



## Eat2beNICE

Effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing Behaviours

H2020 - 728018

### D8.13 Science communication training for early career scientists

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<b>Workpackage leader</b>	Barbara Franke, RadboudUMC; János Réthelyi, SU

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**Executive Summary**

For the deliverable report we've decided to use the input of the deliverable report 'D4.4 Learning Modules online on website', 'D4.5 Learning Modules update online' and 'D 4.7 Training Documentation', as these deliverables exactly describe the science communication with the Early Career Researchers.

**Abbreviations**

<b>ADHD</b>	Attention deficit / hyperactivity disorder
<b>ECR</b>	Early Career Researcher



## 1. Deliverable report

Throughout the project, we organized workshops and webinars to teach and inform partners about how to do effective science communication. Most workshops and webinars were specifically targeted to the group of early career researchers (ECRs), although some involved all partners. The content of the workshops and webinars was tailored to the needs of the ECRs and therefore organized throughout the project based on recognized need.

During the complete project duration, we guided our scientists in writing blogs and publications on the core research that was already completed and was underlying the current research.

To improve knowledge utilization expertise in the next generation of researchers, all early ECRs in Eat2beNICE participated in training regarding dissemination methods. These consisted of 1) workshops and webinars on blog writing, social media use, and communication strategies, 2) active involvement and support in blog writing for [www.newbrainnutrition.com](http://www.newbrainnutrition.com), and 3) online learning videos by experts.

After creating the first 11 online learning videos (see Deliverable 4.4), we created a strategy for 9 additional videos. These have been recorded and are being distributed through the online platform GoToHealthMedia.

Additionally, these interviews are hosted on the New Brain Nutrition website and YouTube and have earned 502 subscribers and 17,000+ views.

The following 9 videos have been recorded:

1. Overview of Eat2beNICE: what it is and why it's important – by Alejandro Arias-Vasquez
2. The effects of supplements on behaviour and mental health – by Alexander Häge
3. The importance of physical exercise for mental health – by Silke Matura
4. Why lifestyle interventions are important for individuals with mental health problems – by Toni Ramos
5. Mental health benefits of the Mediterranean diet – by Jordi Salas
6. The role of the gut microbiome in mental health – by Mirjam Bloemendaal
7. How day-to-day variations in lifestyle affect mood & mental health - by Silke Matura and Alea Ruf
8. Genetic and lifestyle factors that influence ADHD - by Lin Li
9. "Good" versus "Bad" impulsivity - by Jaanus Harro

Furthermore, we have scheduled recordings of 2 more videos in March 2023. One sharing results from the TRACE trial, by Annick Bosch, and a second video with project coordinator Alejandro Arias Vasquez to look back on the project.



## **2. Tables and other supporting documents where applicable and necessary**

More details are available here

- D4.4 Learning Modules online on website
- D4.5 Learning Modules update online
- D4.7 Training Documentation

## **3. Acknowledgement and Disclaimer**

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