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Host Institution Full 02/05/2026 04:30 PM
Application Deadline:

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

Career Timeline

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	Employment Status
				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



Have you experienced any career interruptions?

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 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.



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 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 table (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. leaves 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)

Requested Award Duration

Requested Award Duration (months)

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

Justification for the Requested Award Duration



Research Career Trajectory and Positionality

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?
- **Applicants with a focus on Indigenous health research and/or engaging in community-based research:** An acknowledgement of your roles, responsibility, and privileges that enable your research and knowledge exchange (KE) activities. This does not need to be in chronological point-form.
 - **Note:** If you propose to work with your home community or a community you are a member of and you wish to identify this connection in your application, you are not expected to provide details beyond a simple statement to inform reviewers of the fact. Beyond that, you may choose to elaborate as much or as little as you wish. If you choose not to disclose your connection, reviewers may look for other evidence in your application of appropriate community engagement.

(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. This may include an acknowledgement of your roles, responsibility, and privileges that enable your research and knowledge exchange (KE) activities and does not need to be in chronological point-form.

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?

Award Impact Statement

Describe what impact the 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

Information in the Supervisory and Mentorship Experience table is automatically populated from your Contact Profile. You are NOT required to have supervisory and mentorship experience as a post-doctoral fellow, but if you do, please ensure it is recorded in the Supervisory and Mentorship table in the Contact Profile by [clicking here](#).

Supervisory and Mentorship Experience

Supervisee/Mentee	Currently Supervised	Currently Co-Supervised	Past 6 Years Supervised	Past 6 Years Co-Supervised
Undergraduate	1	1	1	1
Masters	0	0	0	0
Doctoral	0	0	0	0
Postdoctoral	2	2	4	1
Other	0	0	0	0
Total	3	3	5	2

Research Leadership and Outputs

Leadership in Research Activities

Describe up to 3 projects that you have led or in which you 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.

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, or 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/knowledge exchange), 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 or knowledge exchange activities. We recognize that significant contributions to research and knowledge translation/knowledge exchange may take different forms for researchers engaged in Indigenous health research and/or community-based research, and we welcome these outputs in this section.

As Michael Smith Health Research BC is a signatory of the [Declaration on Research Assessment \(DORA\)](#), we do not allow the use of journal-based or publication metrics, such as Journal Impact Factor and citation counts 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, Indigenous Elders, 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 Most Significant Contributions while taking into consideration information in the Career Trajectory section and the rest of the Applicant Expertise and Experience tab.

Most Significant Contributions

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

Please indicate number of significant contributions

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.

Publications, Patents and Intellectual Property Rights

As Michael Smith Health Research BC is a signatory of the [Declaration on Research Assessment \(DORA\)](#), we do not allow the use of journal-based or 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
- research outputs co-created with First Nations, Métis, and/or Inuit Peoples, communities, or organizations

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.

Reference

Name	Email	Invitation Status	Activity Status
Second Tester	secondtester16@gmail.com	Accepted	Submitted

Research Project

Project Information

Keywords

Bioengineering, Exercise, Hormones

Theme

If you need to change your theme, please email the [Health Research BC Help Desk](#) and provide the reason for the changes.

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

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

Approach to engagement with Indigenous communities

Please describe your approach to engagement with First Nations, Métis, and/or Inuit Peoples, communities, and/or organizations and how those Peoples, communities, and/or organizations are supporting your research project. In your response, please include:

- a description of the relationships in place and in development
- how the proposed approach to the governance and management of data complies with applicable community/organizational ethical guidelines, including the principles of [OCAP®](#), [the Principles of Ethical Métis Research](#) including [OCAS](#), and/or [the National Inuit Strategy on Research](#), if appropriate
- if applicable, any research agreements or community approvals in place or under development.

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



Michael Smith

**Health
Research BC**

Applicant: February Tester

Application ID: RT-2026-05381

Form: Full Application

Competition: 2026 Research Trainee Competition

Expense	Amount	Justification
Honoraria, gifts, ceremony and community protocol.	\$4,000.00	Justification
Travel and transportation.	\$1,500.00	Justification
Hosting events, gatherings and meetings.	\$1,000.00	Justification
Capacity development for the award recipient, Indigenous researchers, community members and students. This could include workshops for training or education for the community, opportunities for mentorship, guest speakers, etc.	\$1,500.00	Justification
Other. If you have additional relevant expenses that do not fit in the above categories, please include them as well as sufficient justification.	\$1,500.00	Justification
TOTAL	\$9,500.00	

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 (knowledge translation) 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.

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](#)
- [BC SUPPORT Unit plain language guide](#)

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.

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

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 original content and ideas being harvested and used without consent or credit.

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 or involves First Nations, Métis, and/or Inuit Peoples, communities, knowledge, or data, 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?
 - For research involving First Nations, Métis, and/or Inuit Peoples and communities, this may include western knowledge and evidence and/or traditional knowledge and evidence held by those communities.
- Research question(s) and the knowledge gaps addressed by the research.
- Research design and methods.
 - Provide sufficient level of detail to justify the design and methods, including supporting data such as **sample**



size and power calculations, if applicable.

- For research using Indigenous methodology(ies), a description of the methodology(ies) being applied, including the approach to health and well-being of people and land.
- Expected outcomes and impacts of the proposed research.
 - Consider including key preliminary data for the research being proposed (this information may be included in the Appendices and referenced in the description of the research project).
- Pathway to impact (KT) activities must be embedded within the research proposal. See the [Guidelines](#) for additional information.
 - For community-based research and/or research involving First Nations, Métis, and/or Inuit Peoples, communities, knowledge, or data, describe how the pathway to impact activities ensure the research findings will be returned to the community and how the community will be positively impacted.
 - If your proposed research includes significant community engagement or pathway to impact activities, you may describe the details in the Knowledge Translation and Research User Engagement Activities question below and reference it in the description of the research project.
- Research project timeline including any key milestones.
- Risk management plan –What are the key risks that you may encounter during your research (e.g. technical challenges, delays, ethics considerations and approval timelines, etc.), 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.



Michael Smith

**Health
Research BC**

Applicant: February Tester

Application ID: RT-2026-05381

Form: Full Application

Competition: 2026 Research Trainee Competition

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 keep in mind that it is possible your application may be reviewed by the same reviewers as a 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 Research Trainee program [refer to Section 10 of the Guidelines](#).

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.

EDI Considerations

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](#)



Michael Smith

**Health
Research BC**

Applicant: February Tester

Application ID: RT-2026-05381

Form: Full Application

Competition: 2026 Research Trainee Competition

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.

Health Research BC-DO NOT USE

Additional Stipend Award

Additional Stipend Award

Research Trainees who hold external stipend awards (awards held by the applicant, not the supervisor, that pay the applicant's stipend/salary) at the time of application or at the award start date, or who apply and receive such an award during the period that they hold a Health Research BC Research Trainee award, are eligible to receive incentive funding. Health Research BC considers a stipend award to be external if the award meets all four conditions below:

1. Is external to BC
2. Is granted through an open competition
3. Is peer-reviewed
4. Has a total value of 50 percent or more of the value of the Health Research BC Research Trainee award (inclusive of match funding from other funding sources).

Do you currently hold or will you hold any additional stipend award(s) meeting all four criteria listed above, which would be active during the term of a Research Trainee award that would start September 1, 2026? We will reach out to you for updates closer to our peer review meetings.

Yes

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.

Collaboration or Support by Health Research BC

Health Research BC cannot accept letters of collaboration or support from Health Research BC (including BC SUPPORT Unit).

Applicants who plan to collaborate with or receive in-kind support from Health Research BC should provide the contact details of the Health Research BC staff member in the "Collaboration or Support by Health Research BC" section (below). After the collaboration is successfully validated, the application will be modified so that peer reviewers will be able to see the following statement: "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. This statement is not an organizational endorsement of the proposed work."

Are you collaborating with or receiving support from Health Research BC (including BC SUPPORT Unit)?

No

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 are receiving training or mentorship from Indigenous Elders, Knowledge Holders, and/or other Indigenous mentors, please describe who is mentoring you and the guidance they are providing.

Applicants continuing with the same supervisor or in the same training environment (e.g. laboratory or host institution) as their previous training: Although there may be external considerations for applicants to remain in the same training environment, including family and caregiving responsibilities, a post-doctoral fellowship is an opportunity to broaden and deepen research skills. If you intend to continue with the same supervisor or in the same remain in the same training environment as your previous training, please describe any supports planned to facilitate your professional development towards independence as a researcher, including what new skills and opportunities you will gain from this fellowship.

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).

Supervisor and Co-Supervisor

Supervisor

Name	Email	Invitation Status	Activity Status
April Tester	apriltester01@gmail.com	Accepted	Submitted

Co-supervisor

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



Supervisor Form

Third Party Name: April Tester

Date Submitted: 11/14/2025 03:52 PM

Project Title: Test title

Supervisor/Co-Supervisor Expertise and Experience

Clinical Training and Research Degrees

Month	Year	Degree	Institution	Area of Study
June	2010	Master	Institution	Area of Study
June	2023	PhD	Institution	Area of Study

Employment History

Start Month	Start Year	End Month	End Year	Position	Department or Faculty	Organization	Employment Status
February	2017	December	2019	Position	Test Faculty	Fraser Health Authority	Full Time
January	2023	February	0	Position	Faculty	University of British Columbia	Part Time

Supervisory and Mentorship Experience

	Supervisee/Mentee	Currently Supervised	Currently Co-Supervised	Past 6 Years Supervised	Past 6 Years Co-Supervised
1	Undergraduate	1	0	0	0
2	Masters	0	0	0	0
3	Doctoral	0	0	0	0
4	Postdoctoral	0	0	0	0
5	Other	3	1	0	2
6	Total	4	1	0	2



Michael Smith

**Health
Research BC**

Applicant: February Tester
Application ID:
RT-2026-05381
Form: Supervisor
Competition: 2026 Research
Trainee Competition
Date Submitted: 2025-11-14
18:52:31

Your previous experience as a supervisor for trainees

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.

Most Significant Contributions

1

Most Significant Contribution 1

Leadership in Research Activities

Applicant's Mentoring and Training Program

How would you describe the strengths and competencies of the applicant?

Relevance to Research Program

Mentorship and Training plan

Environment and Support

Facilities, Equipment and Personnel

Funding Support



Michael Smith

**Health
Research BC**

Applicant: February Tester
Application ID:
RT-2026-05381
Form: Supervisor
Competition: 2026 Research
Trainee Competition
Date Submitted: 2025-11-14
18:52:31

Confirmation of Protected Time for Research Activities

Co-Supervisor Form

Third Party Name: Asta Tester

Date Submitted: 11/14/2025 04:42 PM

Project Title:

Supervisor/Co-Supervisor Expertise and Experience

Clinical Training and Research Degrees

Month	Year	Degree	Institution	Area of Study
January	2014	PhD	MRU	Social Work

Employment History

Start Month	Start Year	End Month	End Year	Position	Department or Faculty	Organization	Employment Status
January	2015	January	2018	Post-Doc Fellow	AI Department	MRU	Full Time
February	2018	June	2022	Assistant Professor	SW	Test	Full Time

Supervisory and Mentorship Experience

	Supervisee/Mentee	Currently Supervised	Currently Co-Supervised	Past 6 Years Supervised	Past 6 Years Co-Supervised
1	Undergraduate	2	0	2	0
2	Masters	1	0	0	0
3	Doctoral	1	0	0	0
4	Postdoctoral	0	0	0	0
5	Other	0	0	0	0
6	Total	4	0	2	0

Your previous experience as a supervisor for trainees



Michael Smith

**Health
Research BC**

Applicant: February Tester
Application ID:
RT-2026-05381
Form: Co-Supervisor
Competition: 2026 Research
Trainee Competition
Date Submitted: 2025-11-14
19:42:40

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.

Most Significant Contributions

Please indicate number of significant contributions

Leadership in Research Activities

Applicant's Mentoring and Training Program

How would you describe the strengths and competencies of the applicant?

Relevance to Research Program

Co-Supervisor Contributions to Mentorship and Training

Environment and Support

Facilities, Equipment and Personnel
