



Upcoming Events

WE-binar: Match made in heaven? Participatory research(ers) meet systems science research(ers)

- When?
26th of February, 9 p.m. CET

- Registration link:
<https://us02web.zoom.us/meeting/register/tZYvd-mupzkvHNCV2E88jX0pciW0sFAWbE-u>

- Speakers:
Carmen Vargas, Anaely Aguiar Rodríguez
We would like to share a paper with you in advance on integrating participatory research and systems thinking:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4815818/pdf/AJPH.2015.302944.pdf>

Call for new SIG leadership team member

WE NEED YOU!!!

We are looking for a new communication officer to join our SIG leadership team.

The communication officer takes care of the social media account, the newsletter (twice a year) and other communication channels. Team meetings are organized when needed, we usually have four to five meetings a year to discuss upcoming events and share participatory insights.
Interested?

Please contact Maïté Verloigne (maite.verloigne@ugent.be) and Teatske Altenburg (t.altenburg@amsterdamumc.nl).

Talking with the participatory experts/meet the member

Mira Vogelsang

- Name and affiliation
Mira Vogelsang - Marie Skłodowska-Curie PhD Fellow at Glasgow Caledonian University

- Why are you passionate about participatory research?
Creating effective solutions requires the involvement of the people who will be using them. My PhD journey in tackling the sedentary behaviour puzzle in workplaces showed me how involving employees in the process of finding solutions for their workplace can have a tremendous impact. Through the co-creation process and employing participatory

methods, employees became more aware of the issue but also took more responsibility for the solutions we created together. It was also evident how each of their unique expertise relating to the issue was crucial in finding solutions that could work. I can say that empowering individuals through these participatory processes really inspires a deeper sense of personal commitment and responsibility.

- Share your imPARfections! What do you find challenging about participatory research? The question of who to involve in participatory research came up in my research in companies many times and can be a challenging decision. You've got to tiptoe through power dynamics and make sure you're building a space where everyone feels safe. But, here's the tricky part, you might also need to rope in the higher-ups. They could be harbouring some goldmine ideas and insights or, let's be real, they might just be the key players in getting things rolling smoothly. It's like trying to balance a tightrope between these two. If you lean too much on one side, you risk excluding valuable voices; lean too much on the other, and you might be swamped with resistance. Striking a balance between these is important for the success of participatory research.

Participatory Research Frameworks, Orientations, and Approaches

Participatory research can be messy! There are many fields and directions and frameworks you can follow, dependant on the population group, setting and desired outcome you would like to elicit. However, they all have one thing in common, it is all about doing *with not on* participants. In each newsletter we will try and outline one approach and provide some examples.

Who knows, perhaps you can put one into action or have experience in doing so. If you do have specific experience, we would love to hear about it!!

Adapted from: Vaughn, L. M., & Jacquez, F. (2020). Participatory Research Methods – Choice Points in the Research Process. *Journal of Participatory Research Methods*, 1(1). <https://doi.org/10.35844/001c.13244>

Happy Holidays!

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