



# THE EARLS SCHOLARSHIP 2023/24

a pan European patient sponsored  
scholarship for new research on  
Restless Legs Syndrome,

# RLS



EUROPEAN ALLIANCE FOR RESTLESS LEGS SYNDROME

## WHY THIS?

RLS (Restless Legs Syndrome) is a very common but often neglected disease. It affects approximately 10% of the population in Europe, of these at least one third to a degree where medical treatment is needed. However, very many do not get the correct diagnosis and the needed medical follow-up. Problems for patients can be severe, and social cost are generally underestimated. New knowledge on RLS is needed, and existing knowledge must be better implemented in medical treatment and in society.

**EARLS** (The European Alliance for Restless Legs Syndrome) is the umbrella of European patient organizations on RLS. The EARLS works closely with established RLS researchers to support their studies and disseminate their findings. Additionally, **we now want to interest new, not yet established, researchers for RLS and to enhance new studies. Focus is to support studies with direct relevance for RLS patients.**

### For instance:

- Comparisons between existing or/and new treatments, including non-drug interventions.
- Development or/and evaluation of treatment strategies for patients who are suffering adverse effects.
- Innovations to collect and use patient experiences; to improve individual treatments or/and general guidelines, or/and to generate hypothesis for further research.
- Innovations to include structured RLS data in patient records, health statistics etcetera.
- Any other medical or/and societal studies with clear potential to improve conditions for RLS-patients.

This scholarship aims to honour new initiatives and make it possible to initiate or continue projects that may need additional funding. The winning researcher will be invited to present her/his/their project at the Annual Congress of the European Association of Neurology (EAN) in Helsinki, July 2024.

## REQUIREMENTS

The application shall outline a research project to be presented at the EAN congress in July 2024, and describe how the scholarship could contribute to make that project possible. The winner should present the project status and its expected results at the congress, as a poster, in a brief written report, and in a short presentation. Travel and accommodation for one person will be paid by EARLS.

A final written report should be presented to EARLS September 2025. Presentation and distribution of that report will be discussed with the winner.

Detailed finance or activity calculations are not required in the application but evidence of how the scholarship money has been spent will be required in the report.

## ELIGIBILITY

The call is quite broad and is open for medical students as well as other clinical professionals, such as students or workers in the fields of psychology, medical sociology, physiotherapy, sleep research and the like. Your training must include relevant research education.

You should be based in Europe.

If you apply as a group, there must be at least one main responsible individual who fulfils these mentioned qualifications.

## YOUR APPLICATION

Your application should be brief with no more than 7,000 characters, including blanks, but excluding your list of references.

- You shall describe your intentions and planned key activities, and how they can have relevance for RLS patients.
- You shall give a picture of how this scholarship could support the suggested project.
- You shall describe your educational and professional background.
- Your application may connect to an already started project or could describe something that is not yet initiated. If there are already started activities, those must be described or referred to.
- If you can describe how the project could lead to a future publication in a relevant scientific journal, that will be an advantage.
- As a summary, there should be an outline on how the project (if winning) could be presented at the EAN congress in July 2024.

If the proposed project has been, or may be, submitted to any similar sources of funding this must be mentioned in the application, and may be considered in the jury's decision.

## THE PRIZE

The prize will be a certificate and sponsorship with €10,000, to be freely used to achieve the goals presented in the application.

## THE JURY

The judging panel will be nominated by EARLS and will include both patients and professional researchers in the field. The jury will consider the quality and viability of the proposed project and the potential impact on patient care, as well as the likelihood that it would lead to a scientific paper published in a relevant scientific journal. The jury's decision will be final and without recourse to legal action.

## THE PROCESS

Information about the award is published on the website of EARLS ([www.earls.org](http://www.earls.org)). Information will also be sent to medical schools and other relevant research institutions across Europe. EARLS also welcomes any publicity about the award by other organisations. Applications must be written in English. Questions can be sent to [info@restless-legs.org](mailto:info@restless-legs.org) no later than 01/02/2024.

**Final applications must be submitted by 29/02/2024 in electronic form only (PDF file max. 4 MB, subject: "EARLS Scholarship") to: [info@restless-legs.org](mailto:info@restless-legs.org)**

Later applications will not be considered. The jury may discuss with applicants before their decision. All details will be available on the mentioned website.

The jury will digitally inform all applicants of their decision at the latest 02/04/2024.

The prize will be presented at the Annual Congress of the European Association of Neurology July 2024 giving the winner an opportunity to present the research project to a larger number of fellow clinicians and scientists. EARLS and its member organisations will publish a press release developed in conjunction with the winner.



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Members of EARLS:

