

ReMO 2024: 3rd Conference of the Researcher Mental Health Observatory



Building a Network focused on Researcher Mental Health

14-16 May, 2024

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



14th May 2024

Auditorium 103

Room 104

Room 105

From 11:00

Registration

13:00 – 14:00

LUNCH

14:00 – 16:00

3 Parallel Workshops related to developing training based on a Problem-based Learning Approach
Participation only open to in-person attendees

Breaking the silence
around well-being at
work

Luisa Solms

Choosing and
Managing your PhD
supervisor

Stefan Mol

Katri Pollänen

Effectuating
institutional change

Janet Metcalfe

Emma Day

16:00 – 16:30

Coffee Break

Coffee Break

Coffee Break

16:30 – 17:30

ReMO Co-Creation/Theatre Action Project

Petra Ardaj, Simone Lackner, Sarah Ng

from 19:00

Informal Social Event at:

[Legfelsőbb Beeróság](#)

Address: Dohány u. 20, 1074 Budapest

Online Registration

The Conference is a hybrid event.

On 14th May, there is only online access to the workshop on “Breaking the silence around well-being at work” in Auditorium 103: <https://us02web.zoom.us/meeting/register/tZcpd0GrpjstGNzNfKgDACdS5suX-0jZt2sW>

Otherwise the Zoom Registration links to take part are:

Auditorium 103: <https://us02web.zoom.us/meeting/register/tZcpd0GrpjstGNzNfKgDACdS5suX-0jZt2sW>

Room 104: <https://us06web.zoom.us/meeting/register/tZUqc-mgqT4oE9A51cY20zQangA07aTwlnR3>

Room 105: <https://us06web.zoom.us/meeting/register/tZUvdeurpz0pGtHLi5E9o8fdJ8F7so9SZabn>

15th May 2024

Auditorium 103

Room 104

Room 105

10:00 - 11:00

ReMO COST Action Progress
Gábor Kismihók

11:00 - 11:30

Coffee Break

Coffee Break

Coffee Break

11:30 - 13:00

3 Parallel Session featuring ReMO Grantees

Has the pandemic affected the motivation and job satisfaction of university researchers?
Anatolij Goncharuk

Individual and collective well-being in research workplaces: a case study from a virtual community of practice
Mayya Sundukova

Perfectionism as the potential result of excessive persistence among PhD students
Karolína Eszter Kovács

Effects of the pandemic on the affective states of the faculty at the University of Barcelona
Montserrat Yepes i Baldó

Recognition in academia: a qualitative study about researchers' perceptions of recognition
Luisa Solms

Doctoral Candidates Service Needs: a longitudinal study at the University of Malta
Joan Camilleri

Empowering Future Researchers: Lessons from Malta and Turkey.
Mümine Barkçin

Preventing mental health challenges from unethical issues
Francisco Valente Goncalves

Visualization tool tailored to monitoring researcher mental health and well-being
Diana Portela

13:00 - 14:00

LUNCH

LUNCH

LUNCH

14:00 - 15:00

STAIRCASE Survey
Stefan Mol

ReMO Ambassadors for mental health
Darragh McCashin

Systematic Analysis of the ReMO COST Action
Rusu Szidónia

15:00 - 15:30

Coffee Break

Coffee Break

Coffee Break

15:30 - 17:00

ReMO Co-Creation/Theatre Action Project
Petra Ardaj, Simone Lackner, Sarah Ng

from 19:00

Register for Conference Dinner at Vakvarju Restaurant, Paulay Ede u. 7, 1061 Budapest
<https://scilink.eu/product/remo2024/>

16th May 2024

Auditorium 103

Room 104

Room 105

10:00 - 11:00

Debate on Manifesto: What has ReMO COST Achieved?
Gábor Kismihók, Janet Metcalfe

11:00 - 11:30

Coffee Break

Coffee Break

Coffee Break

11:30 - 13:00

Parallel Workshop Sessions

Imposter syndrome
Darragh McCashin

Unprepared Guardians:
Mental Health Strategies
for Doctoral Programme
and Research Managers
*F. Panayidou, M. Schroijen,
Melita Kovacevic*

ReMO National Policy Briefs:
How to influence your local
and national research
environment
*M. Sundukova, G. Gökalp,
D. Mijakoski*

13:00 - 14:00

LUNCH

LUNCH

LUNCH

14:00 - 15:00

Parallel Sessions featuring ReMO Article Collection Authors

A Qualitative Inquiry into
Researcher Wellbeing
*Mümine Barkçin
Dilara Özel*

Setting up PhD Support
Groups
*Fryni Panayidou
Benjamin Priest*

Imposter syndrome - a
qualitative systematic
review protocol
S. Osmanovic, D. McCashin

Exploring the Well-Being
Needs of Doctoral
Students: A PERMA
Model Approach
Urszula Ziemianczyk

The mindful researcher:
finding ease in a high-
demanding environment
*Ana Carrillo-Lopez
Ana Maria Bogdan*

Advancing qualitative
research methodologies for
researcher mental health
*Darragh McCashin
Amy Zile*

Mental Health of
Ukrainian Researchers
During Wartime.
Natalia Tsybuliak

Relationship of job resources
with job engagement and job
Satisfaction
Dragan Mijakoski

Academics' Experiences of
the boundaries of Work and
Non-Work
Jūratė Čingienė

15:00 - 15:30

Coffee Break

Coffee Break

Coffee Break

15:30 - 16:30

Closing Plenaries and Discussion

Report of Rapporteur: *Montserrat Yepes i Baldó*

Perspective of Young Academy of Europe: *Katalin Solymosi*, Chair of YAE

Follow-up COST Action on Research Culture: *Melita Kovacevic*, University of Zagreb

from 16:30

Finale of ReMO Co-Creation/Theatre Action Project
Followed by reception on the rooftop of the CEU building