



Individual Development Award (IDA) Springboard Award

Aimed at individuals employed by a health or social care organisation who are an [ARC KSS member organisation](#) to undertake activities aimed at developing research skills.

Early Psychotherapeutic Interventions for Post-traumatic Stress Responses in Children and Adolescents

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What did you achieve through this award? Refer to your original objectives in your application.

Firstly, I have completed four short courses on research methodologies. These include: introduction to systematic reviews; evidence reviews; qualitative research and public involvement in research.

I achieved my second original objective where I conducted a scoping review on the current evidence of early interventions for children and young people who display symptomology of PTSD/Acute Stress Disorder following a single potentially traumatic event.

What has this award meant for you? What has it enabled you to do?

This award has been crucial in developing my knowledge of the evidence in my chosen field by giving me the dedicated time to undertake a review. The knowledge and skills I have gained from completing the courses and scoping review have given me confidence going forward as well as fundamental knowledge of the research field that will help me with a PhD application.

What's next?

I will use the outputs of this award within my PhD application. The skills and experience of independently conducting the review will hopefully enhance my prospects in applications for funding.

What is your experience of receiving mentorship as part of this award?

It was very helpful to receive advice and learn from their first-hand experience of developing and completing a PhD. I was able to have discussions about my research ideas and how the outputs of this Springboard would contribute to those. My mentor gave practical advice on how to capitalise on this project and gain the maximum skills and experience, to enhance my prospects in a PhD application.