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| **Applications will be accepted from:**[x]  Both MD & non-MD Undergraduates[ ]  MD undergraduate students only [ ]  non-MD undergraduate students only |
| **Project Duration:**[ ]  Suitable for either a 4 or 8 week project (Only Yr 3 MD students are eligible to apply for 4-week projects)[x]  Only suitable for an 8-week project [ ]  Only suitable for a 4-week project |
| **Additional information for potential student partners:**E.g. desired skills/interests/experience, scheduling restrictions for the project timeline, additional info you want applicants to provide when contacting you about this position, etc.The Perinatal Anxiety Research Lab (PARLab) at the University of British Columbia is the only perinatal anxiety research lab in Canada. The UBC PARLab is led by Dr. Nichole Fairbrother, a Clinical Associate Professor with the UBC Department of Family Practice. The overarching goal of our research is to improve the mental health of pregnant and postpartum people, specifically focusing on perinatal anxiety and related disorders. The PARLab’s goal is to improve assessment and treatment of perinatal anxiety and related disorders as well as increase knowledge about perinatal anxiety and related conditions among pregnant people, healthcare providers, and other stakeholders. The UBC PARLab is seeking candidates to apply for funding to undertake an SSRP this summer with Dr. Nichole Fairbrother, head of the UBC PARLab. The position provides an opportunity to receive significant training and experience in the conduct of perinatal mental health research.Please email cora.keeney@ubc.ca with a copy of your CV, cover letter and unofficial transcripts. |

## PROJECT INFORMATION

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| **Project Title:**Perinatal Anxiety Screening Study (PASS) |
| **Hypothesis or Research Question being addressed (400 character limit, ~55 words):**The proposed study will be the first assessment of potential perinatal anxiety disorder screening tools in which a broad range of instruments are assessed, and complete gold standard methodology is employed. |
| **Keywords:** **Provide approximately 5 key words that describe the proposed research project.**Perinatal, Screening, Anxiety, Mental Health, Psychology |

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| **Project Attributes and Benefit to the Student**Please review the [online adjudication criteria](http://www.med.ubc.ca/current-learners/summer-student-research-program/adjudication/) carefully prior to completing the next two sections to ensure your application is addressing the adjudication criteria outlined in “Project Attributes and Benefits to the Student”. |

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| **A) Background and Summary of Proposed Research. Summarize the proposed project including the rationale for the project, the context within the relevant field of research, the proposed research approach and the expected project outcomes.** *If this is an ongoing project of >8 weeks duration (or 4 weeks for MD 2022 students) clearly distinguish the expected project outcomes at the end of the FoM SSRP funding period from the overall project objectives.* **Please write in lay terms for a non-specialist audience.****Character Limit: 3050 characters (~430 words)**Background:In response to recent evidence that 20% of pregnant and postpartum people suffer from one or more anxiety or anxiety-related disorders (AD), there has been an urgent call for screening. AD frequently result in a high level of distress and impairment, and are associated with high health care costs. Moreover, maternal perinatal anxiety is associated with significant negative obstetrical and birth outcomes. Despite a clear and urgent need to identify and treat the people who suffer from these disorders, and strong evidence that screening leads to improved mental health outcomes, perinatal AD screening is far from routine. To date, **accurate, evidence-based screening tools for perinatal AD have yet to be identified*.***Perhaps more concerning yet is the fact that screening instruments, for which evidence of effectiveness is lacking, are nevertheless being recommended. ***The proposed study will be the first assessment of potential perinatal AD screening tools in which a broad range of instruments are assessed, and complete gold standard methodology is employed.***Objectives:The primary objective of the proposed research is to identify the most accurate screening tool to detect perinatal AD. To this end, we will: 1. Assess the accuracy of the selected screening tools for the AD as a whole and individually. Specifically, we will report the full composite of screening tool metrics for each evaluated measure:
	* 1. at each assessment point (prenatal and postpartum);
		2. for the core AD alone, and including OCD and PTSD;
		3. for each of the individual AD; and
		4. across parity (parity = 0, parity ≥ 1) and major ethnic groups.
2. Based on the above, report the most accurate screening tool for the AD as a group, and for each individual AD.

A secondary objective is to assess the relationship of the burden of unpaid domestic labour (i.e., household chores and childcare responsibilities) on mental health. We are interested in the gender distribution of unpaid domestic labour in families as well as the overall amount of this work carried out, as it pertains to feelings of low mood, anxiety and burnout. Design:Prospective cohort study of perinatal AD screening instrument accuracy. Participants:A general sample of pregnant people (N = 1,000), and an augmented sample of 140 anxiety-disordered perinatal people, recruited throughout British Columbia (BC). Outcomes:This research will provide urgently needed data to inform health care policy makers regarding the most effective screening tools for the detection of perinatal AD. Using a representative sample of pregnant and postpartum people, this research will determine the most accurate screening instrument for perinatal AD, the accuracy of screening instruments currently recommended/in use, and the prevalence and incidence of the AD in late pregnancy and at 4-months postpartum. The knowledge acquired will represent a critical step in the pathway to effective treatment for these conditions. |
| **B) Outline the student’s role in the project and describe how they will benefit from their involvement.** This section must address how involvement in this project will help the student gain an understanding of how high quality research is conducted. This includes addressing the opportunities to learn new skills in the context of the relevant learning objectives listed in the [adjudication criteria](http://www.med.ubc.ca/current-learners/summer-student-research-program/adjudication/); their anticipated interactions with other researchers and the available resources that will contribute to a beneficial experience.*Clearly indicate which items will be completed during the FoM SSRP funding period and which (if applicable) will be completed before or after the funding period if the student and supervisor have chosen to also work together outside of the funding period. Project feasibility is considered during the adjudication process; 4-week and 8-week projects will be adjudicated separately, with appropriate consideration given to each.***Character Limit: 3800 characters (~540 words)**For this project, the student would assist with study coordination and support the project coordinator with a range of tasks. This involves working with other lab members to support recruitment, REDCap project management and weekly study status updates.Other tasks including:* Literature reviews
* Recruitment assistance and study enrolment
* Ensure accurate and detailed research records are maintained
* Assist with manuscript preparation and data analysis
* Prepare, and edit ethics documents and applications for review and amendments
* Study project management
* REDCap project management
	+ Participant coordination, communication, and tracking participant flow
* Monitor study email account and research office phone line
	+ Intake phone calls along with follow up emails or phone calls with participants

As a result of their FoM SSRP experience the student will gain an understanding of:* How to critically evaluate & analyze existing literature/data
* The principles of experimental design
* The ethical principles of research
* How to critically analyze data
* Effective scientific communication (such as presentations, manuscripts, guidelines, patient learning materials, etc.)
* Specific techniques/skills required for the project (of lesser importance in scoring than the above learning objectives)
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| **Please indicate if your project requires the following and indicate their status as appropriate.** This will help clarify the scope of the project for potential student partners. |
| **This project requires ethics approval (human or animal):**[x]  Yes [ ]  NoIf yes please indicate if you:[x]  Already have approval [ ]  Will obtain approval before the SSRP funding period [ ]  Intend for ethics application to be a focus over the funding period\*Please note that as ethics approval can be a lengthy process it is recommended that this be obtained well in advance of the funding period unless the intention is for this activity to form a major part of the FoM SSRP-funded portion of the project.**This project requires access to electronic medical records:**[ ]  Yes [x]  NoIf yes please indicate if you:[ ]  Already have approval [ ]  Will obtain approval before the SSRP funding period [ ]  Plan to obtain approval during the SSRP funding period**This project requires operational/institutional approval:**[x]  Yes [ ]  NoIf yes please indicate if you:[x]  Already have approval [ ]  Will obtain approval before the SSRP funding period [ ]  Plan to obtain approval during the SSRP funding period |

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| **Research Location (As applicable, indicate where the project will be conducted.)** |  |
| City or Region: RemoteResearch Centre: Hospital: Program or Unit: Additional information (building, lab etc.):  |  |
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| **Supervisor’s Information** |
| **Supervisor Last Name:**Fairbrother | **Supervisor First Name:**Nichole |
| **FoM Department/School (Main FoM Appointment):**Family Medicine | **UBC FoM Division (if applicable):** |
| **Preferred contact method (for students)**[ ] Phone supervisor[x] Email supervisor | [ ] Phone alternate contact[x] Email alternate contact |
| **Preferred Phone:** | **Supervisor Rank (Instructor, Professor etc.):**Clinical Associate Professor |
| **E-mail Address:** nicholef@uvic.ca  |  |
| **Optional Alternate Contact** (e.g. co-supervisor, research/lab coordinator, assistant etc.) |
| **Contact’s Name:**Cora Keeney | **Contact’s Role:**Lab manager |
| **Contact’s Phone Number:**6047213847 | **Contact’s E-mail Address:**Cora.keeney@ubc.ca |