

ReMO 2023: 2nd Conference of the Researcher Mental Health Observatory



Evidence-Based Interventions for Fostering Healthy Academic Workplaces

13-15 JUNE, 2023
BUDAPEST

Register at: <https://shorturl.at/IJ256>

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



COST is supported by the
Horizon 2020 Framework
Programme of the
European Union

13th June

Auditorium 103

Room 104

Room 105

09.00 - 10.00

Registration

10:00 - 12:00

**ReMO Survey Special Interest Group
Stefan Mol**

12:00 - 13:00

LUNCH

LUNCH

LUNCH

13.30 - 15:00

Setting Up ReMO Book Project

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

The ReMO 2023 Conference is fully online.

To access sessions in the Auditorium 103, please register at:

<https://us02web.zoom.us/meeting/register/tZlvde6oqj4pHd2paBZGQPIPtLBIho8W11OD>

To access sessions in the Room 104, please use:

<https://zoom.us/j/98833316410?pwd=RXMzcFBpcDgvTmPyQTloR0NMaTJMZz09>

To access sessions in the Room 105, please use:

<https://us06web.zoom.us/j/89831851010?pwd=ekd3dEpFbUFTUDNmQ2RnbkdIQWZVQT09>

14th June

Auditorium 103

Room 104

Room 105

09.00 - 10.00

Registration

10:00 - 11:00

Opening Speech: Action Chair **Gábor Kismihók**, TIB Leibniz Information Centre for Science and Technology

11:00 - 11:30

Coffee Break

11.30 - 13:00

Scientific Sessions

Moderator: **Janet Metcalfe**
Implementing actions to promote wellbeing in Italian academics. Insights, challenges and drivers from a national survey,
Giuseppina Dell'Aversana

Moderator: **Mathias Schroijen**
Occupational health services provided in high education institutions: Pilot mixed-method study on their utility for preventing job stress and burnout
Anita Bober

Moderator: **Stefan Mol**
The Third Half: training and upskilling Early Career Researchers in well-being and positive mental health at the Autonomous University of Barcelona
Anna Muro

Surveys to monitor the mental health of early-career researchers during the COVID-19 pandemic
Katalin Solymosi

Occupational health services provided in high education institutions. A mapping study in Switzerland
Irina Guseva-Canu

Differences in Mental Health of Doctoral Students Over a One-Year Period in the Autonomous University of Barcelona,
Claudia Tejada-Gallardo

Researcher Well-being in the Context of Fieldwork Studies
Mümine Barkçin

The wellbeing of PhD-students in Germany
Kolja Briedis

GROW: Development and Effectiveness of a Positive Intervention to Improve Mental Health in Individuals Within Educational Organizations
Ana Blasco-Belled

13.00 - 14.00

LUNCH

LUNCH

LUNCH

14:00 - 15:00

Discussion Panel: Holistic Doctoral Supervision

Moderator: Mathias Schroijen, Université Libre de Bruxelles/Eurodoc
Helke Hillebrand, University of Heidelberg
Senem Sanal-Erginel, Marie Skłodowska-Curie Actions, European Commission
Melita Kovacevic, University of Zagreb
Katalin Solymosi, Young Academy of Europe
Ashish Avasthi, Marie Curie Alumni Association

15.00 - 15.30

Coffee Break
POSTER SESSION

Coffee Break
POSTER SESSION

Coffee Break
POSTER SESSION

15.30 - 17.00

Workshop
National Policy Briefs
Janet Metcalfe
Mayya Sundukova
Olya Vvedenskaya
Simone Lackner

Workshop
The role of appreciative inquiry in hands-on programs sustaining academic mental health
Joan Camilleri
Elena Borg

17:15-18:00

Setting Up ReMO Book Project, **Christina Kling**

from 19:00

Conference Dinner at Vakvarju Restaurant, Paulay Ede u. 7, 1061 Budapest

15th June

Auditorium 103

Room 104

Room 105

09.00 - 10.00

Registration

10.00 - 11.00

Workshop

Ensuring the Sustainability of the ReMO Network
Planning for further collaborative projects within Horizon Europe, Erasmus+ and other funding schemes.

11.00 - 11.30

Coffee Break

Coffee Break

11.30 - 12.30

Workshop

Mental Health First Aid
Hendrik Huthoff

Workshop

Everyday mindfulness for the
academic workplace
Kwan Yee Sarah NG

12.30 - 13.30

Lunch

Lunch

13.30 - 15.00

Scientific Sessions

Chair: Gökçe Gökcalp

Workplace mental health in RN
Macedonia: researcher mental
health in focus

Dragan Mijakoski

Preliminary results from the
working group mental health of
the German University
Association UniWiND

Hendrik Huthoff

The impact of evidence-based
interventions on employee
engagement and job satisfaction
in academic workplaces: A meta-
analysis

Ledion Musaj

15.00 - 15.30

Coffee Break

Coffee Break

Coffee Break

15.30 - 17.00

Closing Ceremony

Plenary Speakers: Martin Andler, President of Initiative for Science in Europe

Summary of Conference and Discussion of Future Priorities:

Gábor Kismihók, Chair of the ReMO COST Action

Scientific Sessions

Chair: Stefan Mol

Correlates of Researcher
Mental Health: An
Exploratory Study,

Minh-Huong Le

Formal Onboarding of doctoral
candidates - Lessons Learned
from Non-academic Partners

Mili Losmanova

Premenstrual Dysphoric Disorder in
higher education: exploring the
impact of menstrual mental health
on academic professionals

Pooja Khurana