

Guidance

For Delegates Presenting on Sensitive or Emotionally Challenging Topics

Below is a checklist of evidence-based [1] actions we recommend taking as a presenter to contribute towards a more psychologically safe conference environment for all. If your presentation includes sensitive or emotionally challenging content, it would also be beneficial to content note information in your abstract submission.

1. Include the content note information on the first slide (or poster). A shortened version can be included in the corner of the slide/poster. See below for an example.

Topic: Depression

Population: Student-athletes

Method/analysis: 1-1 interviews/Reflexive thematic analysis

Details: Only positive experiences discussed but quotes provided

Why do this? So people can see it before you start and can leave the room if preferred.

2. If detailed quotes are included on particularly sensitive or emotionally challenging content, avoid reading this type of quote out loud.

Why do this? So attendees have the choice to not read the quote by looking away from the screen.

3. Only share details within the remit of the presentation.

Why do this? To minimise the risk of secondary trauma for those with lived/living experiences of topics not outlined within the remit of the presentation.

4. If involved in a presentation format (e.g., symposium) that includes a panel discussion, include a reminder of what is within the remit for taking questions on.

Why do this? To minimise the risk of secondary trauma for those with lived/living experiences of topics not outlined within the remit of the presentation.

Quinton, M. L., Shepherd, K. L., Cumming, J., Tidmarsh, G., Dauvermann, M. R., Griffiths, S. L., ... Tresadern, C. (2025). Best practices for supporting researchers' mental health in emotionally demanding research across academic and non-academic contexts. *International Journal of Qualitative Studies on Health and Well-Being*, 20(1). <https://doi.org/10.1080/17482631.2025.2464380>

Signposting Information

For Delegates Presenting on Sensitive or Emotionally Challenging Topics

If delegates experience any distress from attending the conference, there are a number of support resources available.

For immediate support

Contact the Samaritans on 116 123

If in the **UK**, call NHS mental health services on 111

For non-emergencies

Visit <https://www.mind.org.uk/information-support/helplines/> for resources and a supportive online community

Visit <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

For **global emergency and non-emergency services and resources**, filter by the relevant country on websites such as <https://findahelpline.com/> or <https://checkpointorg.com/global/>.

There are also a number of NHS (UK) recommended apps for managing wellbeing, such as Headspace. **This app is also available outside of the UK.**

Remember to also seek support from your University wellbeing services if required on return from the conference

Conferences can be energising and stimulate deep-thinking and new ideas, but we also recognize that they can sometimes be overwhelming for some people too. Remember to take breaks throughout the conference programme if you would find it helpful.

[Conference organizers would benefit from providing a designated quiet space. If doing so, the following can be included in this guidance document.]

There will also be a designated quiet space, which can be found **[insert location if this is possible]**. Please ask a member of the conference team upon arrival if you require any further information.
