

# 3RD INTERNATIONAL CONFERENCE ON THE MENTAL HEALTH & WELLBEING OF POSTGRADUATE RESEARCHERS

JURYS INN WATERFRONT HOTEL, BRIGHTON

3RD & 4TH NOVEMBER 2022

## DAY 1

THURSDAY 3rd NOVEMBER 2022

09:00	Registration with Tea & Coffee	
09:45	<b>Conference Welcome &amp; Introduction</b> Dr Owen Gower   Director, UKCGE	
10:00	<u>Keynote Presentation</u> <b>When the Levee Breaks: The Impact of Racism on Mental Health in Higher Education</b> Prof Jason Arday   University of Glasgow	
10:40	Changeover	
10:45	<u>Oral Presentation</u> <b>Positive practices to promote mental wellbeing among PGRs during COVID-19: A Case Study</b> Dr Julianne Stack, Prof Michael Healy, Dr Rebecca Breen - <i>Mary Immaculate College, Limerick</i> Primary theme: Case studies of practice/interventions Secondary theme: Promoting positive mental health	<u>Oral Presentation</u> <b>Tracking Mental health, Well-being, Stress and Resilience in Post Graduate Research Students</b> Andrea Stein & Dr Rod Dubrow-Marshall - <i>University of Salford</i> Primary theme: Promoting positive mental health Secondary theme: Wellbeing and EDI
11:15	Refreshments	
11:35	<u>Oral Presentation</u> <b>Look After Your Mate - Changing the Conversation on Mental Health</b> Dr Lucy Leiper, Dr Rhiannon Thompson & Claire Ransley - <i>University of Aberdeen</i> Primary theme: Supervisory relationships & mental health Secondary theme: Case studies of practice/interventions	<u>Oral Presentation</u> <b>How to be well with pens in hand: A collaborative project in understanding</b> Dr Chris Hughes & Laura Purdy - <i>Edge Hill University</i> Irmantas Adomaitis, Julie Lingyi Chu, Agnė Daučianskaitė, Marius Daugėla, Julija Grigėnaitė, Monika Kelpšienė, Jovita Matulaitienė, Irena Raudienė, Monika Šimkutė - <i>Vytautas Magnus University</i> Primary theme: Promoting positive mental health Secondary theme: Research Cultures and Community Building
12:05	Changeover	

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THURSDAY 3rd NOVEMBER 2022

DAY 1—Continued

<p><b>12:10</b></p>	<p><u>Keynote Panel Discussion</u></p> <p><b>The Experiences of Postgraduate Researchers</b></p> <p>Yvonne Canham-Spence   University of Brighton                  Laura Chapman   University of Sussex                  Julius Strack   Hamburg Research Academy</p>	
<p><b>12:50</b></p>	<p>Lunch</p>	
<p><b>13:50</b></p>	<p><u>Oral Presentation</u></p> <p><b>Promoting positive mental health for postgraduate researchers: a feasibility study</b></p> <p>Chloe Casey, Dr Steve Trenoweth, Dr Fiona Knight, Dr Julia Taylor - <i>Bournemouth University</i></p> <p>Primary theme: Promoting positive mental health                  Secondary theme: Case studies of practice/interventions</p>	<p><u>Workshop</u></p> <p><b>Exploring the impact of Covid-19 on PGR wellbeing: How to support researchers in uncertain times?</b></p> <p>Dr Rachel Handforth, Dr Janet Metcalfe &amp; Emma Day - <i>Vitae</i></p> <p>Primary theme: Research Cultures and Community Building                  Secondary theme: Wellbeing and EDI</p>
<p><b>14:20</b></p>	<p>Changeover</p>	
<p><b>14:25</b></p>	<p><u>Oral Presentation</u></p> <p><b>Doctoral Researchers' Perceptions of Supervisory Relationships on their Mental Health &amp; Well-being</b></p> <p>Dr Paula Zwozdiak-Myers, Dr Gwen Ineson, Dr Tina Ramkalawan, Petra Buresova - <i>Brunel University London</i></p> <p>Primary theme: Supervisory relationships &amp; mental health                  Secondary theme: Wellbeing and EDI</p>	
<p><b>14:55</b></p>	<p>Refreshments</p>	

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# 3RD INTERNATIONAL CONFERENCE ON THE MENTAL HEALTH & WELLBEING OF PGRS

THURSDAY 3rd NOVEMBER 2022

DAY 1—Continued

15:15	<p><u>Oral Presentation</u></p> <p><b>Cultivating organisational compassion in universities</b></p> <p>Prof Fiona Denney, Haleh Hashemi Toroghi, Dr Ace Simpson - <i>Brunel University London</i></p> <p>Primary theme: Supervisory relationships &amp; mental health Secondary theme: Staff wellbeing</p>	<p><u>Workshop</u></p> <p><b>A Strategic University Wide Approach to make Post Graduate Research Students Wellbeing a Priority</b></p> <p>Prof Christine Le Maitre, Dr Elizabeth Scanlon, Rebecca Oldfield, Anna Jarvis, Mansur Opakunle, Anita Chonzi, Caron Carter &amp; Marjory Da Costa Abreu - Sheffield Hallam University</p> <p>Primary theme: Promoting positive mental health Secondary theme: Case studies of practice/interventions</p>
15:45	<p>Changeover</p>	
15:50	<p><u>Oral Presentation</u></p> <p><b>PGR identity, power and supervision: impacts on mental health and wellbeing</b></p> <p>Amy Zile, Dr Bryony Porter, Prof Kenda Crozier, Prof Kristy Sanderson - <i>University of East Anglia</i></p> <p>Primary theme: Supervisory relationships &amp; mental health Secondary theme: Promoting positive mental health</p>	
16:20	<p>Close Day 1</p>	

## CONFERENCE DINNER

PALM COURT RESTAURANT, BRIGHTON PALACE PIER

19:00	<p>Pre-dinner Drinks</p>
19:30	<p>Conference Dinner</p>

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## DAY 2

FRIDAY 4TH NOVEMBER 2022

09:00	Morning Refreshments	
09:15	<u>Keynote Presentation</u> <b>Whence do doctoral researcher mental health problems come, and whither are we bound?</b> Dr Clío Berry   Brighton & Sussex Medical School	
09:55	Changeover	
10:00	<u>Oral Presentation</u> <b>Supporting the mental health and wellbeing of post graduate researchers throughout candidature</b> Natasha Kitano & Aleksandra Olechnowicz - <i>Queensland University of Technology</i> Primary theme: Promoting positive mental health	<u>Small Group Discussions</u> For the list of papers please see p7
10:30	Changeover	
10:35	<u>Oral Presentation</u> <b>Adaptive or Maladaptive? Doctoral researchers' reported coping strategies when stressed</b> Dr Jenny Mercer & Dr Jen Thomas - <i>Cardiff Metropolitan University</i> Primary theme: Promoting positive mental health	
11:05	Refreshments	

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FRIDAY 4th NOVEMBER 2022

DAY 2—Continued

<p><b>11:25</b></p>	<p><u>Oral Presentation</u></p> <p><b>Supporting Researchers of Colour: the centrality of mental health &amp; wellbeing to positive outcomes</b></p> <p>Donna-Marie Holder &amp; Dr Tina Ramkalawan - <i>Brunel University London</i></p> <p>Primary theme: Wellbeing and Equity, Diversity &amp; Inclusion Secondary theme: Case studies of practice/interventions</p>	<p><u>Workshop</u></p> <p><b>Empowering supervisors to effectively support their PGRs</b></p> <p>Sandra Rose &amp; Alice Haslam - <i>University of Nottingham</i></p> <p>Primary theme: Supervisory relationships &amp; mental health Secondary theme: Promoting positive mental health</p>
<p><b>11:55</b></p>	<p>Changeover</p>	
<p><b>12:00</b></p>	<p><u>Oral Presentation</u></p> <p><b>Impact of COVID-19 and Racial Unrest on the Well-Being of Graduate Students and Postdoctoral Fellows</b></p> <p>Dr Lisa Schwiebert, Dr Angela Stowe, Dr Robin Lanzi, Dr Laurence Boitet - <i>University of Alabama at Birmingham</i></p> <p>Primary theme: Wellbeing and Equity, Diversity &amp; Inclusion Secondary theme: Research Cultures &amp; Community Building</p>	
<p><b>12:30</b></p>	<p>Lunch</p>	
<p><b>13:30</b></p>	<p><u>Keynote Presentation</u></p> <p><b>Supervisors and PGR Mental Health: Practising Support Skills through Role-Play</b></p> <p>Dr Fryni Panayidou &amp; Benjamin Priest   Queen Mary, University of London</p>	
<p><b>14:10</b></p>	<p>Changeover</p>	

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FRIDAY 4th NOVEMBER 2022

DAY 2—Continued

<p><b>14:15</b></p>	<p><u>Oral Presentation</u></p> <p><b>Collaboration and compassion in a cross-institutional approach to PGR and research staff wellbeing</b></p> <p>Dr Rebecca Lindner - <i>University College London</i></p> <p>Primary theme: Case studies of practice/interventions Secondary theme: Research Cultures &amp; Community Building</p>	<p><u>20:20 Presentation</u></p> <p><b>Student-led Community Building</b></p> <p>Robert Wilson, Emily Yossarian, Sahil Mathur &amp; Lauren Rose - <i>The Open University</i></p> <p>Primary theme: Research Cultures and Community Building Secondary theme: Promoting positive mental health</p> <p><i>followed by</i></p> <p><u>20:20 Presentation</u></p> <p><b>Utilising a Visual Method to Understand Doctoral Student Experiences: A Case Study</b></p> <p>Dr Clare Glennan &amp; Dr Jenny Mercer - <i>Cardiff Metropolitan University</i></p> <p>Primary theme: Case studies of practice/interventions Secondary theme: Promoting positive mental health</p>
<p><b>14:45</b></p>	<p>Changeover</p>	
<p><b>14:50</b></p>	<p><u>Oral Presentation</u></p> <p><b>Promoting Graduate &amp; Postdoctoral Mental Health through Enterprise-Wide Suicide Prevention Strategy</b></p> <p>Dr Lisa Schwiebert, Dr Laurence Boitet, Dr Angela Stowe - <i>University of Alabama at Birmingham</i></p> <p>Primary theme: Promoting positive mental health Secondary theme: Supervisory relationships &amp; mental health</p>	<p><u>Oral Presentation</u></p> <p><b>A case-study to promote academic citizenship within the postgraduate community: Inclusive structures driving transformational change</b></p> <p>Davina Whitnall, Matthew West, Prof Jess Power - <i>The University of Salford</i></p> <p>Primary theme: Case studies of practice/interventions Secondary theme: Staff wellbeing</p>
<p><b>15:20</b></p>	<p>Refreshments</p>	
<p><b>15:40</b></p>	<p><u>Plenary Session</u></p> <p><b>Closing Conference Summary</b></p>	
<p><b>16:00</b></p>	<p>Close &amp; Departure</p>	

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## SMALL GROUP DISCUSSIONS

Friday 4th November 2022 : 10:00—11:05

<p><u>Small Group Discussion</u></p> <p><b>Establishing mechanisms to support PGR student progress, supervisory relationships and wellbeing</b></p> <p>Prof Christine Le Maitre, Dr Susan Campbell, Dr Catherine Duckett, Dr Francis Clegg, Dr Xu Xu, Dr Simon Choppin, Dr Marjory Da Costa - Sheffield Hallam University</p> <p>Primary theme: Case studies of practice/interventions Secondary theme: Supervisory relationships &amp; mental health</p>	<p><u>Small Group Discussion</u></p> <p><b>Post-viva Support in UK HEI</b></p> <p>Nikki Harkin, Katie Choudhry &amp; Dr Chris Day - <i>Coventry University</i></p> <p>Primary theme: Case studies of practice/interventions Secondary theme: Supervisory relationships &amp; mental health</p>
<p><u>Small Group Discussion</u></p> <p><b>The Positive Start Project: Growing a Community of PGR Students &amp; Newer Researchers</b></p> <p>Dr Jane Andrews &amp; Assoc. Prof Nicky Knowles - <i>University of Warwick</i></p> <p>Primary theme: Research Cultures and Community Building Secondary theme: Case studies of practice/interventions</p>	<p><u>Small Group Discussion</u></p> <p><b>Developing a PGR Study Pressures Risk Assessment Tool</b></p> <p>Dr Chloe Asker &amp; Kelly Preece - <i>University of Exeter</i></p> <p>Primary theme: Supervisory relationships &amp; mental health Secondary theme: Promoting positive mental health</p>
<p><u>Small Group Discussion</u></p> <p><b>A Postgraduate Researcher's Reflections on being a Postgraduate Research Culture Coordinator</b></p> <p>Amy Zile - <i>University of East Anglia</i></p> <p>Primary theme: Promoting positive mental health Secondary theme: Staff Wellbeing</p>	<p><u>Small Group Discussion</u></p> <p><b>Are you OK? - Sheffield: A community of learning for PGR supervisors on mental health</b></p> <p>Dr Chris Blackmore &amp; Dr Emma Suret - <i>University of Sheffield</i></p> <p>Primary theme: Supervisory relationships and mental health Secondary theme: Staff Wellbeing</p>