# SPCR internship projects 2023 -UCL

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| **Name & email supervisor(s):**  Dr Rachael Frost[**Rachael.frost@ucl.ac.uk**](mailto:Rachael.frost@ucl.ac.uk) |
| **Length of internship and when it could take place:**  4 weeks, summer 2023 |
| **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:**  Ascoping review of over-the-counter products (including medications, herbal medicines, dietary supplements and homeopathic medicines) for depression in adults |
| **Summary of the internship project:** *(max 250 words, can include hyperlinks to further information)*  Depression is common in adults. Currently, health services struggle to meet the demands for this. People therefore often self-manage mental health conditions either before or whilst seeking support from the NHS using over-the-counter products such as herbal medicines and dietary supplements, however evidence for these products is often patchy. Our project aims to carry out a scoping review to map over-the-counter products (OTC) evaluated in trials for reducing depressive symptoms in adults aged 18-60 and the characteristics of the evidence for each product. It is linked to an existing funded SPCR project focussing on OTC products for depression, anxiety and insomnia in older people. <https://www.spcr.nihr.ac.uk/research/projects/otc-products-for-later-life-mental-health>  As part of this review, we carried out searches for products across adults of all ages and identified 15339 studies. We have identified trials likely to be relevant and by the time of this internship will have organised these by age and mental health condition. The role of this internship will be to read the relevant papers on depression and OTC products in people aged 18-60, extract the data into a spreadsheet and write a summary of the findings. We envision that the student will be involved in writing this up as a paper for publication. |
| **Learning objectives:**   * To increase the student’s understanding of trials and scoping reviews * To gain awareness of OTC products used and evaluated for depression in adults * To understand the characteristics of the evidence for each product type |
| **Any further information:**  This may particularly suit a medical or pharmacy student with an interest in natural products. |
| **How to apply:**  Please fill in the application form below and send it with your CV and covering letter [to bijal.parmar@ucl.ac.uk](mailto:to bijal.parmar@ucl.ac.uk)  If you have any queries, please contact Dr Cini Bhanu [c.bhanu@ucl.ac.uk](mailto:c.bhanu@ucl.ac.uk)    **Deadline for submissions:** 7 May 2023 at midday. Successful candidates will be notified by 19 May 2023. |

**Internship application form**

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| Please include information about what you would like to get out of the internship e.g. knowledge about a particular topic; experience of a particular sort of research method; particular experiences within an academic department of Primary Care etc. | |
| **Full name** | Click here to enter text. |
| **Email address** | Click here to enter text. |
| **1st choice project:**  **2nd choice project:** | |
| **Please answer the following questions (max 150 words for each section).** | |
| 1. **Why are you applying for this internship?**   Click here to enter text. | |
| 1. **How will this internship support your future career or professional development plans?**   Click here to enter text. | |
| 1. **What contribution do you think you can make during the internship?**   Click here to enter text. | |

Applications in previous years have been highly competitive. Previous UCL interns have been very productive and successful with paper and conference publications, as well as submission of further grant applications. Most are very happy to be informally contacted if you would like to discuss their experience.

**Selection is based on criteria including evidence of:**

* Commitment to the primary care scholarship
* Critical thinking and reflexivity about how this award will support future professional growth
* Creativity and commitment to making an active contribution during the internship to the primary care knowledge field.