

IHS Juniors Group Annual Report 2023

Current members

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Faraidoon Hagdoost, Australia
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Ayush Chandra, Nepal/China
Tatiana Castro Zamparella, Argentina
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1) Virtual Mentoring Programme

The aim of the project is to further promote global mentorship, collaborations, and support within the society by pairing young clinicians and researchers with experienced headache science mentors from around the world.

After the successful introduction of the virtual mentoring program in 2021 the IHS Juniors Group sent out a new call this year inviting potential mentees to participate. In doing so we incorporated the feedback provided by the mentees and mentors from the 2021 round. There are 11 new mentees that have applied to participate in the program. They will be matched with mentors. New mentors have shown interest in participating in the program and several mentors that participated previously are enthusiastic to again contribute to this initiative. Mid-year checkpoint surveys and end-surveys will be conducted again. In addition, based on the results from the first 6 months, two mentees will be selected for a 1-2-week in-person stay at the headache centre/research centre of their mentor.

2) Junior Research Grants

This is the third 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 eleven excellent applications for the Grants, which were evaluated by a Committee consisting of two junior (Irene de Boer and Faraidoon Hagdoost) and two senior (Tessa Monteith and Jan Hoffmann) IHS members. A grant of EUR 10,000 each will be awarded to our three winners: Wei Dai, Kristin Sophie Lange, Jason Ray.

Finally, we look forward to the 2021 winners of the Junior Research Grants presenting their work at IHC 2023.

3) Short stay scholarships 2023

The Short stay scholarships were started by the Juniors Group in 2013 and provide an opportunity for young researchers from developing countries to visit headache clinics and research institutions to actively increase knowledge on headache disorders and specialised headache management. They are also intended so that recipients can spread this knowledge to their home countries without headache infrastructure or expertise.

This year, we received a total of 9 applications and we were able to offer 3 scholarships. The applications were reviewed and ranked by the members of the Juniors Group and the top 3 applicants received the scholarships – Anastasiia Honchar (Ukraine), Igor Petrusic (Serbia), Aisha Zhantleuova (Kazakhstan).

4) Headache Science Excellence Tournament 2023

The Juniors Group is organising for the “Headache Science Excellence Tournament” which will be held during IHC 2023.

The Tournament aims to provide young scientists the opportunity to present their data during a short talk and discussion. Young scientists 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 will be carried out in two groups, one on clinical related research, and one on basic headache research.

We have received a total of 231 abstracts for this tournament, which were reviewed in a blinded fashion by the Juniors Group. Six abstracts (3 clinical science and 3 basic science) were selected for the tournament. The best clinical and basic science presentations, voted by the audience, will receive a trophy and award.

5) IHC 2023 travel grants

With the travel grants the IHS aims to facilitate the participation of juniors in headache conferences. This provide young scientists with the opportunity to present their research during the congress. Young scientists will not only benefit from sharing their research but will also expand their knowledge of the headache field and they can meet other professionals.

The Junior Group received 85 eligible travel grant applications for IHC 2023 (58 research, 27 education). All applications were reviewed and ranked by the members of the Juniors Group. If multiple applicants had the same overall score, random allocation was performed. A travel grant was awarded to 62 applicants.

6) 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. 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.

We have currently collected in-depth information about medication availability from 66 different countries. The survey will be further distributed at IHC 2023. We strive to collect responses from one participant per country with at least 3 years of experience in headache treatment globally. Our preliminary results are depicted on a poster at IHC 2023 (IHC23-PO-138). Results of the survey will be published in Cephalalgia.

On behalf of the Juniors Group

Irene de Boer, co-chair

03 September, 2023