

Pre-conference workshop abstracts

Tuesday 3rd June 2026

**International Conference on Social Identity and Health (ICSIH) 7, 23rd – 26th June 2026,
Exeter UK**

Workshop 1 (10:00 – 12:30): A survivors guide to applied health research – Applying Social Identity Principles to Design and Deliver Real-World Health Interventions

Delivered by Dr Stefan Schilling, University of Exeter

Social identity research generates powerful theoretical insights into health, yet translating these into funded, implementable interventions remains a significant step; one that postgraduate and early-career researchers receive little structured guidance on. This 2.5-hour interactive workshop is designed for scholars ready to move from theory-driven research toward applied health implementation.

Drawing on experience developing and securing NIHR funding for the Veteran Connection Programme (VCP), the workshop is organised around three themes. First, stakeholder engagement and competing logics: mapping who to involve early, recognising that stakeholders hold multiple identities that shape their engagement, and negotiating divergent definitions of success across researchers, organisations, and participants. Second, building and protecting research teams: applying social identity and job demands-resources frameworks reflexively to manage role clarity, boundary-spanning between academic and applied contexts, and team and researcher wellbeing in emotionally demanding settings. Third, intervention design and logic modelling: using logic models to articulate programme theory, link activities to outcomes, and avoid common pitfalls such as theory-intervention mismatch and absent sustainability planning.

The session integrates concepts from intervention and implementation research, introducing practical tools for designing, modelling, and pitching applied health interventions. Through structured exercises, participants will develop a draft stakeholder map and skeleton logic model applicable to their own work. The aim is to equip social identity researchers with a practical framework for translating theory into fundable, implementable health programmes.

Workshop 2 (12:30 – 16:00): Introduction to values-led patient and public involvement in applied health research

Delivered by the PPIE Team at the National Institute of Health Research Applied Research Collaboration South West, in partnership with public collaborators

This interactive workshop is an introduction to values-led Public and Patient involvement and engagement (PPIE), co-designed and delivered with public collaborators from across the NIHR South West infrastructure. The workshop will be a mixture of micro teaching segments and discussion-based activities, sharing examples and working through scenarios to facilitate practical learning.

PPIE creates an ethos of equality where patients and members of the public work with researchers as partners in ways that are 'for' or 'with' them, rather than 'to' or 'about' them. It is the intersection of lived experience and research knowledge to create robust and usable research. It is a means by which people can have a say in publicly funded research and make decisions, shape, and learn more about research.

In this 2.5-hour workshop, you will learn what values-led PPIE is, and why being values-led is so important. You will also hear from public collaborators about their experiences of being involved in research, hear examples of projects that have incorporated PPIE, learn about the practicalities involved, as well as have the opportunity to ask questions.

This workshop is relevant to people undertaking health or care research, including PhD students and Early Career Researchers. It is also relevant to people who are not currently involving members of the public in their work but would like to do so.

Delivered by members of the PPIE Team at NIHR ARC South West in partnership with public collaborators and drawing on over 15 years of PPIE practice and research this workshop is a must for anyone planning applied health research.