

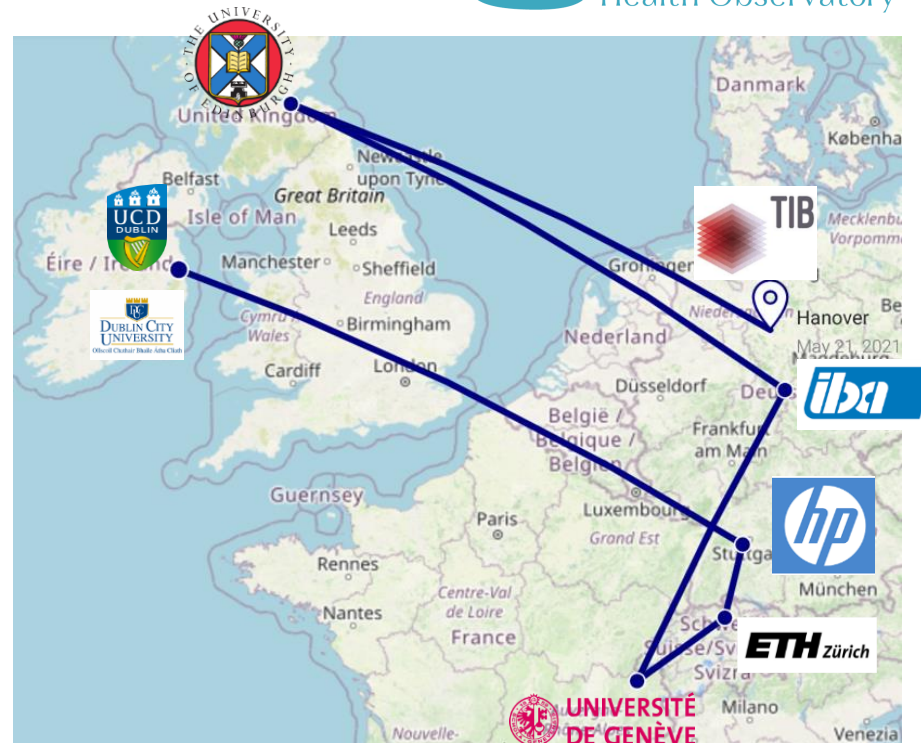
Introduction to the ReMO COST Action

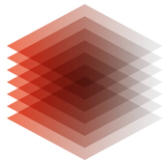
ReMO Turkish Stakeholder Meeting
Brian Cahill, 17.04.2023

<http://remo-network.eu/>

My International Mobility

1991-8: Engineering Studies in Dublin
1998-2000: Hewlett-Packard in Böblingen
2000-4: PhD in Nanotechnology at ETH Zurich
2005-7: Postdoc in Chemistry at Uni. of Geneva
2007-12: MSCA Fellow at iba Heiligenstadt
2013-8: Group Leader at iba Heiligenstadt
2018-9: Project Manager of MSCA COFUND at University of Edinburgh
2020+: Project Manager at TIB Hannover
2015: Chair of MCAA German Chapter
2016-8: Chair of MCAA
2018+: Board Member of EuroScience
2021: Board Member of SciLink Foundation





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Marie Curie Alumni Association Annual Conference 2018 in Leuven



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Researcher mental health was a major topic in the plenary sessions of MCAA's Annual Conference in February 2018.

Raising Awareness

Session at EuroScience Open Forum in July 2018 on “Raising Awareness of Researcher Mental Health”

Science Contents News Careers Journals

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Talking about mental health—and addressing the challenges that many academics face

By Elisabeth Pain | Jul. 23, 2018, 3:20 PM

One of the most well-attended sessions at this year's **EuroScience Open Forum**, held earlier this month in Toulouse, France, addressed a difficult issue: mental health in academia. Just a few years ago, the sensitivity of the topic and widespread stigma around discussing it may have drawn a smaller crowd. But a **growing number of studies** highlighting the psychological distress among academics, in addition to testimonies on social media and other efforts, are bringing what some have described as a mental health crisis out into the open.

Science Careers spoke with session speaker **Mark Robinson**, a psychologist in the Student Counselling Service at Trinity College in Dublin, about what academics can do in the face of this crisis. This interview was edited for brevity and clarity.

Q: What do students most commonly come to you for?



SCIENTISTS' LIFESTYLE
**INCREASING AWARENESS OF
RESEARCHER MENTAL HEALTH**

14 JUNE, 2018 • BRIAN CAHILL • 1 COMMENT

This article is part of a *Special Issue* highlighting sessions held at **ESOF 2018 Toulouse** (9-14 July 2018) and proposed by the **Marie Curie Alumni Association (MCAA)** members.



ESOF 2018
EUROSCIENCE OPEN FORUM
TOULOUSE



MARIE CURIE
ALUMNI

Attend this session on **13th July** at 17:00.

nature

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CAREER Q&A • 21 AUGUST 2018

Depression tracker

How a study on the high rate of anxiety and depression in PhDs to erase the stigma around mental-health issues.

Virginia Gewin



Credit: Udo Ringelien/EMBL Photolab

Sociologist Katia Leveque had studied mental health and social inequality in diverse populations before joining the Centre for Research & Development Monitoring (ECOOM) at Ghent University in Flanders, Belgium, in 2012. Her



SCIENTIFIC COMMUNITY

New case of alleged bullying rocks the Max Planck Society

Colleagues say empathy researcher Tania Singer created an atmosphere of fear at her lab

By Kai Kupferschmidt, in Leipzig, Germany

of the Max Planck Institute for Human Cognitive and Brain Sciences here—and one of

Tania Singer wants to show that meditation can make people more kind and caring.

tutes operate. MPG, which has an annual budget of €1.8 billion, invests heavily in recruiting top researchers from around the world, then gives them an unusual amount of freedom to run their labs. Some have suggested that creates the circumstances in which bullying can easily occur.

PhDnet, a network of Ph.D. students within MPG, said it would release a statement after *Science* went to press this week to propose ways to protect junior MPG scientists. The group will demand mandatory and regular leadership training sessions for anyone responsible for training early career researchers, for instance, and advisory committees to oversee Ph.D. theses, instead of just one senior scientist. Haakon Engen, a former lab member in Singer's group who now works at the University of Mainz, says he didn't have such a committee: "That's a really difficult situation to be in as it completely isolates you and puts you at the mercy of your [supervisor]."

An MPG spokesperson said the society could not answer questions about the scandals because both Stratmann and Vice President Bill Hansson are on holiday this week. But in a 7 August statement, MPG acknowledged it has been trying to address the Singer case for more than a year. And in a 14 July interview with German newspaper *Frankfurter Allgemeine Zeitung*, Stratmann said the Garching affair had shown that the society's procedures for dealing with complaints did not work well. "I have to concede that, and for this reason we will improve it," he said.



IN DEPTH

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Science

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"Max Planck directors have a scientific career behind them, but—to put it bluntly—they haven't necessarily learned how to lead people," Jana Lasser says. TIMOTHEUS HELL

Q&A: Doctoral students at Germany's Max Planck Society say recent troubles highlight need for change

By Kai Kupferschmidt | Aug. 15, 2018, 2:45 PM

This year, two cases of alleged harassment and bullying have rocked Germany's prestigious Max Planck Society (MPG), headquartered in Munich. In February, *the news magazine Der Spiegel* reported allegations against an unidentified researcher, and in June, BuzzFeed identified her as astrophysicist Guinevere Kauffmann at the Max Planck Institute for Astrophysics in Garching, Germany. In the other case, *Science* last week reported on allegations that Tania Singer, director at the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig, Germany, created an "atmosphere of fear" at her lab and bullied and denigrated researchers there.



IN DEPTH

Tania Singer wants to show that meditation can make people more kind and caring.

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Home > News > Power abuse and conflict resolution

Position Paper on Power Abuse and Conflict Resolution

PhDnet position paper by the [PhDnet Steering Group](#), August 2018

AUGUST 15, 2018

Power Abuse

As PhDnet we speak for the over 5000 doctoral researchers (DRs) currently associated with the Max Planck Society (MPS). Our primary goal is to advocate for the physical and mental health of DRs as well as the advancement of their careers. Furthermore we see ourselves as integral part of the MPS and want to help maintain its scientific excellence while striving to be an employer that acts in the best interest of all its employees.

SCIENTIFIC COMMUNITY

New case of all rocks the Max 1

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By Kai Kupferschmidt, in Leipzig, Germany



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Raising Awareness

Joint MCAA/Eurodoc Session at Vitae conference in September 2018 on
“Healthy and supportive environments for PhD candidates”

Early-career researchers and mental health

Gareth O'Neill, President, and Mathias Schroijen, Policy Officer, explain the steps that European Council of Doctoral Candidates and Junior Researchers (Eurodoc) is taking to protect and promote the mental wellbeing of early-career researchers

Why do you see the mental health of early-career researchers (ECRs) as a key priority for Eurodoc to be addressing?

GO: ECRs conduct focused research over specific timeframes. However, the reality is that they do far more than just conduct research. They are expected to follow training programmes, publish articles, attend conferences, and teach and supervise students. They are often under pressure to be productive and excel, are highly mobile, and face uncertainty with their future career prospects inside and outside academia. It is therefore not surprising that ECRs may suffer from work-related stress. A recent study in Belgium on the mental health of doctoral candidates (DCs) showed worrying figures for the

in academia. This creates uncertainty and hampers the transition to the labour market. A further challenge is the taboo surrounding work-related stress and mental health issues in academia. ECRs are expected to work independently and be able to deal with the high demands of academic life. ECRs who are stressed or facing mental health issues often do not dare to tell anyone and risk potentially jeopardising their academic career by being deemed unsuitable for academia. Yet another challenge is the support needed for ECRs who admit that they are experiencing difficulties. Many institutions have counsellors for students and staff, but most do not have specific counsellors who are trained for the particular issues that ECRs face during their research.

<https://doi.org/10.21820/23987073.2018.2.91>

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M. Björnmal, “Researcher mental health: Change the culture”

Nature 557, 129-131 (2018).

bjornmalm.wordpress.com/policy

<https://doi.org/10.1038/d41586-018-04998-1>

<https://doi.org/10.21820/23987073.2018.2.91>

Raising Awareness

**Joint MCAA/Eurodoc Session at Vitae conference in September 2018 on
“Healthy and supportive environments for PhD candidates”**



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Safeguarding the mental health of doctoral candidates in Europe

06 December 2018 | Mathias Schroijen, KU Leuven

Rather than a problem, mental health is an opportunity for the scientific community to create healthy and empowering working conditions. Mathias Schroeijen tells us how Eurodoc aims to raise awareness and advocate for independent research on mental health among early-career researchers in Europe in order to provide preventive policies and share good practices.

Researcher mental health: Change the culture”

Nature 557, 129–131 (2018).

doi.org/10.1038/d41586-018-04998-1

Raising Awareness

Joint MCAA/Eurodoc Session at Vitae conference in September 2018 on “Healthy and supportive environments for PhD candidates”

Past events	A7 - Healthy and supportive environments for PhD candidates: paving the way for good practices
Vitae Researcher Development International Conference 2018	
Venue	
Programme	
Workshops	
► A7 - Healthy and supportive environments for PhD candidates: paving the way for good practices	
Special interest sessions	
Exhibitors	
Posters	
Conference on video	
	Day 1
	Code A7
	Start time 15.30
	Room Dorset
	Audience Work with Doctoral Researchers
	Presenters Dr Maria-Antonietta Bucccheri , Career Development Working Group Vice-Chair, Marie Curie Alumni Association Dr Brian Cahill , Member of Governing Board of EuroScience/Junior Research Group Leader, Marie Curie Alumni Association Dr Mathias Schroyen , Secretary, European Council of Doctoral Candidates and Junior Researchers Dr Mattias Bjormalm , Marie Skłodowska-Curie Individual Fellow, Imperial College London

Workshop overview:



Referent - A mentoring initiative for MSCA early career researchers



Referent

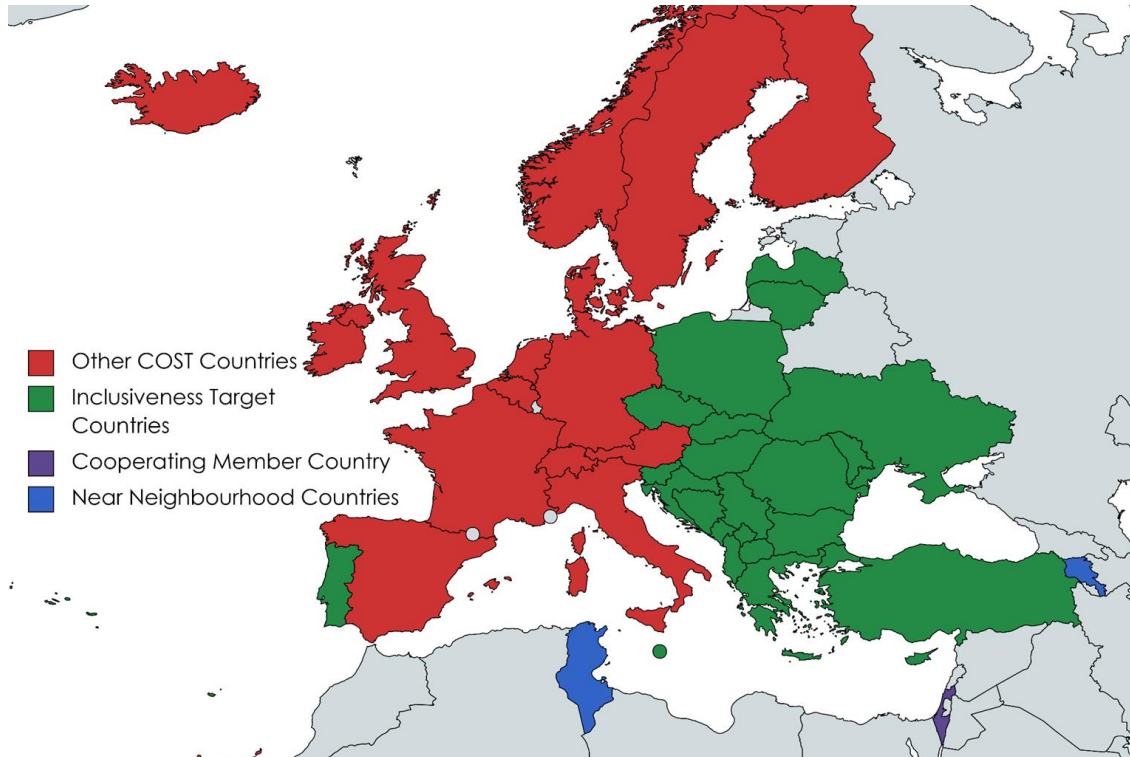
A MENTORING INITIATIVE FOR MSCA EARLY CAREER RESEARCHERS

Organisations involved in Project



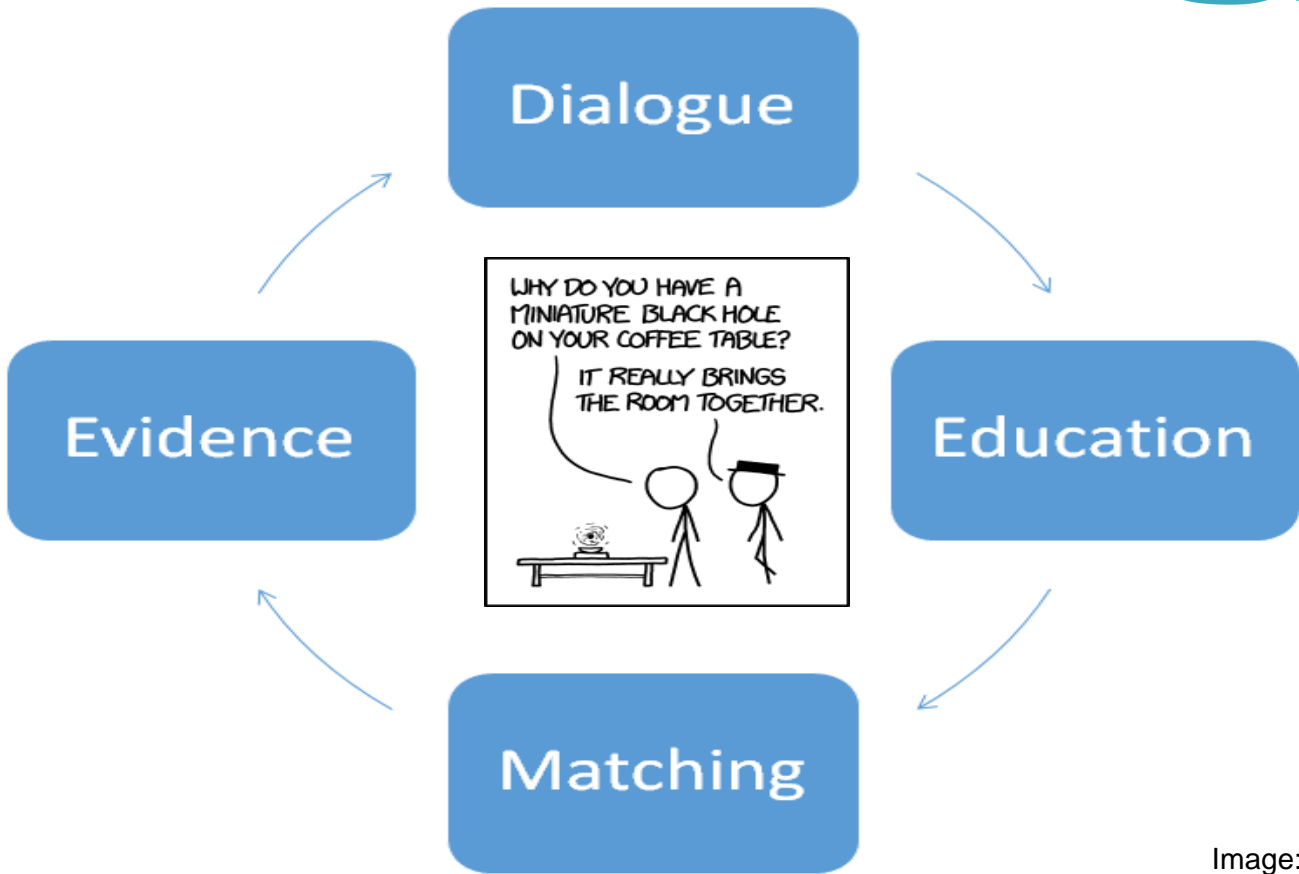
and researchers of all career stages from many research organisations throughout Europe

40 Countries involved in ReMO



- **Survey Special Interest Group** has ca. 50 people working towards carrying out the largest ever survey on the well-being of researchers in Europe
- **Policy Briefs** on policies regarding mental health in each country and identify best practices
- Setting up **Communities of Practice** to assess the effectiveness of mental health interventions

Community Involvement



ReMO 2023 Conference

2nd Conference of the
Researcher Mental Health Observatory
(ReMO 2023)

Evidence-Based Interventions for Fostering Healthy Academic Workplaces

13-15 JUNE, 2023
BUDAPEST



ReMO Ambassador Programme: Becoming an ambassador for wellbeing in academia

Training School in Paris
22nd - 25th May, 2023



ReMO Sustainable Working Conditions in Academia Survey



April 19th 2023 at 18:00 - 19:00 CET

ReMO Webinar
Bullying and Harassment in Academic Settings



**Susanne
Täuber**



**Morteza
Mahmoudi**

Thanks for listening!