



Annual Report – 2024

Juniors Group

Current members

Irene de Boer (chair), Netherlands
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
Carlo Lastarria, Peru
Bianca Raffaelli, Germany
Eloisa Rubio-Beltran, UK
Gloria Vaghi, Italy
Edoardo Caronna, Spain

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 last year inviting potential mentees to participate. Eleven new mentees had applied to the program. We were able to find mentors for each of these mentees. Our pool of mentors consisted both of enthusiastic previous participating mentors and first-time mentors. Mid-year checkpoint surveys and end-surveys will be conducted again. Based on the mid-year survey, two mentees will be selected for a 1-2-week in-person stay at the headache centre/research centre of their mentor to further their learning experience. Based on the feedback of both the mentees and mentors we will continue to make improvements to this program in the coming year.

2) Junior Research Grants

This will be the fourth 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. Where in previous years all grants were allocated to those that participated in the call and at least one of these grants was allocated to a researcher from a low or middle-income country, allocation of this years grants will be done as follows: one grant will be allocated to an applicant from a high income country, one to an applicant of a low or middle income country and

one will be awarded to an invited participant focusing on benefitting research or health care in a low income country. The call for applications will be opened shortly.

The applications will be reviewed by a committee consisting of two Juniors Group members and two senior IHS members. A grant of GBP 10,000 each will be awarded to our three winners.

3) Short stay scholarships 2024

The Short stay scholarships were started by the Juniors Group in 2013 and provide an opportunity for young clinicians and 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, hosting institutes were previously identified and contacted by the organizers, instead of being chosen and contacted by the applicants. The success of this approach will be evaluated.

This year, we received a total of 31 applications. We were able to offer eight regular scholarships and two scholarships as part of the LMIC project of the IHS. The applications were reviewed and ranked by the members of the Juniors Group and the top applicants received the scholarships. As such, in total 10 scholarships were offered. We anticipate that these scholarships will yield significant benefits not only for the recipients but also for their respective countries of origin.

4) Medications project

Under the umbrella of the IHS, the Juniors group (both current and past members) have been working on a project aimed at understanding the availability of different headache medications around the world. Our aim was 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.

Our preliminary results were depicted on a poster at IHC 2023 (IHC23-PO-138). We were able to collect in-depth information about medication availability from 84 different countries. A manuscript with the results has been submitted to Cephalalgia.

On behalf of the Juniors Group

Irene de Boer

Chair

August 2024