

Nottingham SPCR internship projects 2025

Name & email supervisor(s): Dr Barbara Iyen (barbara.iyen@nottingham.ac.uk) Dr Ralph Akyea (ralph.akyea1@nottingham.ac.uk)
Length and dates of internship: 4-week placement commencing on/after 9 June 2025 (later dates will be accommodated)
Host department: Faculty of Medicine & Health Sciences, University of Nottingham
How will the internship be conducted: <input type="checkbox"/> In person at the university <input type="checkbox"/> Virtual/ from home <input checked="" type="checkbox"/> Both are possible, depending on preference of student
Title internship project: Scoping Review of Weight Management Interventions: Mapping the Evidence
Summary of the internship project: <i>(max 250 words, can include hyperlinks to further information)</i> Project overview: This internship project aims to conduct a scoping review to summarize existing evidence on weight management interventions. The review will identify the types of interventions used, their effectiveness, and key themes emerging from the literature. The findings will contribute to subsequent qualitative research exploring barriers and facilitators of weight loss interventions, ultimately informing the design of more effective weight management strategies. Project objectives: <ul style="list-style-type: none">• Identify and map existing literature on weight management interventions.• Summarize key approaches, target populations, and reported outcomes.• Highlight gaps in the current evidence base to guide future research. Methodology: <ul style="list-style-type: none">• Conduct a structured search of relevant databases (e.g., PubMed, Medline Ovid).• Screen studies based on predefined inclusion/exclusion criteria.• Extract and synthesize key data from selected studies.• Present findings in a structured summary, outlining key themes and evidence gaps. Expected Outcomes: <ul style="list-style-type: none">• A comprehensive summary of existing weight management interventions.• Identification of common strategies, challenges, and areas requiring further research.• Insights that will inform qualitative research on barriers and facilitators to weight loss interventions.
Learning objectives:

This project provides an excellent opportunity for a student interested in gaining hands-on experience in healthcare research evidence synthesis, as well as those with particular interests in public health, nutrition, or any aspects of healthcare research.

Key skills that will be gained by undertaking this project include:

- Systematic literature searching and critical appraisal.
- Data extraction and synthesis.
- Academic writing and presentation of findings.

Any further information: