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SAMPLE

Prefix: Dr.

First Name: February

Middle Name:

Last Name: Tester

Personal Pronouns

Note: We will share this information with reviewers as they complete written reviews and for discussion in the review meetings. If you would prefer not to answer, reviewers will be asked to use they/them/theirs. Examples: He/Him/His; She/Her/Hers; Ze/Hir/Hirs; They/Them/Theirs; Just my name please; Prefer not to answer; Other (please specify)

she/her

Organization Affiliations

This section will be pre-populated from your Contact Profile

Please list ALL the organizations that you are affiliated with.

Organization	Department	Job Position
Health Research BC-DO NOT USE	Medicine	Professor

Host Institution

Host Institution

The Host Institution is the institution that approves your online application package and financially administers your award funds.

To select your Host Institution, begin typing the institution name in the box below, then select the correct institution when it appears as an option. To view a complete list of eligible Host Institutions, [click here](#).

HEALTH RESEARCH BC-DO NOT USE

Department

Please enter the name of the department where the post-doctoral fellowship position is/will be located for the duration of the award.

Tester

Position

Please enter the position you will hold for the duration of the award.

Post Doc Fellow

Applicant Expertise and Experience

Information for the Clinical Training and Research Degrees and the Employment History tables is automatically populated from your Contact Profile. If these tables are blank or need updating, you can access your Contact Profile to make any required updates by [clicking here](#). If data is missing in these tables, it may affect your final review. You must submit your Contact Profile again to be able to have the data appear in your application form. You may adjust the size of the text boxes on the screen by dragging the bottom right-hand corner of the box. Please note that this does **not** affect the maximum character count.

Clinical Training and Research Degrees

Information in the Clinical Training and Research Degrees table is automatically populated from your Contact Profile. Please complete this prior to submission.

If this table appears blank, it means data has not been submitted through your Contact Profile and may negatively affect your final review.

Month	Year	Degree	Institution	Area of Study
January	2000	PhD	SFU	Sample Area

Date of Degree Completion

This is the date on which all requirements of your degree have been met. Proof of PhD completion is **mandatory** for PhD stream applicants: official confirmation that you have completed your PhD requirements (PhD graduation or at minimum a confirmed oral defence date scheduled at latest one month prior to the award start date).

If you have not yet met the degree requirements at the time of application, please enter the date on which you anticipate completing your degree.

05/01/2025

Employment History

Information in the Employment History table is automatically populated from your Contact Profile. Please complete this prior to submission.

If this table appears blank, it means data has not been submitted through your Contact Profile and may negatively affect your final review.

Start Month	Start Year	End Month	End Year	Position	Department or Faculty	Organization	Full Time/Part Time/Unsalariated
				Clinical Assistant Professor	Department of Physical Therapy	Health Research BC	Part Time

Please list any trainings or certifications that you have completed related to Indigenous cultural safety and/or equity, diversity, and inclusion, and date(s) of completion.

For example, OCAP®, San'yas, etc. You are strongly encouraged to include this information if you are proposing community-based research and/or research that involves First Nations, Métis, and/or Inuit Peoples, communities, knowledge, or data. Applicants in other fields are also welcome to include this information.

Note: If you are proposing to work with your home community and this connection will be identified in your Full Application, there is no expectation to list any completed trainings/certifications related to working in that community.

I am a health professional who is currently engaged in active clinical service (or I will be engaged in active clinical service by the award start date [September 1, 2026]).

Note: If you intend to apply in the Health Professional stream, you must be engaged in active clinical service for the duration of your award. Click "yes" to confirm.

No

Research Project

Project Information

Keywords

Bioengineering, Exercise, Hormones

Theme

A clear link to human health must be evident from the research proposal. Health Research BC classifies health research according to Canadian Institutes for Health Research (CIHR)'s four health research themes. Applicants are expected to specify which of the four themes, in their opinion, best describes their research.

Biomedical research: Research with the goal of understanding normal and abnormal human functioning, at the molecular, cellular, organ system and whole body levels, including development of tools and techniques to be applied for this purpose; developing new therapies or devices that improve health or the quality of life of individuals, up to the point where they are tested on human subjects. Studies on human subjects that do not have a diagnostic or therapeutic orientation.

Clinical research: Research with the goal of improving the diagnosis, and treatment (including rehabilitation and palliation), of disease and injury; and improving the health and quality of life of individuals as they pass through normal life stages. Research on, or for the treatment of, patients.

Health services research: Research with the goal of improving the efficiency and effectiveness of health professionals and the health care system, through changes to practice and policy. Health services research is a multidisciplinary field of scientific investigation that studies how social factors, financing systems, organizational structures and processes, health technologies, and personal behaviours affect access to health care, the quality and cost of health care, and, ultimately, Canadians' health and well-being.

Population health research: Research with the goal of improving the health of the Canadian population, or of defined sub-populations, through a better understanding of the ways in which social, cultural, environmental, occupational and economic factors determine health status.

Biomedical Research



Michael Smith

**Health
Research BC**

Applicant: February Tester

Application ID: RT-2026-05381

Form: Letter of Intent

Competition: 2026 Research Trainee Competition

Does your research project have a central focus on meaningful and culturally safe Indigenous-led research?

Health Research BC considers research to be Indigenous-led if the research is led or co-led by First Nations, Métis, and/or Inuit Peoples, communities, or organizations. The research must involve Indigenous Peoples and/or communities; the research may also involve the lands and waters of those Indigenous Peoples and communities. The research may be grounded in Indigenous science, and/or use Indigenous research methods. Indigenous Peoples includes First Nations communities, whether recognized as Treaty, Status, or Non-Status; Métis and Inuit Peoples, and members of Métis organizations. This includes Indigenous people living on reserve and those living in urban and rural communities.

Yes

Does your proposed research involve First Nations, Métis, and/or Inuit Peoples, communities, knowledge, or data, even if the research does not have a focus on Indigenous health research as described above?

Health Research BC expects applicants to approach their research and knowledge translation activities with culturally safe practices that demonstrate humility, integrity, accountability and respect for Indigenous self-determination. For more details on the responsible conduct of Indigenous health research, please see Section 6 in the Research Trainee [Guidelines](#).

Applicants should indicate **yes** if their research involves Indigenous communities and their welfare according to one or more of the following, as described in [Article 9.1 of the TCPS 2 \(2022\) – Chapter 9: Research Involving the First Nations, Inuit, and Métis Peoples of Canada](#):

- research conducted on First Nations, Inuit or Métis lands;
- recruitment criteria that include Indigenous identity as a factor for the entire study or for a subgroup in the study;
- research that seeks input from participants regarding a community's cultural heritage, artefacts, traditional knowledge or unique characteristics;
- research in which Indigenous identity or membership in an Indigenous community is used as a variable for the purpose of analysis of the research data; and
- interpretation of research results that will refer to Indigenous communities, peoples, language, history or culture.
- Any other situation where the research is likely to affect the welfare of an Indigenous community, or communities, to which prospective participants belong.

Note: If you respond “Yes” to either question above, or if your proposal is deemed to meet one of these criteria by Health Research BC staff, your application will be reviewed by experts in Indigenous health research during the peer review process. See [Evaluation Criteria - Indigenous Health Research \(Appendix A\)](#) for details on how applications that are focused on Indigenous health research and/or involve First Nations, Métis, and/or Inuit Peoples, communities, knowledge, or data will be assessed.

Yes

Note: If you respond “Yes” to either question above, or if your proposal is deemed to meet one of these criteria by Health Research BC staff, you will be asked in your Full Application to describe the relationships in place and how your approach to the governance and management of data complies with community/organizational ethical guidelines. Your Full Application will be reviewed by experts in Indigenous health research during the peer review process. See [Evaluation Criteria](#) - Indigenous Health Research Appendix A for details on how applications that are focused on Indigenous health research and/or involve First Nations, Métis, and/or Inuit Peoples, communities, knowledge, or data will be assessed.

Top-up funding to support Indigenous community engagement

Health Research BC is offering top-up funding of up to \$10,000 to successful applicants whose research involves meaningful engagement with Indigenous communities to support those engagement activities.

Are you interested in applying for this top-up funding? If yes, you will be asked to describe your planned activities and complete a budget table in the full application. These funds will be administered in the same manner as the research and travel allowance. Please see Section 7 in the [Guidelines](#) for more details.

Yes

Title

Enter the title of your Research Project.

Test title

Lay Summary

The lay summary must be written in plain language that is suitable for a non-scientific audience. In the lay summary, please include:

- a description of the knowledge gap that is being addressed by the research
- a description of the research and KT activities
- anticipated outcomes
- potential impacts on practice, policy or future research

The lay summary may be used to identify appropriate peer reviewers for your application and will be used by staff to identify alignment with the interests of potential co-funding partners. If your application is successful, the lay summary will be posted on the Health Research BC website.

For guidance on writing plain language summaries:

- Health Research BC KT Encounters blog post from health literacy researcher Iva Cheung ([click here](#))
- BC SUPPORT Unit plain language guide ([click here](#))



Scientific Summary

The scientific summary should be understandable by a multi-disciplinary group of scientific reviewers. In the scientific summary, please include:

- objectives/research questions
- a description of the research and KT activities
- anticipated outcomes
- potential impacts of this research on practice, policy and future research.

The Scientific Summary may be used to identify peer reviewers for your application.

Environment and Support

Research Location

Research Location

The Research Location is the location where the majority of the research will be conducted (e.g. a research centre, health authority, academic institution, etc.). This may be different from the Host Institution.

To select your Research Location(s) begin typing the institution name in the area below, then select the correct institution when it appears as an option. You may select multiple Research Locations if necessary.

Please [click here](#) to see the list of Organizations in Health Research BC ApplyNet.

If your research location is not listed, please contact Health Research BC Help Desk at helpdesk@healthresearchbc.ca.

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