



HEAR-ECO E-newsletter: August-September 2018

Introduction

Welcome to the second HEAR-ECO E-newsletter!

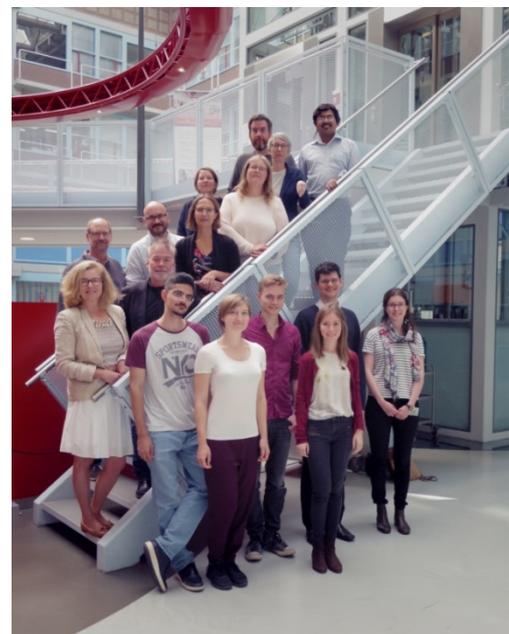
In August and September all the ESRs focused on reviewing the literature for their individual projects in order to gain the expertise necessary to design their first study. Apart from theoretical work, there were a few opportunities to meet. Here you can read how these meetings went.

Hear-Eco Kick-Off meeting

Date: 27-31.08.18

Place: VU University Medical Centre, the Netherlands

Participants: Fellows: Bethany Plain, Defne Alfandari, Hidde Pielage, Patrycja Książek, Sergio Aguirre, Tirdad Seifi Ala, Seniors: Adriana Zekveld, Carina Gravensen, Dorothea Wendt, Gabrielle Helena Saunders, Graham Naylor, Michael Richter, Sophia Kramer, Tanveer Bhuiyan, Thomas Lunner, William Whitmer.



Hear-Eco team: Fellow ESRs in front and Seniors up the stairs.

In week 35 the first HEAR-ECO Kick-off meeting was held in Amsterdam. This was the first time all the PhD students and their supervisors were together. With everyone together excitement for the project grew. Every student and supervisor presented their work and/or relevant knowledge. Some external advisors also provided presentations about relevant topics to our studies. They covered subjects like ethics, systematic reviews and intellectual property. Every lecture ended in a healthy discussion about its

content or about differences between academy and industry. Additionally, all the PhD students had time to meet with their supervisors and discuss their projects. But between all the presentations and meetings there was also room for social bonding and teambuilding. Most memorably, we went to the Amsterdam forest for teambuilding up high in the trees. After three full days the activities came to an end. Confidence and belonging spread over the group and strengthened the commitment to deliver excellence in the scientific field. The project has truly been kicked-off and all the PhD's are starting to follow their paths defined by both academy and industry.

Visit to Effort Lab at Liverpool John Moores University – Cardioscreen Training

Date: 10-14.09.18

Place: Liverpool John Moores University, United Kingdom

Participants: Bethany Plain (author of the summary), Michael Richter



From the 10th – 14th September I went on secondment to the Effort Lab at Liverpool John Moores University, where one of my supervisors, Dr Michael Richter, is based. Michael and Kate, his PhD student, provided hands on training in how to collect, analyse and interpret raw data collected using the cardioscreen (I too will be using the Cardioscreen in my studies). We had lengthy discussions over coffee about my draft study design, hypotheses and methods of data analysis! In addition, during my week in Liverpool I had appointments with many of Michael's colleagues who have experience conducting studies using psychophysiological measures, including: heart rate variability, skin conductance, pupil dilation and cortisol measures. It was really interesting to hear about the work they are each completing and how these measures can be utilised in many different areas. We discussed HEAR-ECO and my first study design; it was very valuable as they asked challenging questions and provided me with suggestions to improve my design. As well as time spent at university, I was even able to find some time to explore parts of Liverpool too (see lovely photo attached)!

To conclude: it was a successful week, and I am very grateful to all at the Effort Lab for their time and for being so welcoming!

Introducing Defne



Defne Alfandari
 RESEARCH FELLOW (ESR)

“So far, I have been working on the validation of the new eye-tracker in Glasgow and reviewing literature on motivation, effort, and fatigue. It is exciting to observe that, throughout the last years, the experimental study of cognitive fatigue has gained momentum due to its cross-talk with neuroscience. Because of the multidisciplinary nature of the project, I am learning to adjust my communication to match the diverse backgrounds of my colleagues. I hope to design an experiment that captures different facets of mental fatigue that are experienced when trying to understand speech in noise for a prolonged time.”

Upcoming in the HEAR-ECO calendar:

Training in Theories of Motivation

Dates: 5th – 9th November

Location: Liverpool John Moores University, United Kingdom

Information: Defne (ESR at UoN) will be attending the training as her secondment visit

HEAR-ECO ESR Meeting

Dates: 26th – 30th November

Location: Eriksholm Research Centre, Denmark

Information: This time the ESRs will be responsible for organising a meeting! During this meeting all ESRs will become familiar with the industrial partner of Hear-Eco and have the opportunity to strengthen bonds in the team!

This project has received funding from the European Union’s Horizon 2020 research and innovation programme under the Marie-Sklodowska-Curie grant agreement No 765329.



We will send regular E-newsletter updates about the progress and results of HEAR-ECO

For more information, visit our website: www.hear-eco.eu
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