Health Sciences



Council for Allied Health Professions Research (CAHPR) National Event: 'Sharing your research through dissemination' Workshop 1: Friday 20th October 2023 1.30-4.30pm

Overcoming Challenges to Writing Part B

Professor Maria Stokes OBE PhD FCSP

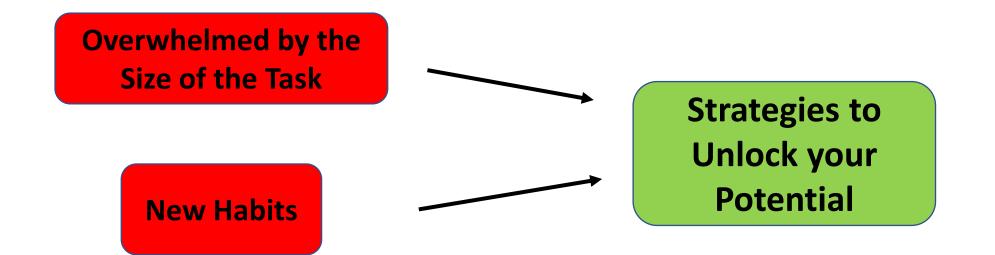
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Part A: Challenges identified by Clare Smith

Part B: Some Practical Solutions





Strategies to overcome procrastination





Strategies to overcome 'Writer's Block'

Cause of block: fear it won't be good or referees won't like it? Fear you can't write? Acknowledge reason and try to let go

> Write with left hand: access right side of brain (creative side)

Telling story: how you would tell a relative or friend your main

message

Vocalise:

- Say it out loud
- Dictation software

Let it flow: try not to edit as you write

Getting down to Writing



Focussed writing sessions

- Protect time and space for writing
- Writing buddy to commit to sessions
- Away from office/phone
- Mindfulness to enable selective thinking and access relevant thoughts

Getting Back Into Writing

- Keep up momentum regular sessions
- Consult 'To Do' list select task, depending on time available
- End previous session half-way through sentence or paragraph – easier to re-start
- Keep pen and paper / phone handy between sessions - note ideas

Starting Out



> What is the main message of your paper?

Structure of paper:

One page skeleton – list points under sections:

- Abstract/summary
- Introduction
- Methods
- Results
- Discussion
- Conclusions



Enjoy writing!

Thank you