Collaborating with Strangers Workshop for Sex and Gender Differences in Health

April 30 and September 10, 2013 (Combined)

Two CoLABs were conducted on Sex and Gender Differences in Health, in April and September, 2013. Each CoLAB included presentations on collaboration, followed by one-on-one 3-minute speed-meetings before posting ideas and thoughts. Below is the combined evaluation of the April 30 and the September 10 CoLABs.

The participants in the April 30 CoLAB included 10 faculty members, 1 post-doc, 5 graduate students, 2 undergraduate students, and 1 "other". Of the 19 total participants, 3 were international participants, while the participants in the September 10 CoLAB included 8 faculty members, 1 post-doc, 8 graduate students, 3 undergraduate students, and 2 "others". Of the 22 total participants in the September CoLAB, 5 were international participants. In sum, participants in both CoLABs combined included 18 faculty members, 2 post-doc, 13 graduate students, 5 undergraduate students and 3 "others" Of the 41 total participants, 8 were international.

 The analyses given below are based on the combined results from both CoLABs. Therefore the explanations reflect the totals from each table.

Survey Questions (Q1-Q7)

Question 1) Length of Collaborating with Strangers Workshop

When participants were asked to assess the length of the workshop, 80.49 percent of participants indicated that the length of the workshop was "Adequate". 7.32 percent of participants indicated that the workshop was "Too Short", none of participants indicated that the workshop was "Too Long", and 12.19 percent of participants did not respond to the question. The results are shown in Table 1.

TABLE 1

	Too Long	Adequate	Too Short	No Response
April 30, 2013	0 (0.00%)	15 (78.95%)	2 (10.53%)	2 (10.53%)
September 10, 2013	0 (0.00%)	18 (81.82%)	1 (4.55%)	3 (13.63%)
TOTAL	0 (0.00%)	33 (80.49%)	3 (7.32%)	5 (12.19%)

(Question 2) Overall Evaluation of Workshop

When participants were asked to provide an overall evaluation of the workshop, 36.59 percent of participants gave the workshop an "Excellent" evaluation, 56.09 percent of participants gave the workshop a "Good" evaluation, and 2.44 percent of the participants gave the workshop a "Fair"

evaluation. No participants gave the workshop a "Poor" evaluation, and 4.88 percent of the participants did not respond to the question. The results are shown in Table 2.

TABLE 2

	Excellent	Good	Fair	Poor	No Response
April 30,2013	7 (36.84%)	9 (47.37%)	1 (5.26%)	0 (0.00%)	2 (10.53%)
September 10, 2013	8 (36.36%)	14 (63.64%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
TOTAL	15 (36.59%)	23 (56.10%)	1 (2.44%)	0 (0.00%)	2 (4.88%)

(Question 3) Would you attend a workshop like this again?

When participants were asked whether they would attend a workshop like this again, 70.73 percent of participants said "Yes", 9.76 percent of participants said "No", 2.44 percent of the participants said maybe and 17.07 percent of participants did not respond to the question. The results are shown in Table 3.

TABLE 3

	Yes	No	Maybe	No Response
April 30,2013	13 (68.42%)	1 (5.26%)	0 (0.00%)	5 (26.32%)
September 10, 2013	16 (72.72%)	3 (13.64%)	1 (4.55%)	2 (9.09%)
TOTAL	29 (70.73%)	4 (9.76%)	1 (2.44%)	7 (17.07%)

(Question 4) Would you recommend this collaboration process to other students/faculty?

When participants were asked whether they would recommend the CoLAB process to other students and faculty, 85.36 percent of participants said "Yes", 4.88 percent of participants said "No", and 9.76% percent of participants did not respond to the question. The results are shown in Table 4.

TABLE 4

	Yes	No	No Response
April 30,2013	15 (78.95%)	0 (0.00%)	4 (21.05%)
September 10, 2013	20 (90.91%)	2 (9.09%)	0 (0.00%)
TOTAL	35 (85.36%)	2 (4.88%)	4 (9.76%)

(Question 5) CoLAB Workshop Results

Questions 5.1-5.2 are 5-point Likert scale questions in which participants are asked to evaluate personal outcomes related to the workshop. Options range from "Strongly Agree" to "Strongly Disagree". The results of these questions are described below.

(Question 5.1) I feel more confident in my ability to approach people I don't know.

When participants were given this statement, 29.27 percent of participants marked "Strongly Agree", 41.46 percent of participants marked "Agree", and 21.95 percent of participants marked "Neutral". No participant marked "Disagree", 2.44 percent of the participant marked "Strongly Disagree", and 4.88 percent of the participants did not respond to the question. The results are shown in Table 5.1.

TABLE 5.1

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	No Response
April 30,2013	4 (21.05%)	7 (36.84%)	5 (26.32%)	0 (0.00%)	1 (5.26%)	2 (10.53%)
September 10, 2013	8 (36.37%)	10 (45.45%)	4 (18.18%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
TOTAL	12 (29.27%)	17 (41.46%)	9 (21.95%)	0 (0.00%)	1 (2.44%)	2 (4.88%)

Question 5.2) I am more comfortable with people in other disciplines.

When participants were given this statement, 29.27 percent of participants marked "Strongly Agree", 46.34 percent of participants marked "Agree", and 17.07 percent of participants marked

"Neutral". No participant marked "Disagree" 2.44 percent marked "Strongly Disagree" and 4.88 percent of the participants did not respond to the question. The results are shown in Table 5.2.

TABLE 5.2

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	No Response
April 30,2013	3 (15.79%)	9 (47.37%)	4 (21.05%)	0 (0.00%)	1 (5.26%)	2 (10.53%)
September 10, 2013	9 (40.91%)	10 (45.45%)	3 (13.64%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
TOTAL	12 (29.27%)	19 (46.34%)	7 (17.07%)	0 (0.00%)	1 (2.44%)	2 (4.88%)

Question 6) Did the CoLAB facilitation process help you access new resources, knowledge, and/or grantseeking information? If so, describe.

This question required participants to formulate an open-ended response. The complete list of specific responses is included in the Appendix A. 58.54 percent of participants gave a positive response, 17.07 percent of participants gave a mixed response, 17.07 percent of participants gave a negative response, and 19.51 percent of participants did not answer the question. The results are shown in Table 6.

TABLE 6

	Positive	Mixed	Negative	No Response
April 30,2013	11 (57.89%)*	3 (15.79%)	0 (0.00%)	5 (26.32%)
September 10, 2013	13 (59.09%)	4 (18.18%)	2 (9.09%)	3 (13.64%)
TOTAL	24 (58.54%)	7 (17.07%)	7 (17.07%)	8 (19.51%)

Question 7) What was the most useful part of the workshop and why?

This question required participants to formulate an open-ended response. The complete list of specific responses is included in the Appendix A. 56.10 percent of participants said that interacting with others was the most useful part of the workshop, 21.95 percent of participants offered a different response, and 21.95 percent of participants did not respond to the question. The results are shown in Table 7.

TABLE 7

	Interaction	Other	No Response
April 30,2013	10 (52.63%)	2 (10.53%)	7 (36.84%)
September 10, 2013	13 (59.09%)	7 (31.82%)	2 (9.09%)
TOTAL	23 (56.10%)	9 (21.95%)	9 (21.95%)

The last activity for the CoLAB was to ask the participants to reflect on three questions. The three questions were (1) what synergies and connections the participants found, (2) what were the next steps that the participants would take, and (3) what the participants learned. The full responses to these questions are contained in Appendix B with a brief summary below:

1. Most of the connections or synergies were made around specific content areas such as addiction/recovery and shared interests in research. However, the emphasis was on the connections with people with a common interest area and not the content independent of the people. Some extended the connections with people in a content area to include information about specific opportunities that had been discussed including internships, teaching opportunities and data access.
2. The next steps varied. They included more contact with specific participants, attending more CoLABs, sharing the experience with other faculty and using the information garnered in the CoLAB to support their research. Most of the next steps were clearly concrete steps to advance their current research and other opportunities that had been discussed. Many reporting intent to have follow-up contacts from the CoLAB.
3. Learning was reported in many ways. The clear emphasis was on learning from people that participants would not have normally had the opportunity to meet. The CoLAB "confirmed that this university has vast resources and potential rewards". The participants reported learning the value of networking and interacting with others in other fields of study. Many reported learning there was a common ground for strangers in other disciplines.

(Question 6) Did the CoLAB facilitation process help you access new resources, knowledge, and/or grantseeking information? If so, describe.

Positive Responses

- Yes, met possible mentors, people who can help with resources and idea generation.

- Yes, I spoke to a grant writer, learned about internship opportunities and the health disparity minor.

- Yes, I appreciate when people ask me questions and give me advice about career paths.

- Yes! Recruitment has been difficult among the older population. I hope to contact people with leads.

- Seeing potential collaborations across very disparate fields and in unexpected places.

- Yes, I already knew about some of the programs other individuals were involved in, and this allowed me to learn more.

- Yes, learned about new volunteer opportunities/organizations that I might be interested in working with.

- At least one person who may help with Bioinformaties.

- Yes, I now know more people who share research interests with me.

- Yes, happy to hear of new breast imaging technique.

- Across new people – opportunities for giving assistance, could share knowledge.
- Yes, I met people dealing with homeless people and animals. I've learned a lot from them. I like this.
- Yes, interesting how I could find a common point of interest with everybody I talked to.
- W/o a doubt. I am interested in helping make the library system one of the best!
- Yes, learned about other disciplines and other people's perspectives on my skills.
- Yes, I am more familiar with other literature databases now.
- Yes, potential cross-discipline research.
- Found some potential new resource.
- The ideas from the non-related disciplines were very helpful. It was like 'out of box' thinking.
- I'm a student, so it was a good exercise.
- Yes, it helped me meet many people I would have never met and talk to people doing research pertaining to gender and sex.
- Yes, was able to share resources I have/ know about.
- New info about what kind of research is going on on campus.
- Yes

- Yes regarding individuals I could possibly contact, but no information about grantseeking other than "open access funds".

- Not too much, but I enjoyed meeting people from across the university.

- A little. Splits among disciplines still very evident!
- No.
- Not specific.
- New knowledge and insights from many different fields of study; resources in other areas of Florida and globally that may be useful for more information support.
- No.
- I am a student, so knowledge: yes but at this point not so much beyond that.
- No.

(Question 7) What was the most useful part of the workshop and why?

Interaction

- The 3-minute sessions, though they were often too short!

- Speaking to the different people, I learned a whole lot of great information.

- Seeing the breadth of people with an interest in this topic. Sharing info about some of my other projects.

- 3 minute sessions. I met people with great resources.

- Meeting others – even if our work does not align, it's good to hear/see why.

- Seeing potential collaborations across very disparate fields and in unexpected places.

- Talking to strangers; it's always fun to meet new people.

- Talking to people with different backgrounds is helpful and fun.

- Meeting people at different stages of their careers interested in or researching different aspects of their topics.

- Meeting others and seeing the collaboration possibilities.
- 3-minute talking to strangers. It helps to open up my mind to talk to new people and learn new things.
- It would be helpful to have a organic speed dating environment. Save time 'looking' for unknown/ unmet people. Perhaps ½ sit down ½ 'rotate'? Thanks for the opportunity.
- Talking with others/ collaborating.
- Getting comfortable discussing my research with other people who are not familiar with my field.

- 3 min meetings with…
- I met some people who gave me great ideas regarding how they approach problems.
- Probably learning to convey my research and interests to others quickly, effectively.
- Talking w/ strangers!
- Helping me approach people better b/c it's something I need to work on…
- My goal was to learn about gender/sex differences for my gender and sexuality class, so it was most useful to meet people in the health field doing research on gender/ sex
- Wish times to talk with others was longer.
- Speed meeting- met neat people.
- Getting to talk to people of different backgrounds.

Other Responses

- Most immediate useful part: writing succinctly to get info across; Knowing what other people do/did (very interesting!).
- I liked the way it was framed in terms of networks.
- Reading everyone's sign- good starting point.
- Continual exposure to new backgrounds enhance listening skills.
- Expanding on current projects with new angles. Great venue.
- Practice explaining my research. Finding common ground with other disciplines.
- None.
- Seeing people's passions.
- Connecting with libraries.

(Idea Boards Question 1) What synergies or connections did you find?

- Identified a person who wants to use Open Access Fund
- Opportunity for teaching identified
- Addiction/Recovery
- Recruitment
- People working on alcohol issues and drugs
- Gender is a great connector
- Research vs. practice; Bridging patient and doctor relationship
- Internships
- Multiple people with interest in data management and analysis
- Internship prospects for undergrad/grad; People's conference; Health Street
- Meanings of reproduction; mother-fetus relationship

- Interests in education and prevention

- Found some people with same research interests

- The importance of humanities in advancing understanding about health disparities

- Met others interested in sexual health

- Met several people working in community

- Roles of health practitioners in PT education and communication

- Relationship with alcohol use with standard psych measures

- Met breast cancer survivors; scientist interested in photoacoustic tomography

- New minors

- I learned many are interested in women's health

- Talked about interest in fetal alcohol syndrome

- Found others interested in my research

(Idea Boards Question 2) What are your next steps?

- Email these wonderful people

- Contact several people about programs

- Attend next CoLAB in September

- Contact Lansa Guyer re; Intro to HD class

- Send follow up info on my projects to a couple of people

- Get Bess' PowerPoint

- Identify testimonials to CoLAB

- Distill info from this afternoon to find meaningful ways to make new relationships

- Let the faculty member I represented know about the people I talked to today working on topics of interest to her

- Email persons – Research topics, ideas

- Identify areas where CoLAB can be advertised

- Contact relevant people whose work interests intersect with my own

- I plan to follow up on different ideas presented today

- Develop plan/outline for literature review

- My project optical imaging for breast cancer is very useful if it can succeed

- Follow up with the different departments

- Going to follow up with several people about resources

- Going to write more on my work in the next week

(Idea Boards Question 3) What did you learn?

- I talked to people I wouldn't ordinarily speak with. There were people I would have been intimidated to speak with outside this setting.

- Learned of 3 NPR segments related to work

- Learned about the women's health portal

- Learned about new breast cancer imaging technology

- Marketing of CoLAB HSC needed

- Social sciences and basic scientists have mutual interests; use different vocabularies

- Confirmed that this university has vast resources and potential rewards

- Write large with sharpie; be concise

- 3 minutes are never long enough

- Funding potential (IDP); Supportive people; Advice on going to clinical practice first, then academics

- Much work on women not much work on gender (defined as socially-structured relationships based on sex)

- 3 minutes gets by so quickly when engaged in meaningful discussion

- How many undergrads are interested!

- It's fun to talk to people in different fields

- Learned about organizations within Gainesville that I would love to work with as an intern

- The center for women's studies and gender research could be a hub for intellectual/research exchange of these issues

- I still need to talk to strangers!

- Saw how separate our worlds often are – CLAS and health sciences

- Finding overlapping interests in unexpected places – humanities connections with social and health sciences

- Networking provides great opportunities

<u>Appendix B</u>

What Synergies or Connections did you find?

- Identified person who wants to use Open Access Fund
- Opportunity for teaching identified
- Addiction/Recovery
- Recruitment
- People working on alcohol issues and drugs
- Gender is a great connector
- Research vs. practice; Bridging patient and doctor relationship
- Internships
- Multiple people with interest in data management and analysis
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- Meet breast cancer survivors; scientist interested in photoacoustic tomography
- New minors
- I learnt many are interested in women's health
- Talked about interest in fetal alcohol syndrome
- Found others interested in my research
- So many people need resources - As a librarian I have ideas where to send them.
- Received advice.
- Found others interest in health literally.
- Interest in shared resources with libraries at center.
- I connected with people studying and doing research in many different areas of UF that I probably wouldn't have otherwise.
- Others interested in disparities in healthcare access.
- Perceptions.
- Found more data!
- People have trouble expressing their true feelings.
- I found that through going to the same school, there's a common base through which everyone can communicate on.
- Research on attitudes toward exercise.
- Many people interested in helping the underserved, vulnerable.
- Sustainability cuts across disciplines.
- Nanomaterials and antibiotic resistance.

- I need to connect with department of Education and UF libraries.
- Animal scientists need to collaborate with medical professions.

What are some follow-up activities or steps you will take?

- Email these wonderful people
- Contact several people about programs
- Attend next CoLAB in September
- Contact Lansa Guyer re; Intro to HD class
- Send follow up info on my projects to couple of people
- Get Bess' ppt
- Identify testimonials to CoLAB
- Distill info from this afternoon to find meaningful ways to make new relationships
- Let the faculty member I represented know about the people I talked to today working on topics of interest to her
- Email persons - Research topics, ideas
- Identify areas where CoLAB can be advertised
- Contact relevant people whose work interests intersects with my own
- I plan to follow up on different ideas presented today
- Develop plan/outline for literature review
- My project optical imaging for breast cancer is very useful if it can succeed
- Follow up with the different departments
- Going to follow up with several people about resources
- Going to write more on my work in the next week
- Will follow up at a local meeting we are both attending.
- I am going to e-mail several participants requesting resources and contact info (their colleagues) to begin collecting resources for my note.
- Look @ how ethnicity influences long disease.
- Continue to network in similar avenues or opportunities.
- Continue to refine my skills to better market myself.
- Connect people with contacts I know can help them.
- Connect people met today to share info & know & have at my office.
- Meet individually with other participants to share resources, ideas.
- Share contact with my network.
- Look for similar network opportunities; refine research ideas and plan for outside networks.
- Integrating technology into the classroom.
- Following research of others, using library resources more.
- Continue to interact in ways that are out of my routine. Develop better listening and communication skills. Communicate clearly.
- To take in everything I learned today and apply it to my knowledge about gender/sex differences.

- Wait for e-mail with instructions for online access to participants and get in touch with a person who has same major.
- 'Out of Box' thinking is the best way to be creative.

What did you learn?

- I talked to people I wouldn't ordinarily speak with. There were people I would have been intimated to speak with outside this setting.
- Learned of 3 NPR segments related to work
- Learned about the women's health portal
- Learned about new breast cancer imaging technology
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- Much work on women not much work on gender(defined as socially-structured relationships based on sex)
- 3 minutes gets by so quickly when engaged in meaningful discussion
- How many undergrads are interested!
- Its fun to talk to people in different fields
- Learned about organizations within Gainesville that I would love to work with as an intern
- The center for women's studies + gender research could be a hub for intellectual/research exchange of these issues
- I still need to talk to strangers!
- Saw how separate our worlds often are - CLAS & health sciences
- Finding overlapping interests in unexpected places - humanities connections with social + health sciences
- Networking provides great opportunities
- Google scholar is not as good as web of science.
- There are many different avenues for gender/women's health research.
- Approaching/meeting strangers.
- Gender influences, food-finding behavior.
- Learned about other people's research.
- Latino's don't readily seek medical treatment; Have a fatalist mentality.
- People are interested in meeting and talking to new people, regardless of the topic.
- Librarians can give lots of ideas about resources on all kinds of topics.
- Even though there were different areas of study represented, we all had much more in common in life and academics that you would think before this event.
- UF has a PhD program in toxicology out of College of Veterinary Medicine.
- I learned you can find common ground with anyone.

- Need for better campus facilities for women (Showcases).
- I learned about research being done by many people pertaining to gender/sex.
- American's attitude to foreigners sucks - Mass media don't help.
- To consider environmental influences on gender with in different ethnic groups.
- There are different types of people, but as long as you can transition from one subject to the next with a similar subject, it is easy to communicate.
- Librarians connect people with information.
- I have now new resources(links,contacts) for my site. I was not aware of some of these resources.
- Study more about the health effects of antibiotic resistance.