



Job title	Research Assistant	Job family and level	Research and Teaching Level 4a
School/ Department	School of Medicine, Mental Health and Clinical Neurosciences	Location	Institute of Mental Health, Jubilee Campus

Purpose of role

The purpose of this role will be to assist and support the East Midlands Cancer Alliance Centre for Psychosocial Health through the Mental Health and Wellbeing research team in carrying out two studies that evaluate interventions that aim to improve psychological support in cancer care. One study evaluates the potential benefits of a Therapy Preparation Intervention for people awaiting psychological therapy in cancer care. The other study will be assessing the impact of a long-term lifestyle change programme to reduce the risk of cancer. Both studies are funded by the East Midlands Cancer Alliance.

You will join an established team, led by Dr James Rathbone, Dr Sam Malins, and Shireen Patel, whose main areas of research interest include improving psychological therapies for people with long-term health problems. The team is investigating a single session intervention combined with personalised smart-messaging. This will offer newly referred patients information and support to enhance motivation while they wait for their psychological therapy sessions to start. The overall aim is to assess whether the Therapy Preparation Intervention is effective in improving depression and reducing therapy dropout. The study will help to determine whether the Therapy Preparation Intervention should be used to help patients on NHS waiting lists for psychological therapy services in cancer care with symptoms of depression.

You will spend time with a team of experts in physical activity, nutrition and emotional wellbeing to support the evaluation of a newly developed programme that aims to use lifestyle change to prevent cancer before people are diagnosed with any long-term conditions. The Nourish, Move, Flourish programme will be piloted in Derby.

Both research studies have been adopted and are supported by the National Institute for Health and Care Research, Applied Research Collaboration East Midlands (NIHR ARC-EM).

	Main responsibilities (Primary accountabilities and responsibilities expected to fulfil the role)	% time per year
1	Research: <ul style="list-style-type: none"> To undertake supervised research which may include drafting study documentation, conducting data collection from surveys, semi-structured interviews, carrying out analyses, and contributing to the drafting of research outputs, including reports and presentations, within the framework of an agreed programme. 	80%

	<ul style="list-style-type: none"> To conduct literature and database searches and carry out analyses and/or tests and/or critical evaluations using specified and agreed techniques, approaches and/or models and document findings. To work in conjunction with others in the research team to achieve the research project objectives within the required timeline. 	
2	<p>Engagement and Communication:</p> <ul style="list-style-type: none"> To contribute to the production of research reports and publications and prepare and present papers on research progress and outcomes to relevant groups including external bodies. To communicate information and ideas to students and advise and assist other staff/students within area of expertise. To build relationships with internal and external contacts to develop knowledge and understanding and form relationships for future collaborations. 	10%
3	<p>Development:</p> <ul style="list-style-type: none"> To continue to develop skills in and knowledge of research methods and techniques and contribute to the development of/or choice of techniques, models, methods, critiques and approaches. 	10%
4	<p>Other:</p> <ul style="list-style-type: none"> Any duties appropriate to the grade and level of the post. We recognise the importance of continuous professional development and therefore the importance of providing opportunities, structured support and encouragement to engage in professional development each year. 	N/A

Person specification

	Essential	Desirable
Skills	<ul style="list-style-type: none"> • Excellent oral and written communication skills, including the ability to communicate with clarity on complex information. • Evidence of sufficient breadth or depth of research methodologies and techniques to work in research area. • Developing research skills: drafting study documentation, data collection, drafting research outputs, reports and presentations. • Analytical ability to facilitate conceptual thinking, innovation and creativity. • Ability to build relationships and collaborate with others, internally and externally. 	<ul style="list-style-type: none"> • Demonstrates a desire to further develop skills and knowledge of research methods and techniques • Ability to contribute to method improvement.
Knowledge and experience	<ul style="list-style-type: none"> • Some practical experience of applying the specialist skills approaches and techniques required for the role. • Evidence in use of research methodologies and techniques to work within research area, especially in randomised controlled trials 	
Qualifications, certification and training (relevant to role)	<ul style="list-style-type: none"> • Undergraduate Degree or equivalent experience in relevant subject area, particularly psychology or psychological research methods. 	<ul style="list-style-type: none"> • Master's Degree, or equivalent in relevant subject area.
Statutory, legal or special requirements	<ul style="list-style-type: none"> • Satisfactory Enhanced disclosure obtained from the Disclosure and Barring Service. 	
Other	<ul style="list-style-type: none"> • Willingness to adopt the vision and values of the School of Medicine. 	



Expectations and behaviours

The University has developed a clear set of core expectations and behaviours that our people should be demonstrating in their work, and as ambassadors of the University's strategy, vision and values. The following are essential to the role:

- Valuing people** Is friendly, engaging and receptive, putting others at ease. Actively listens to others and goes out of way to ensure people feel valued, developed and supported.
- Taking ownership** Is clear on what needs to be done encouraging others to take ownership. Takes action when required, being mindful of important aspects such as Health & Safety, Equality, Diversity & Inclusion, and other considerations.
- Forward thinking** Drives the development, sharing and implementation of new ideas and improvements to support strategic objectives. Engages others in the improvement process.
- Professional pride** Is professional in approach and style, setting an example to others; strives to demonstrate excellence through development of self, others and effective working practices.
- Always inclusive** Builds effective working relationships, recognising and including the contribution of others; promotes inclusion and inclusive practices within own work area.

Key relationships with others

