

Annual Report – 2022

Juniors Group

Current members

Francesca Puledda (chair), UK
Irene de Boer (co-chair), Netherlands
Roberta Messina, Italy
David Garcia Azorin, Spain
Olivia Begasse de Dhaem, Belgium
Marcio Nattan, Brazil
Mohammad Al-Mahdi Al-Karagholi, Denmark
Faraidoon Hagdoost, Australia
Kuan-Po Peng, Taiwan
Ayush Chandra, Nepal/China
Tatiana Castro Zamparella, Argentina
Soohyun Cho, South Korea

1) Virtual Mentoring Programme

In 2021 the IHS Juniors Group introduced a yearly virtual mentoring program. The aim of the project is to promote global mentorship, collaborations, and support within the society by pairing young clinicians and researchers with experienced headache science mentors from around the world. There are currently 24 mentees and 18 mentors involved in the program, which has been a success according to most interviewed members, albeit general disruption due to the pandemic. Mid-year checkpoint surveys have been completed by most mentees. Based on these surveys, at the start of the new year of the programme a virtual meeting will be set up in order to define expectations and benefits. This will be repeated mid- year, in order to assess progress.

2) Junior Research Grants

This is the second year that we are proudly running the IHS Junior Research Grant programme. This opportunity aims to support innovative and impactful research from young investigators, promote the career of junior researchers in the field of headache, and increase the knowledge base of headache disorders. Applications are considered for basic or clinical headache research, or a combination of both.

This year we received nine excellent applications for the Grants, which were evaluated by a Committee consisting of two junior (Francesca Puledda and Kuan-Po Peng) and two senior (Andrea-Carmine Belin and Rami Burstein) IHS members. A grant of EUR 10,000 each will be awarded to our three winners: Thomas van den Hoek, Eduardo Rivera Mancilla and Luigi Iannone.

3) Headache Science Excellence Tournament for IHS Regional Headache Conference

In September 2022 the Juniors Group will be actively supporting an exceptional edition of the *Headache Science Excellence Tournament* during the IHS Regional Headache Conference, to be held in Buenos Aires, Argentina.

The Tournament, normally held during the International Headache Congress, provides young scientists with the opportunity to present their data during a short talk and discussion. These talented juniors will not only benefit from sharing their research expertise, but will further improve their communication skills and expand their knowledge in the headache field. The Tournament is carried out in two groups, one on clinical related research, and one on basic headache research.

4) New medications project

Under the umbrella of the IHS, the Junior group has been working on a project aimed at understanding the availability of different headache medications around the world. This survey will be completed by one participant per country with at least 3 years of experience in headache treatment, and will take around 15 minutes to complete. Our aim is to have information from as many countries as possible in order to provide the basis for the IHS to develop guidelines for headache treatments to be used worldwide. Several juniors members from different countries have been contacted and are willing to complete the survey, which will be sent out in early September. Results of the survey will be published in *Cephalalgia*.

On behalf of the Juniors Group
Francesca Puledda, Chair
15 August, 2022