

EHPS Conference Grant Report

Frederick H. F. Chan I am deeply grateful for the transformative experience at the European Health Psychology Society 2023

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Conference, made possible by the generous conference grant from EHPS. This opportunity allowed me to explore diverse facets of health psychology, engage in science communication, and connect meaningfully with fellow and senior researchers.

The two-day pre-conference CREATE workshop on science communication to lay audiences delivered by Dr. Laura König and Dr. Heide Busse was particularly enlightening. It introduced me to various science communication formats and provided hands-on experience such as crafting a lay abstract and brainstorming lay terms for jargon in our own fields. We also had the chance to visit the science museum in Bremen which helped us gain unique insights into various different ways how science could be communicated to the public in a fun and intelligible way. Collaborating with early career researchers in CREATE has been both inspiring and productive; we are currently pooling our efforts for a science communication project proposal seeking funding from the EHPS-UN committee. Our group is planning to create an Instagram account where we will post infographics over a period of six months to inform and raise awareness among the general population about disability and its consequences. We also aim to connect people with disabilities with resources that are already available in their communities.

Presenting my PhD research on cognitive impairments in end-stage renal disease patients

receiving dialysis treatment at the EHPS conference was a pivotal moment. Beyond honing my skills in scientific communication and dissemination, the invaluable feedback from the audience significantly influenced my approach and perspective towards my PhD project and methodology. The supportive EHPS community has offered opportunities for learning and growth, and the insights gained during these interactions will undoubtedly shape the trajectory of my future research.

The EHPS 2023 conference featured a diverse array of talks, spanning topics on adjustment to chronic illness, digital health, planetary health behaviour, and so on. I particularly enjoyed the new flashlight talk format introduced this year, which is a 5-minute presentation in a short, concentrated oral format. I also enjoyed the challenge night where researchers shared their failure or mistakes in their research. These sessions provided me with a deeper and more comprehensive understanding of the evolving landscape of health psychology research and methodology. Importantly, the talks and activities not only enriched my current research but also inspired research ideas that I would like to pursue after I complete my PhD.

Beyond the financial support, the conference grant acted as a gateway for engaging discussions, establishing meaningful connections, and fostering collaboration with fellow early career researchers. The connections made during the CREATE workshop have proven particularly valuable, evolving into collaborative efforts towards shared goals. This network within the EHPS community has been a constant source of inspiration.

In conclusion, participation in the EHPS 2023

conference has been a transformative experience, leaving an indelible mark on my research and career trajectory. The exposure to diverse topics, networking opportunities, and insightful discussions has not only sparked new ideas but has also informed the next steps of my research. The feedback received and communication with other researchers have provided fresh perspectives, shaping the direction of my ongoing work on cognitive health in patients with chronic illness. Moreover, the interdisciplinary nature of the discussions broadened my understanding of the health psychology landscape. Once again, I would like to thank the EHPS committee for awarding me the conference grant this year and it was a great honour to attend the 2023 conference in person for the first time. I look forward to attending the EHPS 2024 conference in Portugal!

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