Applicant: October Tester
Application ID:
RT-2025-04748
Form: Full Application
Competition: 2025 Research
Trainee Competition

Host Institution Full Application Deadline: 02/20/2025 04:30 PM

Prefix: Prof.

First Name: October

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)

They/Them

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	Department	Position

Host Institution

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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 for the duration of your award is/will be located.

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

Position

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

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

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Applicant Expertise and Experience

Career Timeline

Information for the Clinical Training and Research Degrees, Employment History, and Supervisory Experience tables are automatically populated from your contact profile. If these tables are blank, you can access your contact profile to make any required updates by clicking here. You must submit your contact profile again to be able to have the data appear in your application form.

Please scroll down to "Slow-downs and Career Interruptions Impacting Research Productivity" to continue answering questions in this application.

To make changes to read-only sections, please contact the Health Research BC Help Desk

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 submitting your letter of intent.

Month	Year	Degree	Institution	Area of Study
January	2021	MSc	Institution	Area of Study
December	2019	Clinical Training	Institution	Area of Study
April	2018	BSc	Institution	Area of Study

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Date of Degree Completion

This is the date on which all requirements of your degree have been met. Proof of PhD completion is **mandatory**: 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.

07/01/2024

Employment History

Information in the Employment History table is automatically populated from your contact profile. Please complete this prior to submitting your letter of intent.

Start Month	Start Year	End Month	End Year	Position	Department or Faculty	Organization	Full Time/Part Time/Unsalaried
January	2021	January	2023	Position	Department	Organization	Full Time
January	2020	December	2021	Position	Department	Organization	Part Time
January	2018	December	2019	Position	Department	Organization	Unsalaried

Are you a health professional currently engaged in active clinical service?

Note: You must be engaged in active clinical service for the duration of your award. Click "yes" to confirm.

Yes

As a health professional, you have the option to apply as an HP applicant or a PhD applicant. Please confirm how you would like to apply.

You are responsible for ensuring you are eligible to hold a Post Doctoral Fellowship, or equivalent, for the requested duration of your award. Please discuss with the relevant body at your host institution (i.e., supervisor, department, office of research services, postdoctoral fellow office, etc.).

HP Applicant
• must have commitment for a minimum of 50% protected research time
• must be licensed to practice in BC
• must be engaged in active clinical service for the duration of your award

PhD (or equivalent) Applicant
• must have commitment for a minimum of 75% protected research time

If you are a health professional and are uncertain which option applies to you, please contact
trainee@healthresearchbc.ca

HP applicant

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Have you experienced any career interruptions?

New for 2025. Health Research BC has adjusted the eligibility calculation process to align with the Tri-Agency policy on leave credits for early career researchers:

Please only enter the career interruptions that occurred *after* the completion of your PhD or health professional degree.

- The following career interruptions will be considered by the peer review panel to have an effect on research productivity of twice the amount of time taken: parental, medical, care-taking and bereavement leaves. For example, for a parental leave of 6 months, the applicant's career will be considered to have been affected for 12 months.

- Other career interruptions will be considered equal to the amount of time taken. This includes all interruptions related to career development, such as residency training, clinical licensing, time spent in a non-research-related position, etc.

   This section should only include situations that caused a **complete stop** in your career. These career interruptions will be used to calculate your eligibility for this competition and may be used by peer reviewers to contextualize your career and evaluate your application.

   Note: situations that caused a "slowdown" in your career (e.g. reduced research hours related to care-giving, increased clinical duties resulting in reduced research hours) may be described later in the Full Application.

Yes

Number of Career Interruptions

One

Career Interruption 1

Please only enter the career interruptions that occurred after your PhD or health professional degree completion.

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Career Interruption Start Date: 09/01/2024

Career Interruption End Date: 11/01/2024

Interruption Duration in Months: 4

Career Interruption Description: Parental Leave

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Slow-downs and Career Interruptions Impacting Research Productivity

This question is **optional**.

If applicable, please outline any other situations or events impacting your research productivity over the course of your research career, from your research training through your current position, *except* for those already outlined in the Career Interruptions section. These events may include slow-downs (i.e. situations where you worked part time or reduced hours) that impacted your productivity for more than one month. Data provided here is not included in the award eligibility calculation, but may be used during peer review to contextualize your career.

Some examples of relevant situations/events for this section include:

- parental or medical leave that is not in the Career Interruptions (e.g. parental leave that occurred earlier in your research career)

- reduced working hours due to caregiving responsibilities (including additional caregiving responsibilities related to the COVID-19 pandemic)

- reduced working hours due to a medical condition (including reduced working hours related to illness with COVID-19)

- disaster management and recovery (e.g. damage or research disruptions >1 month resulting from disasters such as floods, wildfires)

Please format your answer in **point-form** in consecutive order from least to most recent. Each event should include:

- a brief description of the event
  - Medical, caregiving, or other personal leave may be described generally; for example, language such as "reduced working hours for medical reasons" or "personal leave" is sufficient

- start and end dates

- a quantification of the impact during the period of the interruption/slowdown (e.g. 50% reduction in working hours)

Medical leave (March 2020 to June 2023) 20% reduction in working hours

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When the COVID-19 pandemic began (January-March 2020), my position was:

Graduate student

Requested Award Duration

Requested Award Duration (months)

Please indicate the number of months of support you are applying for (minimum 12, maximum 36).

24

Justification for the Requested Award Duration

Justification for the requested award duration.

Career Trajectory

This section will complement the significant contributions section and assist peer reviewers in assessing your experience, expertise and the quality of your research outputs.

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Research Career Trajectory

Describe your research career path, including your training, current role, professional development, and plans for the future. Your description should include all of the research training that you have received, both formal (e.g. MSc, postdoctoral or clinical research fellowships) and experiential (e.g. mentorships or other informal training).

Please format your response in a point-form list, in consecutive order from **least to most recent**.

(Required) Include the following in your response:

- **Dates**, **institution**, and **supervisor/mentor**, and a brief description of the supervisor's/mentor's expertise

- Comment on the **context and contributions of your training to your career path.** What skills/knowledge did you gain from your training?

Indigenous health research panel applicants (Scholar and RP-I) and applicants with focus on Indigenous Health Research (Research Trainee): An acknowledgement of your roles, responsibility, and privileges that enable your research and knowledge exchange (KE) activities. Applicants to other panels may also include this information.

(Optional) You may also comment on the following in this section:

- If your career path has involved a **career change or unusual shift in trajectory** (including impacts of the COVID-19 pandemic), please explain your new direction.

- If your training or career has **taken place outside of Canada** and the study or research environment was significantly different from that in Canada, comment on how that has impacted your career path and research (availability of training opportunities, academic positions, etc).

- Describe the contributions of **your lived experience** to your career path and research, should you wish to share this information.

Dates, institution, and supervisor/mentor, and a brief description of the supervisor's/mentor's expertise Comment on the context and contributions of your training to your career path. What skills/knowledge did you gain from your training?

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Alignment of Clinical Experience with the Proposed Research

> This question is **optional.** Describe how your clinical and research training and experience (both formal and experiential) align and link with your proposed research and methods. How does your background prepare you for success in leading the proposed research project?

This question is optional. Describe how your clinical and research training and experience (both formal and experiential) align and link with your proposed research and methods. How does your background prepare you for success in leading the proposed research project?

Award Impact Statement

> Describe what impact Research Trainee award will have on your career. How will the funds help establish or advance your career as an independent researcher?

Describe what impact Research Trainee award will have on your career. How will the funds help establish or advance your career as an independent researcher?

Supervisory and Mentorship Experience

Supervisee/Mentee	Currently Supervised	Currently Co-Supervised	Past 6 Years Supervised	Past 6 Years Co-Supervised
Undergraduate	2	0	0	0
Masters	0	1	0	0
Doctoral	0	0	3	0
Postdoctoral	0	0	0	5
Other	0	0	0	0
Total	2	1	3	5

Research Leadership and Outputs

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Leadership in Research Activities

Describe up to 3 projects that you have led or had key responsibilities. Peer reviewers may use this information as evidence of your successful leadership of research teams and activities.

For each project, please include:

- Title of project

- Dates of project

- Short description (2-3 sentences max.) of your role and responsibilities on the project

- A list of the funding source(s) and the dollar amount (in Canadian dollars) of the grant(s) supporting the research activities. If it was a collaborative grant, indicate the dollar amount of the funds supporting your research activities.

Title of project
Dates of project
Short description (2-3 sentences max.) of your role and responsibilities on the project
A list of the funding source(s) and the dollar amount (in Canadian dollars) of the grant(s) supporting the research activities. If it was a collaborative grant, indicate the dollar amount of the funds supporting your research activities.

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Context to Support Assessment of Research Quality and Outputs

This section is **optional**.

If applicable, please provide contextual information to help reviewers better assess the quality of your research and/or productivity relative to applications in other areas within your research theme. Peer reviewers may use your response to assess your experience and achievements within the given context. Information suitable for this section may include the following:

- If relevant, provide information on the standard type or quantity of publications for your career stage and discipline relative to other fields, rationale for your choice of research journals or knowledge translation methods, important environmental context to help reviewers understand your research productivity (such as fieldwork, length of time to complete studies, etc.)

- If you have publications in non-English journals or journals that are outside of health research disciplines, provide context to help reviewers assess the quality and impact of your publications

- If your training or career has taken place outside of Canada and the study or research environment was significantly different from that in Canada, comment on how that has impacted your research outputs (availability of research funding, opportunities to publish research results, etc.)

Most Significant Contributions to Research and Impact

Please describe up to five (5) of your most significant contributions to research and its impact (i.e. knowledge translation), including how your research has contributed to your field and/or influenced the activities of research users.

The contributions should be relevant to the research proposed in this application. This section should create a narrative that will assist peer reviewers in assessing how your expertise and experience positions you to complete the proposed research, and in evaluating the quality of your research outputs and knowledge translation activities.

As Health Research BC is now a signatory of the Declaration on Research Assessment (DORA), we no longer allow the use of journal-based or publication metrics, such as Journal Impact Factor or citation counts, as a surrogate measure of research quality.   In keeping with best practices for responsible research assessment, Health Research BC no longer allows the use of article citation counts, or H-index, as surrogate

measures of research quality or researcher excellence. **Please do not include Journal Impact Factors, H-index, or citation counts in your application.**

The onus is on you to demonstrate the quality and impact of your contributions. Provide enough context for your achievements that peer reviewers from outside your field can assess your contributions relative to other applicants.

Include supporting documentation appropriate to the contribution being described. You may append up to 5 PDFs to the Most Significant Contributions upload field. Examples may include:

- publications/pre-prints

- invitations to speaking engagements

- documentation of datasets or contributions to intellectual property

- letters of support from community representatives or patient, public or community partners

Peer reviewers may use these supporting documents to assess the quality of the contributions; however, they are not obligated to read these materials in their entirety.

Peer reviewers will assess the Significant Contributions while taking into consideration information in the Applicant Expertise and Experience and Career Trajectory sections.

Most Significant Contributions

Indicate the number of Significant Contributions (minimum 1, maximum of 5) you wish to identify.

2

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Most Significant Contribution 1

In separate lines, please provide the following information on your Significant Contribution:

A. **Activity Type** (Activity type examples: publication, knowledge translation or knowledge exchange activity, dataset, etc.)

B. **Date**

C. **Description of Contribution** - Describe the contribution or activity.

- For publications, provide the reference and a brief description of the content.

- For presentations, provide a title, a brief description of the content and the event.

- List any partners, communities or interested parties (e.g. research users) involved.

D. **Target Audience and Significance of the Contribution** - Describe the impact of this activity on your field of research, on your research project/program and/or on your research career.

- Describe the groups who will be impacted by the research and/or knowledge translation activity, for example, undergraduate nursing students, researchers in the field of diabetes, clinical researchers and methodologists, patients and caregivers and the general public, etc.

E. **Applicant Role** - Explain your role in the activity, including percentage contribution.

- For example, for a publication, please indicate your role in conceptualizing the publication, obtaining and analyzing the data, and drafting the publication.

- Describe your role in supervising trainees as part of the activity, if applicable.

Activity Type
Date
Description of Contribution - Describe the contribution or activity.
Target Audience and Significance of the Contribution
Applicant Role

Most Significant Contribution 2

Activity Type
Date
Description of Contribution - Describe the contribution or activity.
Target Audience and Significance of the Contribution
Applicant Role

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Uploads

Most Significant Contributions Upload

For most journal articles that you attach, please only include the abstract. If the publication is in a smaller journal that not all Canadian universities would have access to, consider attaching the full journal article. You may attach up to five PDF uploads. Do **NOT**, upload your thesis as a publication or significant contribution.

Sample_Most_Significant_Contributions_Upload.pdf
6.3 KB - 11/13/2024 1:23 PM

Total Files: 1

Publications, Patents and Intellectual Property Rights

As Michael Smith Health Research BC is now a signatory of the Declaration on Research Assessment (DORA), we no longer allow the use of journal-based publication metrics, such as Journal Impact Factor and citation counts as surrogate measures of research quality. **Please do not include Journal Impact Factors, H-index, or citation counts in your application.**

Upload a list of publications, patents and intellectual property rights for your entire career.

- Use font size 11-point, Arial (or equivalent other), single-spaced, on a letter-sized (21.25 x 27.5 cm / 8.5" x 11") page with a 1" margin.

- All print must be black, of letter quality, and legible.

- Uploaded document must be formatted as a PDF.

- We recommend formatting publications as a numbered list, with entries listed in chronological order (beginning with the most recent).

Please create separate lists for each category of publication, which may include some or all of the following categories:

- publications relevant to the proposed research

- journal articles

- patents and intellectual property rights

- books and monographs

- abstracts and presentations

- research, technical and government reports

- articles in professional or cultural journals without review

For each publication, format the entry as follows:

- Bold your name.

- Underscore the name of trainees you supervised.

- Include a brief statement outlining your role in the publication (e.g. conceptualization, experimental design, data collection and analysis, drafting and editing the publication), your role in supervising trainees, and your percent contribution.

- If the manuscript is accepted or in press, indicate this in brackets at the end of the reference.

- Inclusion of digital object identifier (DOI), PubMed ID (PMID) and/or preprint server links is encouraged.

- Do not include Journal Impact Factors, H-index, or citation counts in your publication list.

To help peer reviewers assess your expertise and the quality of research outputs, please use the Most Significant Contributions section to highlight the significance and impacts of your work in greater depth.

Publications.pdf
54.4 KB - 11/13/2024 1:27 PM

Total Files: 1

References

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Name	Email	Invitation Status	Activity Status
Kate Tester	katetesterprod@gmail.com	Accepted	Submitted

Research Project

Project Information

Keywords

Tobacco, Trauma, Nervous System

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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 in 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 better understanding of the ways in which social, cultural, environmental, occupational and economic factors determine health status.

Biomedical Research

Does your proposed research include a focus on Indigenous Health?

From the Canadian Institutes of Health Research's "Defining Indigenous Health Research", Indigenous health research can be defined by any field or discipline related to health and/or wellness that is conducted by, grounded in, or engaged with, First Nations, Inuit or Métis communities, societies or individuals and their wisdom, cultures, experiences or knowledge systems, as expressed in their dynamic forms, past and present. [Source: CIHR (https://cihr-irsc.gc.ca/e/50340.html) Accessed October 2024]

Note: If you respond "Yes" to this question, your application will receive an independent assessment by an expert in Indigenous health research as part of the peer review process (see Evaluation Criteria - Indigenous Health Research (Appendix A) for details on the criteria the Indigenous health research expert is assessing in applications).

No

Is your proposed research KT Science-focused?

KT Science explores the theories, mechanisms, concepts and/or methods by which evidence is used in health care practice and policy. While the practice of KT covers activities to encourage and enable evidence use (for example, synthesis, dissemination, exchange and implementation of evidence), KT science is the study of those activities, including implementation science.

Note: If you respond "Yes" to this question, your application may be reviewed by an expert in KT Science.

Title

Enter the title of your Research Project.

Enter the title of your Research Project.

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](#))

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

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.

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.

Research Project Upload

Page Format

- Use font size 11-point, Arial (or equivalent other), single-spaced, on a letter-sized (21.25 x 27.5 cm / 8.5" x 11") page with a 1" margin.

- All print must be black, of letter quality, and legible.

- Uploaded document must be formatted as a PDF.

- Any citation style may be used; however, we recommend using a numbered citation style for readability and to save space. Do not include citations/references in the Research Project document; please include them in the Appendices document instead.

Research proposals involving Indigenous communities

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Health Research BC is committed to reconciliation and to supporting health research to improve the health and wellness of First Nations, Inuit and Métis Peoples of Canada. 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. Applicants must comply with the ethical and research policies outlined in Chapter 9: Research Involving the First Nations, Inuit and Métis Peoples of Canada of the Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (2022). When appropriate, applicants must also describe their data management plan in accordance with the First Nations principles of OCAP®: ownership, control, access and possession, and/or Indigenous partnering community/organizational ethical guidelines.

Additional resources for researchers can be found on the First Nations Health Authority website and at Health Research BC's Indigenous Research Ethics Resources.

Integrating equity, diversity and inclusion (EDI) considerations in research

Health Research BC expects applicants to meaningfully and appropriately account for EDI in the design of their research programs, in the analysis and interpretation of the findings, in their KT activities, and in the composition and governance of their research teams. Health Research BC recognizes that meaningful approaches to support EDI in research and KT will vary depending on the research topic, discipline, methods, etc. Where guidance is needed, applicants are encouraged consult appropriate resources, access additional training and professional development, and seek input from more experienced mentors.

Use of generative artificial intelligence (AI) in applications: With the latest advancements and rapid uptake in generative AI (such as ChatGPT) to create content, Health Research BC discourages using generative AI tools in application development. Applications submitted to Health Research BC are expected to be the original concepts and ideas generated by the applicant. Applicants should be aware that the content created using generative AI tools may contain the intellectual property of others, false information, or biases. Applicants must ensure that their applications comply with the Tri-Agency Framework: Responsible Conduct of Research, especially pertaining to research integrity. Using AI tools could also result in your original content and ideas being harvested and used without your consent or without crediting you.

Upload a description of your research project (5 pages maximum)

We recommend that you review the Evaluation Criteria before completing this section to ensure your proposal addresses all the information that peer reviewers are asked to assess. If your research project includes a focus on Indigenous Health, please review Appendix A in the Evaluation Criteria and ensure your research project addresses the Indigenous Health criteria.

The description of the research project should include the following information:

- Background and literature review – What information is needed for other researchers to understand the research

questions, research design, and methods?

- Research question(s) and the knowledge gaps addressed by the research.

- Research design and methods.

- Expected outcomes and impacts of the proposed research.

- Pathway to impact (KT) activities must be embedded within the research proposal. See the Guidelines for additional information.

- Research project timeline – How will you successfully complete the proposed research within the award timeline? Please include any key milestones.

- Risk management plan – What are the key risks that you may encounter during your research, and how do you plan to mitigate them?

Research_Project.pdf
99.1 KB - 11/13/2024 4:03 PM

Total Files: 1

Appendices

Limit: 4 pages.

Upload a PDF document containing your appendices, which may include references/citations, tables, charts, figures and photographs. The appendices should include references/citations and data that supports your Research Project. The information in the appendices should be clearly labeled so peer reviewers can easily understand how it supports the Research Project. Data that you wish to highlight for peer reviewers (i.e. essential data that supports your research project) should be included in your Research Project document.

Appendices.pdf
47.4 KB - 11/13/2024 3:13 PM

Total Files: 1

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Response to Previous Reviews

Previous Applications

Have you previously submitted an unsuccessful application to this program?

Yes

Response to Previous Reviews

Please address issues identified in your previous review, by **quoting the reviewer comment** and **providing a response**. You are strongly encouraged to address previous reviewer feedback with solutions/corrective actions even if the current project proposal contains changes from the previous submission.

Please address issues identified in your previous review, by quoting the reviewer comment and providing a response. You are strongly encouraged to address previous reviewer feedback with solutions/corrective actions even if the current project proposal contains changes from the previous submission.

Pathway to Impact (Knowledge Translation) Activities

Health Research BC requires all applicants to undertake activities to improve the use of health research evidence in practice, policy, and further research. These important enabling activities are the "pathway to impact" for health research. Health Research BC uses the term "knowledge translation (KT)" to describe this broad range of activities, which include synthesis of research evidence, exchange of knowledge between researchers and research users, targeted dissemination, and implementation of research evidence. We acknowledge that applicants may use other terms to refer to pathway to impact and knowledge translation, including knowledge exchange (KE) and knowledge mobilization (KM).

Engaging research users — including people with lived/living experience (PWLE) — as partners throughout the research process and KT activities increases the relevance, usefulness, and usability of research evidence. If appropriate for your type of research and expected audiences, you are strongly encouraged to engage research users throughout the research process.

For more information, please refer to Section 10 of the Research Trainee program Guidelines.

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Knowledge Translation and Research User Engagement Activities

Describe any planned or current knowledge translation and knowledge exchange activities that will move your research findings along the pathway to impact. Applications focused on KT science are required to include KT practice activities as well.

Additionally, if you have already engaged, or have a plan to engage, with research users — including communities and PWLE — please describe your research user audiences, your objective(s) for the engagement activities, and how your engagement activities will improve the relevance of your research activities and contribute to improvements in health, the health system and/or in further research. For research that includes PWLE partners, please further describe what lived or living experience your PWLE partners will bring to your proposed work. Please **do not** include personal identifying details of PWLE partners in your application form.

If you do not currently have plans to engage with research users, please provide your rationale for why research user engagement is not something you are seeking to integrate into your proposed work.

Describe any planned or current knowledge translation and knowledge exchange activities that will move your research findings along the pathway to impact. Applications focused on KT science are required to include KT practice activities as well.

EDI Considerations

Applicant: October Tester
Application ID:
RT-2025-04748
Form: Full Application
Competition: 2025 Research
Trainee Competition

EDI Considerations

Describe any concrete practices or resources you will use to meaningfully and appropriately account for equity, diversity and inclusion (EDI) in the design of your research project in the analysis and interpretation of the findings, and in your KT and KE activities. Health Research BC recognizes that meaningful approaches to support EDI in research and KT/KE will vary depending on the research topic, discipline, methods, etc.

Where guidance is needed, applicants are encouraged to consult appropriate resources, access additional training and professional development, and seek input from more experienced mentors. Some resources include:

- NSERC Guide on Integrating Equity, Diversity and Inclusion Considerations in Research
- SSHRC Guide to Addressing Equity, Diversity and Inclusion in Partnership Grant Applications
- CIHR Resources on Integrating Sex and Gender Considerations into Research

Describe any concrete practices or resources you will use to meaningfully and appropriately account for equity, diversity and inclusion (EDI) in the design of your research project in the analysis and interpretation of the findings, and in your KT and KE activities.

Suggested External Readers

Suggested External Readers

Name	Title	Organization	Email	Area(s) of Expertise
Test	Test Title	Organization	Email@email.com	Trauma

External Readers to whom your application should not be sent

Name	Title	Organization
Test	Test Title	University of Test

Environment and Support

Research Location

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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.

Health Research BC-DO NOT USE

Additional Salary Award

Additional Salary Award

Do you currently hold or will you hold an additional salary award(s) for the duration of a Research Trainee award that would start September 1, 2025?

We will reach out to you for updates closer to our peer review meetings.

◉ Yes

◯ No

Please provide the following details: Name of funding organization, name of award, amount of award per year and award start and end date.

Funding organization, award, $50,000/year, January 2024 to December 2026

Collaboration or Support by Health Research BC Department

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Health Research BC cannot accept letters of collaboration or support from departments within Health Research BC (including Clinical Trials BC, Knowledge Translation, Research Ethics BC, and BC SUPPORT Unit).

Applicants who plan to collaborate with or receive in-kind support from Health Research BC departments should provide the contact details of the Health Research BC staff member in the "Collaboration or Support by Health Research BC Department" section (below). After the collaboration is successfully validated, the application will be modified so that peer reviewers will be able to see the name of the collaborating Health Research BC department, and the following statement will be added: "Health Research BC staff have internally validated this collaboration. This statement is intended to replace the Letter of Collaboration to verify plans for a collaboration between the applicant and Health Research BC Department. This statement is not an organizational endorsement of the proposed work."

Are you collaborating with or receiving support from a Health Research BC Department (including BC SUPPORT Unit, Clinical Trials BC, Knowledge Translation or Research Ethics BC)?

Yes

If "YES", please provide further information.

The contact information is for internal use only. Health Research BC Staff will confirm this collaboration internally. After the collaboration is successfully validated the application will be modified such that peer reviewers will be able to see name of the collaborating Health Research BC department and the following statement will be added: "Health Research BC staff have internally validated this collaboration. This statement is intended to replace the Letter of Support to verify plans for a collaboration between the applicant and the Health Research BC department. This statement is not an organizational endorsement of the proposed work."

> **Department Name:** Other

Letters of Collaboration

Applicant: October Tester
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Trainee Competition

Letter(s) of Collaboration (if applicable)

If applicable, upload a PDF version of any letters of collaboration or support from individuals or organizations (excluding Health Research BC).

Letters of collaboration or support are optional. If submitted, they should describe:

- The role and time commitment of the collaborator(s)

- The relevance and significance of the support being provided

- The pertinent expertise of the collaborator

Multiple letters of collaboration may be combined into one PDF document prior to uploading, or may be uploaded separately. Separately uploaded letters will appear in your application alphabetically by file name.

Letters_of_Collaboration.pdf
90.5 KB - 11/13/2024 3:18 PM

Total Files: 1

Training Environment

Training Environment

Justify your choice of research environment and supervisor(s). Why are you choosing this particular supervisor? How will this research environment benefit your project? What supports will facilitate your professional development towards independence as a researcher?

If you intend to continue with the same supervisor or remain in the same training environment (e.g. laboratory or host institution) as your previous training, please describe any supports planned to facilitate your professional development towards independence as a researcher.

Justify your choice of research environment and supervisor(s). Why are you choosing this particular supervisor? How will this research environment benefit your project? What supports will facilitate your professional development towards independence as a researcher?

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Commitments beyond proposed research project

Other than direct work on the proposed research project, describe all other academic and non-academic activities you will be involved in (e.g. teaching, courses, supervision, seminars, clinical activities, etc.). Indicate the percentage of time spent on each activity using the time frame (per week/month/year) that best describes the involvement. If available, please include detailed information about your supervisory experience (e.g., name of supervised individual, and the nature of the supervision).

Commitment, percentage time on each activity, and detailed information about your supervisory experience if applicable

Supervisor and Co-Supervisor

Supervisor

Name	Email	Invitation Status	Activity Status
Philippe Tester	patester60@gmail.com	Accepted	Submitted

Co-supervisor

Name	Email	Invitation Status	Activity Status
Asta Tester	astatester2021@gmail.com	Accepted	Submitted

If you would like to suggest a partner organization for Health Research BC to consider, please email us at partnerships@healthresearchbc.ca.

Page Format

- Use font size 11-point, Arial (or equivalent other), single-spaced, on a letter-sized (21.25 x 27.5 cm / 8.5" x 11") page with a 1" margin.

- All print must be black, of letter quality, and legible.

- Uploaded document must be formatted as a PDF.

- Any citation style may be used; however, we recommend using a numbered citation style for readability and to save space. Do not include citations/references in the Research Program document; please include them in the Appendices document instead.

Research proposals involving Indigenous health research

Health Research BC is committed to reconciliation and to supporting health research to improve the health and wellness of First Nations, Inuit and Métis Peoples of Canada. 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. Applicants must comply with the ethical and research policies outlined in [Chapter 9: Research Involving the First Nations, Inuit and Métis Peoples of Canada](#) of the [Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans](#) (2022). When appropriate, applicants must also describe their data management plan in accordance with the [First Nations principles of OCAP®: ownership, control, access and possession](#).

Additional resources for researchers can be found on the [First Nations Health Authority website](#).

Integrating equity, diversity and inclusion (EDI) considerations in research

Health Research BC expects applicants to meaningfully and appropriately account for EDI in the design of their research programs, in the analysis and interpretation of the findings, in their KT activities, and in the composition and governance of their research teams. Health Research BC recognizes that meaningful approaches to support EDI in research and KT will vary depending on the research topic, discipline, methods, etc. Where guidance is needed, applicants are encouraged consult appropriate resources, access additional training and professional development, and seek input from more experienced mentors.

New for 2024 - Use of generative artificial intelligence (AI) in applications: With the latest advancements and rapid uptake in generative AI (such as ChatGPT) to create content, Health Research BC discourages using generative AI tools in application development. Applications submitted to Health Research BC are expected to be the original concepts and ideas generated by the applicant. Applicants should be aware that the content created using generative AI tools may contain the intellectual property of others, false information, or biases. Applicants must ensure that their applications comply with the [Tri-Agency Framework: Responsible Conduct of Research](#), especially pertaining to research integrity. Using AI tools could also result in your original content and ideas being harvested and used without your consent or without crediting you.

Upload a description of your research project (5 pages maximum)

We recommend that you review the [Evaluation Criteria](#) before completing this section to ensure your proposal addresses all the information that peer reviewers are asked to assess. The description of the research project should include the following information:

- Background and literature review – What information is needed for other researchers to understand the research questions, research design, and methods?

- Research question(s) and the knowledge gaps addressed by the research.

- Research design and methods.

- Expected outcomes and impacts of the proposed research.

- Pathway to impact (KT) activities must be embedded within the research proposal. See the Guidelines for additional information.

- Research project timeline – How will you successfully complete the proposed research within the award timeline? Please include any key milestones.

- Risk management plan – What are the key risks that you may encounter during your research, and how do you plan to mitigate them?

Appendices

Limit: 4 pages.

Upload a .pdf document containing your appendices, which may include references/citations, tables, charts, figures and photographs. The appendices should include references/citations and data that supports your Research Project. The information in the appendices should be clearly labeled so peer reviewers can easily understand how it supports the Research Project. Data that you wish to highlight for peer reviewers (i.e. essential data that supports your Research Project) should be included in your Research Project document.

Letter(s) of Collaboration (if applicable)

Letters of collaboration should describe:

• The role and time commitment of the collaborator(s)
• The relevance and significance of the support being provided
• The pertinent expertise of the collaborator

Guidance on how to write a letter of collaboration can be found [here](#).

Note: If a collaborator has provided a reference letter, they may not submit a letter of collaboration.

Sample Consent Forms & Questionnaires Upload

Sample Most Significant Contributions Upload

Proof of Degree Completion

Please upload a copy of your PhD diploma or if you are a health professional in active service, proof of being engaged in active clinical service.

If you have not yet obtained your PhD, you don't need to upload a proof of degree at this time. If your 2025 Research Trainee award application is successful, you will be asked to submit proof of degree completion by August 31, 2025.

Publications, Patents and Intellectual Property Rights

Upload a .pdf version of your Publications, Patents and Intellectual Property Rights list for your entire career. Please click [here](#) for formatting instructions.

Applicant: October Tester
Application ID:
RT-2025-04748
Form: Supervisor
Competition: 2025 Research
Trainee Competition
Date Submitted:2024-11-13
18:55:04

Third Party Name: Philippe Tester

Date Submitted: 11/13/2024 03:55 PM

Applicant: October Tester

Application ID: RT-2025-04748

Project Title: Enter the title of your Research Project.

Organization Affiliations

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

Supervisor/Co-Supervisor Information

Supervisor/Co-Supervisor Expertise and Experience

Clinical Training and Research Degrees

Month	Year	Degree	Institution	Area of Study
January	2021	MSc	Institution	Area of Study
December	2019	Clinical Training	Institution	Area of Study
April	2018	BSc	Institution	Area of Study

Applicant: October Tester
Application ID:
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Form: Supervisor
Competition: 2025 Research
Trainee Competition
Date Submitted: 2024-11-13
18:55:04

Employment History

Start Month	Start Year	End Month	End Year	Position	Department or Faculty	Organization	Full Time/Part Time/Unsalaried
January	2021	January	2023	Position	Department	Organization	Full Time
January	2020	December	2020	Position	Department	Organization	Part Time
January	2018	December	2019	Position	Department	Organization	Unsalaried

Supervisory and Mentorship Experience

Supervisee/Mentee	Currently Supervised	Currently Co-Supervised	Past 6 Years Supervised	Past 6 Years Co-Supervised
Undergraduate	2		0	0
Masters	0	1	0	0
Doctoral	0	0	3	0
Postdoctoral	0	0	0	5
Other	0	0	0	0
Total	2	1	3	5

Your previous experience as a supervisor for trainees

Describe previous supervision experience.

Most Significant Contributions

2

Most Significant Contribution 1

Activity Type
Date
Description of Contribution
Target Audience and Significance of Contribution
Trainee's Role

Most Significant Contribution 2

Activity Type
Date
Description of Contribution
Target Audience and Significance of Contribution
Trainee's Role

Leadership in Research Activities

Title of project, dates of project, short description of your role and responsibilities, short description of trainee involvement, list of funding sources and dollar amount of the grant.

Applicant's Mentoring and Training Program

Why have you chosen to recruit this individual? Describe the strengths and competencies of the applicant.

Why have you chosen to recruit this individual?

Relevance to Research Program

Explain how the applicant's research project relates to your overall research program.

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Mentoring and training plan

Describe the mentorship and training plan that will support the applicant's career development. Where applicable, please comment on any concrete practices or resources in place to foster and support an accessible, diverse and inclusive environment.

Environment and Support

Facilities, Equipment and Personnel

Describe the facilities, equipment and personnel that will be available to facilitate the applicant's research and career development.

Funding Support

Briefly describe the source of funds secured by you for the applicant's project.

Confirmation of Protected Time for Research Activities

I agree

We value your feedback! Please provide your feedback on the Research Trainee Program and Health Research BC ApplyNet below.

Feedback

Applicant: October Tester
Application ID:
RT-2025-04748
Form: Co Supervisor
Competition: 2025 Research
Trainee Competition
Date Submitted:2024-11-13
19:01:58

Third Party Name: Asta Tester

Date Submitted: 11/13/2024 04:01 PM

Applicant: October Tester

Application ID: RT-2025-04748

Project Title: Enter the title of your Research Project.

Organization Affiliations

Organization	Department	Job Position

Supervisor/Co-Supervisor Information

Supervisor/Co-Supervisor Expertise and Experience

Clinical Training and Research Degrees

Month	Year	Degree	Institution	Area of Study
January	2021	MSc	Institution	Area of Study
December	2019	Clinical Training	Institution	Area of Study
April	2018	BSc	Institution	Area of Study

Applicant: October Tester
Application ID:
RT-2025-04748
Form: Co Supervisor
Competition: 2025 Research
Trainee Competition
Date Submitted:2024-11-13
19:01:58

Employment History

Start Month	Start Year	End Month	End Year	Position	Department or Faculty	Organization	Full Time/Part Time/Unsalaried
January	2021	January	2023	Position	Department	Organization	Full Time
January	2020	December	2020	Position	Department	Organization	Part Time
January	2018	December	2019	Position	Department	Organization	Unsalaried

Supervisory and Mentorship Experience

Supervisee/Mentee	Currently Supervised	Currently Co-Supervised	Past 6 Years Supervised	Past 6 Years Co-Supervised
Undergraduate	2		0	0
Masters	0	1	0	0
Doctoral	0	0	3	0
Postdoctoral	0	0	0	5
Other	0	0	0	0
Total	2	1	3	5

Your previous experience as a supervisor for trainees

Briefly describe your previous experience supervising research trainees (undergraduate, graduate and postdoctoral).

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19:01:58

Most Significant Contributions

1

Most Significant Contribution 1

Activity Type
Date
Description of the Contribution
Target Audience and Significance of the Contribution
Trainee's Role

Leadership in Research Activities

Title of project, date, short description of role, short description of trainee involvement, list of funding sources and dollar amount.

Applicant's Mentoring and Training Program

Why have you chosen to recruit this individual? Describe the strengths and competencies of the applicant.

Why have you chosen to recruit this individual? Describe the strengths and competencies of the applicant.

Relevance to Research Program

Explain how the applicant's research project relates to your overall research program.

Co-Supervisor Contributions to Mentoring and Training

Briefly describe your role and the resources you will provide to support the applicant's career development and training. Where applicable, please comment on any concrete practices or resources in place to foster and support an accessible, diverse and inclusive environment.

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Application ID:
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Form: Co Supervisor
Competition: 2025 Research
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19:01:58

Environment and Support

Facilities, Equipment and Personnel

Describe the facilities, equipment and personnel that will be available to facilitate the applicant's research and career development. Where applicable, please comment on any concrete practices or resources in place to foster and support an accessible, diverse and inclusive environment.

We value your feedback! Please provide your feedback on the Research Trainee Program and Health Research BC ApplyNet below.

Feedback