours. I found it particularly interesting to hear about the variety of methodologies researchers are using in eating behaviour research and the facilities and laboratories available in different universities such as the Experience Room in Wageningen University in the Netherlands (Spook, Wijk & de Vet, 2017). It was interesting to think about how the findings from lab based research compliments, and sometimes contradicts, the qualitative research I am working on as part of my PhD and what this might mean for future research.

Other, more general, conference tracks were also of interest and expanded my knowledge in areas such as intervention development and behaviour change. I am familiar with the behaviour change taxonomy (Abraham & Michie, 2008) and it was great to hear about the progress made in the development of a modes of delivery taxonomy (Carey, Jenkins, Williams, Evans, Horan, et al., 2017) and population and setting taxonomies (Marques, Carey, Williams, Jenkins, Finnerty, et al., 2017). Attending this conference certainly developed my knowledge in the area of behaviour change and intervention development which will be particularly useful to me in the future as I hope to be able to translate my PhD research findings into practice.

There was exciting energy and engagement throughout the conference. I found that the

interactive discussion, group work and idea generation activities during some of the symposia worked really well and it was good to see that some of the outputs of these discussions might contribute to developments beyond the conference. In addition, poster sessions were busy and provided a great opportunity to network and engage with other researchers. During symposia such as *Maximising value of qualitative methods in the development and evaluation of behaviour change interventions* and poster sessions, I had the opportunity to discuss one of my core research interests, qualitative research methods, with others researchers. In particular, I discovered some novel methods for carrying out qualitative interviews with children, which will definitely influence how I approach this type of work in the future.

The keynote speakers were excellent and again provided interesting information relevant to a broad audience. In particular, I felt that the keynote *Healthcare social media (#HCSM): A new approach to studying and promoting health behaviour* (Pagoto, 2017) highlighted an important theme that ran throughout the conference - the importance of engaging with the rapidly evolving world of social media. This opened my eyes to numerous creative and innovative ways that we can use social media, not only for networking and promotion of our research, but also for the delivery of health interventions.

Overall, EHPS2017 was one of the most interesting, diverse, thought-provoking and enjoyable conferences I have attended. Again, I would like to thank all of the organising committee and wish to specifically acknowledge the grant scheme for enabling my participation.

References

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