**Report in-between meeting**

**RIMS SIG Patient Autonomy/ Psychology and Neuropsychology**

**28th to 29th of November 2019 in Hamburg**

**Pictures**

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**Participants**

Valeria Grosu Romania

Thomas Lehnert Germany

Elena Frick Germany

Lisa Wenzel Germany

Anja Holz Germany

Wim van de Vis Netherlands

Lasse Skovgaand Denmark

Nicole Krause Germany

Anna Barabasch Germany

Sofie Bergien Denmark

Karin Riemann-Lorenz Germany

Emma Nicholas UK

Alessandra Solari Italy

Michael Nissen Denmark

Marie Lynning Denmark

Tent, Christina Romania

Astrid Kanoe Denmark

Rebecca Morrison Germany

Julia Peper Germany

Susan Seddiq-Zai Germany

Anne Rahn Germany

Jana Pöttgen Germany

Christoph Heesen Germany

Jannie Engelbrecht Denmark

Richard Nicholas UK

Andrea Giordano Italy

**Summary of the meeting**

In total, 26 people from six european countries particpated in the shared SIG psychology and patient autonomy in-between meeting in Hamburg, Germany. One of the particpants was a patient representative.

One of the main aims of the meeting was to exchange shared research interests and to develop “synergy effects” between the participating centres. The program included presentations with theoretical background and practical research approaches/projects including the experiences to implement the projects into clinical work. We experienced a strong overlap of research interests and started to discuss and develop possible shared work. Because of the specific interest and knowledge of the centres in online research (including both cross-sectional data collection and online treatment with eHealth programs), new and further collaborative projects seem to be possible and not too difficult to establish.

The in between meeting gave many opportunities to discuss practice, exchange ideas, be inspired and make new friends and colleagues in the RIMS network. The network dinner at Thursday night was a perfect platform to discuss personal research interests in a friendly interaction.

**Future plans and meetings**

2020 activities include:

A more interactive exchange is planned to bring both research activities in Psychology and Lifestyle together. The Hamburg Group and the Danish Group will exchange knowledge and experiences on Lifestyle Management projects, the chances and difficulties of self-monitoring with online tools and the development of online tools to increase MS-specific food health literacy. The possibilities of collaboration on those topics will be explored in the first months of 2020.

Further, the Danish group showed also interest to particpate in the planned multinational survey on the motherhood choice topic and to participate on research activities in the field of severe MS.

A joined and a separate meeting (SIG Psychology/Neuropsychology and SIG Patient Autonomy) during the RIMS annual Conference in Belgium in June 2020 are planned. Another In-between meeting held in autumn 2020 at a RIMS member center (e.g. Kobenhavn) is planned.