

CREATE grants

CREAT(E)ing New Research Network Opportunities for Early Career Scientists: From Riding a Tandem and Other Ventures

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Collaborative Research and Training in the EHPS (CREATE) is a subdivision of the European Health Psychology Society (EHPS) which promotes education and collaboration among early career researchers in the field of Health Psychology. CREATE is a platform for early career health psychologists aiming at sharing experiences, building international research networks and collaboratively learning from experts. This platform is organized mainly along three activities: Annual workshops prior to the EHPS conferences, the organization and maintenance of a networking research database for junior researchers on the internet as well as CREATE's new Facebook group. During the CREATE workshops, early career health psychologists from all over Europe and the world are given the opportunity to gain a common knowledge base facilitated by leading experts in the field. However, the added and lasting value of CREATE workshops lies in getting to know other early career researchers, developing international research collaborations and friendships (and of course in having a lot of fun during CREATE's renowned social programs). Besides the workshops, members of CREATE are invited to join the Facebook group called CREATers and/or post their research profile on the member's database

(www.ehps.net/create/join.html), which allows to identify common research interests and problem areas as well as discussing and sharing ideas. Becoming a CREATE member is easy – it is open to all doctoral or post-doctoral researchers working in the field of Health Psychology who are already members of the EHPS. Since 2009, CREATE members cannot only share ideas with senior experts and other postgraduate researchers during workshops, but also extend and strengthen their research network by applying for two new grant opportunities: the Visiting Scholar grant and the Tandem grant. These newly established funding initiatives offer early career scientists the opportunity to initiate and implement joint research either with one another or with a senior expert in Health Psychology. Whereas the Visiting Scholar grant is intended to allow an early career researcher to visit a senior researcher in another country, the Tandem grant is aimed to facilitate joint research among two early career scientists. Every year, CREATE awards two scholarships per grant type.

From Riding a Tandem and Other Ventures: Experiences from CREATE's first grant generation

In 2009, the first two Visiting Scholar grants were awarded to Maartje Van Stralen (VU Medical Centre Amsterdam, Netherlands) who had the opportunity to collaborate with Professor Susan Michie (University College London, UK) and Lisa Mellon (Royal College of Surgeons in Ireland) who joined the work group of Professor Clemens Tesch Römer, Dr. Benjamin Schüz and Dr. Susanne Wurm at the German Centre of Gerontology (Berlin, Germany).



"My visit to Prof. Susan Michie at the University College London was a great opportunity and an amazing experience. I learned a lot which I will definitely be able to use for my future research."

(Maartje Van Stralen, The Netherlands)

During her stay in Berlin, Lisa consulted with the research group of the German Centre of Gerontology on conceptual and discipline based challenges in collecting individual health psychology data in population based data sets, and furthered her knowledge on methodological problems in analyzing large scale data sets. Emphasis was placed on familiarization with statistical techniques and software employed by the German Centre of Gerontology in longitudinal analyses (e.g. using Mplus to apply latent growth curve modeling). Another goal of her stay was to identify points of mutual interest with potential for collaboration between the Irish Longitudinal Study on Ageing (TILDA) and longitudinal studies conducted by the German Centre of Gerontology, such as the German Ageing Survey and the project "Personal Ressources of Elderly People with Multimorbidity: Fortification of Effective Health Behaviour (PREFER)". Preliminary comparative analyses were conducted on similar items which allowed for prospective development of ideas for the enrichment ►

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of cross sectional analyses from Wave 1 of TILDA.

CREATE's first generation of tandem grant

"The visit was enlightening to me in terms of developing a deeper understanding of longitudinal research, and learning from experienced researchers in the area of ageing perceptions. Their expertise facilitated the development of my PhD research questions and they provided clarity in terms of appropriate methodology and analysis for my PhD. I am also extremely grateful to have developed a good working relationship with the research team at the German Centre of Gerontology. Furthermore, I was able to facilitate the exchange of information between the Irish Longitudinal Study on Ageing (TILDA) and the German Ageing Study."

(Lisa Mellon, Ireland)

teams – Theda Radtke (University of Zurich, Switzerland) and Daphne Kaklamanou (University of Sheffield, UK) as well as Lisa Warner (Freie Universität Berlin, Germany) and Keegan Knittle (Universiteit Leiden, the Netherlands) worked on creative joint research projects. Theda and Daphne initiated an innovative project on

"Most PhD students only get to experience what it is like to work in their own, and maybe one other, department. Working on the tandem grant provided not only the opportunity to collaborate with others on an interesting project, but also the chance to see how



health psychology groups at other universities and research institutions operate."

(Keegan Knittle, Texas)

"The tandem grant is a great opportunity for young researchers to get an insight into another research tradition, learn how to team work even over distances, and establish international networks. Apart from the scientific benefits, our Tandem was a lot of fun as well!" (Lisa Warner, Germany)

Compensatory Health Beliefs (Knäuper et al., 2004). Compensatory health beliefs (CHBs) are thoughts, convictions and opinions that an unhealthy behaviour (e.g. binge drinking) can be compensated for (or neutralised) through the performance of a healthy behaviour (e.g., eating fruit; Rabiau, Knäuper, & Miquelon, 2006). In their cross-cultural experimental study among 40 English and 40 Swiss women, they intended to investigate how CHBs are utilised within dietary behaviour in a nonclinical sample. CREATE's other research tandem, Lisa Warner (Freie Universität Berlin) and Keegan Knittle (Universiteit Leiden), worked on a joint manuscript investigating different sources of self-efficacy with regard to physical activity in people with multiple morbidities (Knittle, Warner, Ziegelman, Schüz, Wurm, 2010).

For next year's grant season (2011/2012) CREATE welcomes applications from early career researchers worldwide who are members of the EHPS and the CREATE network. ■

CREATE Research grants at a glance



- Launched in 2008
- 4 grants awarded each year: 2 Tandem grants (among two early career scientists) and 2 Visiting scholar grants (among early career scientist and senior expert)
- For application details & deadlines see: <http://www.ehps.net/create/grants.html>

References:

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- Knittle, K. P., Warner, L. M., Ziegelmann, J. P., Schüz, B. & Wurm, S. Sources of Self-efficacy for Physical Activity in Older Adults with Multiple Chronic Conditions. Poster presentation at the Annual Conference of the European Health Psychology Society, 31st September – 04th October 2019 in Cluj, Romania.
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