

Paediatric Clinical Psychologists involved in research.

Questions

1. Tell us about your current role?

Hello, my name is Judith Young and I am a HEE/NIHR Clinical Doctorate Research Fellow.

2. What does it involve?

So, the title of my role '*Clinical Doctorate Research Fellow*' sums up what is involved. I am a *researcher*, in fact, I am Chief Investigator on the PANACHE Study, researching Parental ANxiety About CHild food allErgy. I am carrying out qualitative research, systematic reviews and ultimately will be delivering a clinical feasibility trial. I am a *doctorate* student and will be submitting my research for a PhD at the University of East Anglia. I am also a Consultant *Clinical* Psychologist. I work in a paediatric allergy clinic with children, adolescents, parents, families and the allergy team. In my Consultant role, I provide leadership on applying clinical research skills in the Cambridge Psychological Medicine Service for Children, Young People and Families. As a NIHR *Fellow*, I am supported by NIHR to complete a training plan which supports both the research study and my professional development.

3. How does it utilise your skills as a Clinical Psychologist?

This role utilises all my clinical, research and leadership skills. It also builds on these skills and provides me with the training and support I need to develop as a clinical researcher. When I applied, the scheme was open to all grades, from recently qualified Clinical Psychologist through to Consultant.

4. How does it fit with the job you had at the time? (E.g. did you arrange a sabbatical?)

This Fellowship provides backfill for my post. Basically, this means another person is employed to cover my job while I complete the research fellowship. My Fellowship is three years full time, although there are part time options available.

5. Tell us a bit about why you became interested in the NIHR programme?

I became interested when I saw a flyer for the National Institute of Health Research (NIHR) programme. I looked at the NIHR website and read about the aims to improve health and well-being through high quality research. These aims align to the values of clinical psychologists. At the time, I had questions from my clinical practice in paediatric allergy, which were not answered by the existing literature. Additionally, parents had told us that they wanted research to improve understanding of the anxieties and worries which they had about their child's food allergy and research to find ways to help them. There were NIHR Fellowships offering funding to answer clinical research questions, which was a wonderful opportunity. I do remember watching an online NIHR video, where a midwife described her experience of her Doctorate Fellowship. She concluded by saying something along the lines of, 'if you are committed to improving clinical care and you have got a research idea, just do it!' So, I did!

6. What would you say are the challenges and benefits to the role?

For me, the biggest challenge was developing my application. Although I had invaluable support from the local Research Design Service and from supervisors, I did not have any protected time to write the application form, so it was a very long process. Now there are new opportunities to help with this, such as the NIHR PCAF Scheme. The benefits of my current role are almost too many to list. I really value having protected time to carry out meaningful research. The training and mentorship I have received have been excellent. For me, this was why I applied for a Fellowship, rather than a research grant, as I knew that I needed additional research skills training to support the work. It has been and continues to be a pleasure to meet research participants. I have been humbled by how many people want to support the research. The PANACHE Study aims to improve our theoretical understanding of parental anxiety about child food allergy and develop and feasibility test a parent psychological intervention. My hope is that the study will collect research data which will benefit and make a difference to families and clinical teams.

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This report presents independent research funded by the National Institute of Health Research and Health Education England HEE/NIHR ICA-CDRF-2017-03-049. The views expressed are those of the author and not necessarily those of the NHS, NIHR or the Department of Health and Social Care.