

Name & email supervisor(s):

Sarah McMullen
Danielle Nimmons

Length and dates of internship:

8th July- 30th August (Part time, 8 weeks- 17.5hrs per week)

Host department:

Research Department of Primary Care and Population Health, University College London

How will the internship be conducted:

- ☐ In person at the university
☐ Virtual/ from home
☒ Both are possible, depending on preference of student

Title internship project:

Understanding the mental health and wellbeing needs within primary care of family carers of people living with dementia from a South Asian background.

Summary of the internship project: *(max 250 words, can include hyperlinks to further information)*

Family carers are an underserved group and caring responsibilities within South-Asian communities can be largely internalised with help sought from friends and families instead of health and social care services. However, due to the stigmas attached to dementia, South-Asian carers may not ask for support within their kinship networks resulting in specific mental health and wellbeing challenges. The project aims to identify and understand within primary care, the wellbeing and mental health needs of family carers of people living with dementia from a South Asian background in relation to their religion and culture. The project will also explore the facilitators, and barriers to accessing carer support within primary care and identify how support can be improved and developed to better support South Asian family carers. This project focuses specifically on the Pakistani and Bangladeshi community.

This project offers a great opportunity for you to develop your research skills by working alongside academic GPs and experienced researchers who apply psychology, sociology, and epidemiology to improving health inequalities. Your main role within this project is to become embedded in the qualitative study and discover how using these methods can be implied scientifically to improve the health and inequalities of disadvantaged groups.

Learning objectives:

You will become embedded within the UCL PCPH research department to learn about a range of ongoing projects and get hands-on practical experience of conducting research.

Options include:

- Attending and supporting an in-person research café style Public and Patient Involvement (PPI) group event in London and you will have the opportunity to write a blog about your experience.

- Contributing towards an evolving topic guide (i.e., questions to ask the population).
- Shadowing a researcher conducting research interviews with South Asian family carers of people living with dementia.
- Transcribing the interviews to immerse yourself with the data.
- Coding of interview data using NVivo software (support and training provided).
- Contributing to the interpretation of findings.
- Attend research team meetings.

Any further information: