

ReMO 2022: 1st Conference of the Researcher Mental Health Observatory



Bridging Research and Practice in Fostering Healthy Academic Workplaces

25TH-26TH AUGUST, 2022,
BUDAPEST

**Venue: Central European University,
Nádor u. 15, Budapest, 1051 Hungary**

24th August

Auditorium 103

Room 104

Room 105

On the day preceding the official ReMO conference, there will be a number of related Working Group meetings, a Survey Special Interest Group Meeting and a Multiplier Event for the OEdiverse Erasmus+ project that connects the mental health of early-career researchers with training in Open Science, Communication and Immersive Storytelling

09.00 - 10.00

Registration

10:00 - 12:00

ReMO Survey Special Interest Group

Stefan Mol
Jana Lasser

12:00 - 13:00

LUNCH

LUNCH

LUNCH

13.00 - 15:00

OEdiverse Multiplier Event: Advancing Sustainable Research Careers

Petra Ardai, artistic director of the Amsterdam and Budapest based art collective SPACE
Joanna Harney, Alice Kelly, Trinity College Dublin Counselling Service
Brian Cahill, Gabor Kismihok, TIB Leibniz Information Centre for Science and Technology
Christian Weber, University of Siegen

15.00 - 15.30

Coffee Break

Coffee Break

Coffee Break

15.30 - 17.00

ReMO Working Group 2

Institutional level -
Wellbeing Practices in
Research Institutions
Stefan Mol

ReMO Working Group 1

System level -
the ERA working environment
Janet Metcalfe

ReMO Working Group 3

Local actors -
Promoting researcher well-being
on a practical level
Darragh McCashin

from 19:00

Informal Social Event at:

Legfelsőbb Beeróság

Address: Dohány u. 20, 1074 Budapest

25th August

Auditorium 103

Room 104

Room 105

09.00 - 10.00

Registration

10.00 - 11.00

Opening Speech: **Gábor Kismihók**, TIB Leibniz Information Centre for Science and Technology
Plenary: **Joan Camilleri**, University of Malta

11.00 - 11.30

Coffee Break

Coffee Break

Coffee Break

11.30 - 13.00

Scientific Sessions
Chair: Darragh McCashin

Scientific Sessions
Chair: Stéphanie Gauttier

Scientific Sessions
Chair: Mathias Schroijen

Mental Health First Aid
in Academia,
Hendrik Huthoff,
University of Jena

Effects of Covid-19 pandemic
on female academicians'
psychological status in
Lithuanian HEIs and RPOs,
Aurelija Novelskaite
Raminta Pucetaite
Vilnius University

OSCAR: Development of
the Mental Well-being
Training Framework for
Academics
Francisco Valente Gonçalves
Instante Falante

Well-being, Social Integrity
and Autonomy in Doctoral
Education,
Paula Meesters
Utrecht University

Travelling Inwards: Wellbeing
agency as a shifting priority
for pandemic-impacted
young cresearchers
Cristina Blanco Sío-López
Ca' Foscari University Venice

The science of well-being:
An integrated approach to
mental health in Academia
Paulo A. S. Moreira
Universidade Lusiada Norte

Research Yourself: Analysing
the effects of Coaching
Psychology among doctoral
candidates
Anna Muro
Universitat Autònoma de
Barcelona

The Experiences of PhD
Students during Covid-19
Pandemic
Gökce Gökalp
Dilara Özel
Middle East Technical
University

Employees Crafting
Favorable Working Conditions:
Triple Loop Learning in the
Higher Education Sector
Silje Fossum Fladmark
Norwegian University of
Science and Technology

13.00 - 14.00

LUNCH

LUNCH

LUNCH

14.00 - 15.00

Workshop

Workshop

Workshop

A Film: "Breaking the
Stigma" An evidence-based
approach to combat stigma
around mental health
struggles in academia,
Sarah Wilson
Olya Vvedenskaya
Dragonfly Mental Health

Small actions can have big
impacts: Transforming Mental
Health and Wellbeing Policy
and Culture,
Janet Metcalfe, Vitae
Jane Creaton,
University of Portsmouth

Using Twitter as a community
for researcher mental health,
Stéphanie Gauttier,
Alexandra Lugova, Grenoble
École de Management
Darragh McCashin, DCU,
Fatma Güneri,
Lille Catholic University

15.00 - 15.30

Coffee Break

Coffee Break

Coffee Break

15.30 - 18.00

Well-Being Event
Register for Guided City Walk at
<https://scilink.eu/product/remo-conference-budapest-2022-registration-for-social-events/>

18:00

Register for Conference Dinner at Vakvarju Restaurant, Paulay Ede u. 7, 1061 Budapest
<https://scilink.eu/product/remo-conference-budapest-2022-registration-for-social-events/>

26th August

Auditorium 103

Room 104

Room 105

09.00 - 10.00

Registration

10.00 - 11.00

Discussion Panel

Moderator: **Janet Metcalfe**, Chair of ReMO Working Group 1, Head of Vitae
Reka Vas, Vice Rector for Education at Corvinus University of Budapest
Claudio Colaiacomo, Vice President at Elsevier Publishing
Marina Rantanen Modeer, Board Member, Marie Curie Alumni Association
Luut Kroes, Director of Dutch Flanders Accreditation Organization

11.00 - 11.30

Coffee Break

Coffee Break

Coffee Break

11.30 - 12.30

Workshop

Assessing the Mental Well-Being of Academic Researchers in Montenegro
Sabina Osmanovic, Stefan Mol, Jana Lasser, Ivana Petrovic, Sofija Pajic, Igor Portoghese

Workshop

Taking Action at a Local Level: Becoming a ReMO Ambassador
Stephanie Gauttier, Anna Muro, Luisa Solms

Workshop

Developing a Wellbeing Lens for Researchers
Jane Creaton, Rachel Moss

12.30 - 13.30

Lunch

Lunch

Lunch

13.30 - 15.00

Scientific Sessions
Chair: **Stefan Mol**

The ARK programme: bottom up organizational health interventions for improving well-being, health and productivity
Marit Christensen, Norwegian University of Science and Technology

The Third Half: creating healthy and supporting research environments
Anna Muro, Universitat Autònoma de Barcelona

The development of a Health and Wellbeing strategy in a Dutch University
Inge van der Weijden, Leiden University

Scientific Sessions
Chair: **Jana Lasser**

Summarising Literature on Mental Health in Academia: Machine Learning Methods and Human Expertise
Olga Lezhnina, TIB Leibniz Information Centre for Science and Technology

Mental Health in Academia: Perspective of parents & female researchers with migration background,
Anupoma Pinky Haque, CARE-RING

Sexual offending in university staff settings - a systematic review and critical analysis
Darragh McCashin, Dublin City University

Scientific Sessions
Chair: **Gökçe Gökçalp**

Exploring positive long-term effects of Nonviolent Communication training on researchers' self-compassion and ability to cope with conflict
Ulrike Schneeberg, Kenne deine Monster

The effects of developing psychological capital and self-compassion on PhD students' well-being and performance
Luisa Solms, University of Amsterdam

Developing Coping Mechanisms for Stress Management of Researchers
Dilara Özel, Middle East Technical University

15.00 - 15.30

Coffee Break

Coffee Break

Coffee Break

15.30 - 17.00

Closing Ceremony chaired by **Stéphanie Gauttier**, Vice-Chair of the ReMO COST Action
Plenary Speakers: Manuel Heitor, Technical University of Lisbon, former Minister for Science, Technology and Higher Education in the Government of Portugal
Slaven Misljencevic, Directorate General for Research and Innovation, European Commission

Summary of Conference and Discussion of Future Priorities:

Gábor Kismihók, Stéphanie Gauttier, Chair and Vice-Chair of the ReMO COST Action