

Centre for Developmental and Complex Trauma

DEVELOPING RESEARCH COMPETENCY IN CLINICAL SETTINGS

RESEARCH SKILLS CPD WORKSHOPS





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www.stah.org/cdct/

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The Centre for Developmental and Complex Trauma (CDCT) and the Clinical Research Skills Programme

The CDCT was established in 2020, with the central goal of improving services, clinical practice and outcomes for marginalized social groups who have experienced significant and prolonged exposure to trauma/adversity



Improving outcomes



Reducing the gap in research and practice



Clinical and professional training



Specialist research

Developing a skilled workforce

Reducing the gap between research and practice is key to improving outcomes. To achieve this, we need a generation of clinicians and researchers who can design, analyse and report clinically-driven research, that asks critical questions.

The CDCT research skills programme has been developed to provide clinicians and researchers with the broad skills to support the delivery of clinically-focused research that translates into improved practice and outcomes for service users.

INTRODUCTION AND SCHEDULE

Evidence-informed practice is critical to the delivery of quality care, and is recognised as the gold standard by which clinicians should operate. The capacity to design, analyse, interpret and evaluate clinically driven research is therefore of central importance for practitioners and academics alike.

In recognition of the need to reduce the gap between research and practice, the CDCT have developed a series of workshops to provide both current and future clinicians with a range of skills to facilitate engagement in clinically-driven research. The workshops cover all stages of the research cycle, from initial conceptualisation through to write-up and dissemination.

The schedule of workshops is as follows:





MEET THE TRAINERS

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Dr Deborah Morris

Director of the CDCT & Course Director MSc Psychological Trauma, University of Buckingham

Deborah is a consultant clinical psychologist who has worked clinically with adults with complex trauma, personality disorder, neurodevelopmental, forensic and mental health needs in community and inpatient settings. Deborah has previously worked in professional and clinical lead positions and is currently the course director for the MSc Practitioner in Psychological Trauma course, University of Buckingham.



Deborah leads the CDCT and its research programme. Her interests and publications include; intellectual disabilities, developmental trauma, intersectionality and inclusion in trauma, adverse childhood experiences, complex trauma in marginalised populations and the physical health impacts of trauma. Her publications employ a wide range of research methodologies and analyses. Deborah regularly reviews for peer-reviewed journals and has undertaken guest editor roles. She has also supervised postgraduate research for over 10 years, including MSc and doctoral level projects.



Elanor Webb Research Associate and Lecturer

Since completing her Masters degree in Clinical Psychology Research, Elanor has worked at St. Andrew's Healthcare in a research capacity. Her publications to date have been predominantly within the field of psychological trauma, including the impacts of early childhood trauma on a range of outcomes, and factors affecting staff wellbeing.

Alongside this role, Elanor is a PhD student at the University of Central Lancashire, where she is completing a programme of research focusing on moral injury in secure mental healthcare workers. Whilst in the earlier stages of her career, Elanor has experience in designing and developing research utilising various quantitative and qualitative methodologies, and is proficient in a range of basic and advanced statistical analyses and software packages.

RESEARCHER DEVELOPMENT FRAMEWORK

The Researcher Development Framework (RDF) maps out the various domains of knowledge, behaviour and attributes that are important for developing as a successful and effective researcher. This framework was developed by Vitae to support individuals in identifying professional and personal development needs. The RDF is adopted by research and funding councils, universities and other organisations across the UK, underpinning research development strategies and training courses.

As illustrated in the figure below, the framework encompasses the four domains of A) knowledge and intellectual abilities, B) personal effectiveness, C) research governance and organisation, and D) engagement, influence and impact. Each domain comprises three subdomains, which reflect a range of associated skills and attributes pertinent to research.

The workshops being delivered by the CDCT have been developed with this framework in mind, Information on the sub-domains on which workshops map onto can be found at the bottom of each course page.



Statistics for Clinicians (SPSS Part I)



Purpose

Statistical analyses are a core competency for researchers, and an essential skill for anyone wishing to conduct their own study. Part I of this workshop will introduce attendee's to SPSS as a statistical software package for conducting data analysis. Key statistical terms and concepts (e.g., normality, power, homogeneity) will also be covered in this workshop. A dataset will be provided by the instructors for use throughout this event.

Who for?

This workshop is suitable for individuals keen to advance their knowledge and skills in commonly used statistical methods, and develop their competency in SPSS. Eligible staff from all professions are welcome to attend.

Learning outcomes

- Be familiar with the layout and functions of SPSS, including the setting up of databases and inputting of data
- Be familiar with a range of statistical concepts (e.g. statistical power)
- Be able to check the properties of a database and understand their implications for the suitability of various statistical tests.

Format

This workshop is scheduled to be an online event which will take place via MS Teams. This workshop will involve a mixture of live teaching and interactive, practical exercises. The session will run for 6.5 hours, with breaks throughout the day.

Prerequisites & requirements

There are no training prerequisites for this course. Attendee's will require access to a laptop, with the latest version of SPSS software installed. This software may be available from your organisation.



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Statistics for Clinicians (SPSS Part II)

26 MAR 2024 9:30 - 4:00

Purpose

This event is the second of a two-part workshop designed to improve competency and confidence in statistical analyses relevant to those working in clinical settings. Part II of this workshop will develop attendee's knowledge of, and equip them with the skills to conduct and report various types of analyses used in clinical research. In this workshop, we will cover t-tests (and non-parametric alternatives), odds and risk ratio's, chi-square tests, correlational analyses, and various types of regressions. A dataset will be provided by the instructors for this event.

Who for?

This workshop is suitable for individuals keen to advance their knowledge and skills in commonly used statistical methods, who are familiar with basic statistical concepts and the SPSS software. Eligible staff from all professions are welcome to attend.

Learning outcomes

- Be familiar with a range of statistical techniques, and know how to conduct and report each test
- Be able to select the most appropriate test based on the research question and characteristics of the data (i.e. normality, type of variables)
- Be able to design a basic data analysis plan suitable for a research study

Format

This workshop is scheduled to be an online event which will take place via MS Teams. This workshop will involve a mixture of live teaching and interactive, practical exercises. The session will run for 6.5 hours, with breaks throughout the day.

Prerequisites & requirements

There are no training prerequisites, although knowledge of basic statistical concepts and a basic level of competency in SPSS (i.e. knowledge of how to create and define variables) is required. Individuals who do not meet this requirement should attend Part I of the workshop also. Attendee's will require access to a laptop, with the latest version of SPSS. This software may be available from your organisation.



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Introduction to R (Part I)



Purpose

This event is the first of a two-part series of workshops, designed to build skills and confidence in utilising R programming to conduct basic statistical analyses. Data analysis is a core component of research, and thus developing skills in this area is of high relevance and importance to those wishing to conduct their own projects and evaluations. R Studio is a software which uses programming language to handle data and conduct statistical analyses. As a completely free software, it offers greater accessibility and functionality compared to other packages, such as SPSS, and is a highly sought-after skill. Part I will focus on becoming familiar with the R environment, alongside setting up and preparing a database for analysis. A dataset will be provided by the instructors for this event.

Who for?

This workshop is suitable for individual's keen to advance their skills in quantitative statistical analysis. Specifically, i) those on educational development programmes for whom advanced statistical analyses is a need, ii) those whose role involves an element of analysing quantitative data, and iii) those who are engaged in, or are likely to engage in research that will require an understanding of advanced statistics are invited to attend.

Learning outcomes

- Be familiar with the layout, format and functions of the R programming software, and begin to understand basic programming language
- Know how to import and prepare a dataset, and conduct exploratory checks to ensure it's suitability

Format

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This workshop is scheduled to be a live, online event which will take place via Zoom. This session will involve a mixture of live teaching, practical exercises and group work. The session will run for 6.5 hours, with breaks throughout the day.

Prerequisites & requirements

A basic understanding of statistical analyses (i.e. types of tests and their use) is necessary to attend. Prior experience in R is not necessary as the workshop will begin with the foundations. Attendee's will be required to bring their own laptop, with R and R Studio installed. Instructions on how to install this freely available software will be emailed to all attendee's, prior to the event.



Introduction to R (Part II)

OCT 2024 9:30 - 4:00

Purpose

This event is the second of a two-part series of workshops, designed to build skills and confidence in utilising R programming software to conduct basic statistical analyses for research. Having become familiar with R in Part I of this workshop, the focus of Part II will be on conducting basic statistical analysis, including t-tests, correlational tests, and ANOVAs. The types of analyses covered in this workshop are commonly used in clinical research, and would provide attendees with highly relevant and applicable knowledge and skills. A dataset will be provided by the instructors for this event.

Who for?

This workshop is suitable for individual's who attended Part I of this workshop, and keen to advance their confidence and skills in designing and conducting quantitative statistical analyses. Individuals with pre-existing knowledge and a reasonable grasp of R software may also wish to attend this event without attending Part I.

Learning outcomes

- Develop the knowledge to decide the appropriate statistical test to run, based on the research question being explored and characteristics of the data
- Be competent in conducting and reporting a range of statistical tests relevant to clinical research
- Be able to understand and interpret the results of a statistical test, and what they may mean for clinical practice and policy

Format

Zoom. This session will involve a mixture of live teaching, practical exercises and group work. The workshop will run for 6.5 hours with breaks throughout the day.

Prerequisites & requirements

Attendance at Part I of this series is required for attendance at the Part II workshop. Attendee's will be required to bring their own laptop, with R and R studio software installed. Instructions on how to install this freely available software will be





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Factor Analysis (Part I)



Purpose

Factor analysis is a type of statistical test that can be used to identify subscales of items measuring the same concept. Within clinical settings, this method can be particularly useful for informing the development, selection and administration of psychometric tools. Part I of this workshop will focus on exploratory factor analysis (EFA), which is used to initially explore the structure underlying a set of survey items.

Who for?

This workshop is suitable for individuals who are already familiair with R, and keen to develop their knowledge and skills in conducting and reporting a factor analysis. Clinicians wanting to develop their own questionnaires would also benefit from this workshop.

Learning outcomes

- Understand the purpose of exploratory factor analysis
- Be able to undertake preparatory analysis to check the suitability of a dataset for reduction techniques
- Learn how to conduct EFA in R
- Understand key elements to include in the write-up of an EFA

Format

This workshop is scheduled to be a live, online event delivered via Zoom. The session will run for 6.5 hours, with breaks throughout the day.

Prerequisites & requirements

A strong foundational knowledge of statistics and familiarity with R programming software is necessary to attend; completion of the R Studio workshops, or an equivalent course, is required.

Attendee's will require a laptop, with R and R studio software installed. Instructions on how to install this freely available software will be emailed to attendee's prior to the event.



Factor Analysis (Part II)





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Purpose

Factor analysis is a useful method for developing and establishing the validity of psychometric tools, which is particularly important when working with niche populations. Part II of this workshop will focus on confirmatory factor analysis (CFA), which often proceeds EFA, and is used to test how well a hypothesised model explains the structure underlying a set of variables. The workshop will also cover multi-group CFA, which is used to examine the suitability of a factor model based on respondent characteristics (i.e. ethnicity).

Who for?

This workshop is suitable for individuals keen to develop their knowledge and skills in conducting and reporting a factor analysis, who are already familiar with R. This workshop would also be of benefit to clinicians wanting to explore the validity of psychometric tools for the clinical populations that they work with.

Learning outcomes

- Understand the purpose of confirmatory factor analysis
- Learn how to conduct CFA in R, including multi-group CFA
- Understand the key elements to include in the write-up of a CFA

Format

This workshop is scheduled to be a live, online event which will be delivered via Zoom. The session will run for 6.5 hours, with breaks throughout the day.

Prerequisites & requirements

Attendance at Part I of this series is essential for attendance at the Part II workshop. As per Part I, attendee's will require a laptop, with R and R studio software installed.



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Purpose

The Delphi method is a valuable, yet lesser used approach to the collection of opinions from expert sources. This method is particularly useful when exploring an issue or topic where there is little existing evidence or agreement. This workshop will develop attendee's knowledge of the Delphi method and their skills in designing, conducting and reporting a Delphi study.

Who for?

This workshop is suitable for clinicians at all stages of their career, who are keen to develop skills in new methodological approaches and/or are wanting to conduct an opinion study. Staff from all professions are welcome to attend.

Learning outcomes

- Have an understanding of the Delphi method, including what it involves and when to use it
- Be able to design and carry out a Delphi study that addresses an appropriate research question
- Be familiar with the key components for inclusion in the write-up of a Delphi study

Format

This workshop is scheduled to be an online event which will take place via MS Teams. This workshop will involve a mixture of live teaching and interactive, practical exercises. The session will run for 6.5 hours, with breaks throughout the day.

Prerequisites & requirements

A basic understanding of research design is necessary for this workshop. Access to a laptop is also essential for attendance at this event.





Conducting Systematic Reviews

25 JUNE 2024 9:30 - 4:00

Purpose

Systematic reviews are a popular method for methodically summarising research on a given topic. They can be particularly useful for evaluating the state of the available literature, and informing subsequent research. In this workshop, attendee's will develop knowledge and skills in conducting a systematic literature review, from conducting effective search strategies to structuring the review.

Who for?

This workshop is suitable for individuals keen to develop their knowledge and skills in synthesising and critically evaluating research. Staff from all professions are welcome to attend. You do not need to have previously conducted or published a systematic review to attend.

Learning outcomes

- Understand the purpose and key stages in conducting a systematic review
- Know how to conduct a thorough and effective literature search, and be aware of the available databases and platforms on which to carry out a search
- Be familiar with the key components for inclusion in the write-up of a systematic review

Format

This workshop is scheduled to be an online event which will take place via Zoom. This workshop will involve a mixture of live teaching and interactive, practical exercises. The session will run for 6.5 hours, with breaks throughout the day.

Prerequisites & requirements

There are no training prerequisites for this course. However, a basic understanding of how to conduct a literature search (i.e. how to select search terms), a basic understanding of research design, and familiarity with the structure of a journal article is necessary to attend. Attendee's will be required to bring their own laptop.





Meta-Analysis (Prevalence): Part I

FEB 2025 9:30 - 4:00

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Purpose

Meta-analysis is an advanced statistical method for summarising the results of multiple different studies on a particular research question. In Part I of this workshop, attendee's will develop their knowledge of meta-analyses, with a focus on key concepts, database preparation, and data analysis. A dataset will be provided by the instructors for this workshop.

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Who for?

This workshop is suitable for those in postgraduate education and those in posts where service evaluation and/or research are a core component of one's role.

Learning outcomes

- Understand the purpose of a meta-analysis and the key steps involved
- Know how to prepare a database ready for statistical analyses
- Know how to conduct a meta-analysis of prevalence, including how to calculate pooled prevalence

Format

This workshop is scheduled to be a live, in-person event which will take place in the Foster Centre at St. Andrew's Healthcare, Northampton. The session will run for 6.5 hours, with breaks throughout the day. Refreshments will be provided for the duration of the event, although attendee's will need to provide their own lunch. Hot and cold food and drinks can be purchased from the cafe on site.

Prerequisites & requirements

Familiarity with the R software is necessary to attend this event; completion of the R Studio workshops, or an equivalent course, is required. Individuals would also benefit from attending the systematic review workshop, as this workshop covers steps that precede the conduction of a meta-analysis. Prior understanding of meta-analysis is not essential as pre-course reading will be provided. Attendee's are required to bring a laptop, with R and R Studio installed. Instructions on how to install this freely available software will be emailed prior to the event.





Meta-Analysis (Prevalence): Part II

18 FEB 2025 9:30 - 4:00

Purpose

Meta-analysis is an advanced statistical method for summarising the results of multiple different studies on a particular research question. Part II of this workshop will develop attendee's knowledge and skills in the reporting of a meta-analysis to summarise the frequency of a condition or event (i.e. childhood trauma) at a standard suitable for publication in peer-reviewed scientific journals. A dataset will be provided by the instructors for this workshop.

Who for?

This workshop is suitable for those in postgraduate education and those in posts where service evaluation and/or research are a core component of one's role.

Learning outcomes

- Be familiar with the structure of a meta-analysis paper
- Understand the key components to include in the write-up of a meta-analysis, including figures and tables
- Be able to report a meta-analysis in line with gold standard guidelines (e.g., PRISMA, MOOSE)

Format

This workshop is scheduled to be a live, in-person event which will take place in the Foster Centre at St. Andrew's Healthcare, Northampton. The session will run for 6.5 hours, with breaks throughout the day. Refreshments will be provided for the duration of the event, although attendee's will need to provide their own lunch. Hot and cold food and drinks can be purchased from the cafe on site.

Prerequisites & requirements

Familiarity with the R software is necessary to attend this event; completion of the R Studio workshops, or an equivalent course, is required. Individuals would also benefit from attending the systematic review workshop, as this workshop covers steps that precede the conduction of a meta-analysis. Prior understanding of meta-analysis is not essential as pre-course reading will be provided. Attendee's are required to bring a laptop, with R and R Studio installed. Instructions on how to install this freely available software will be emailed prior to the event.



Workshop feedback

Evaluating what we do

All course offered by the CDCT are subject to an ongoing process of review and improvement, Following each session, an evaluation form is distributed to all attendee's to gain their thoughts and reflections on the course. Our portfolio of workshops is also informed by the ongoing research development needs identified by attendee's.



Average <u>pre</u>-workshop confidence rating



Average <u>post-</u>workshop confidence rating



Average change in confidence post-attendance

"I really appreciate how simplified the steps were and it made the process of running statistical analyses a lot less daunting."

Statistics in Clinical Settings

"Facilitator's explanations and practical demonstrations were great. The workshop was detailed but interactive, with very helpful slides."

Statistics in Clinical Settings

"It was really informative, got to learn a lot about systematic reviews and just research in general. Lots of useful tips that I could use for my future research"

Conducting Systematic Reviews

"The workshop was well designed focusing on the key elements of a systematic review. I enjoyed how it was delivered and the pre-course materials were helpful"

Conducting Systematic Reviews

"The quality and thoughtfulness of the slides and the experience of the facilitators was great. I feel able to reorientate myself to R by revisiting the slides"

Introduction to R

"Friendly environment, clear and simple instructions appropriate for total beginners and slides available after the session with sufficient information to replicate alone."

Introduction to R

Workshop costs

The workshops have been developed for a wide range of audiences, including qualified clinicians, as well as students and trainees. With that in mind, our workshops are competitively priced to make them as accessible as possible. We also offer a range of 'packages' which include access to multiple courses at a discounted price. Full-time students are also eligible for concession prices.

Workshop	Duration	Standard Price	Concession Price
Statistics in Clinical Settings (SPSS)	1 - 2 days	1 day - £45 / 2 days - £80	1 day - £40 / 2 days - £70
Conducting Delphi Studies	1 day	1 day - £45	1 day - £40 / 2 days - £70
Conducting Systematic Reviews	1 day	1 day - £45	1 day - £40
Introduction to R	1 - 2 days	1 day - £45 / 2 days - £80	1 day - £40 / 2 days - £70
Meta-Analysis (Prevalence)	1 - 2 days	1 day - £45 / 2 days - £80	1 day - £40 / 2 days - £70
Factor Analysis in R	1- 2 days	1 day - £45 / 2 days - £80	1 day - £40 / 2 days - £70

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Package	Workshops included	Standard Price	Concession Price
'Statistics in R'	 Introduction to R Part I & II Factor Analysis in R Part I & II 	£150	£135
'Evidence Synthesis'	 Conducting Systematic Reviews Meta-Analysis (Prevalence) Part I & II 	£120	£105
'Comprehensive Clinical Research Skills'	 Introduction to R Part I & II Factor Analysis in R Part I & II Conducting Systematic Reviews Meta-Analysis (Prevalence) Part I & II Statistics in Clinical Settings Part I & II Conducting Delphi Studies 	£390	£370

Book a course

Enquiries

In the first instance, for informal discussions or enquries about any of the workshops on offer, please contact the CDCT at:



CDCT@standrew.co.uk

Booking a course

Before booking a course, please download and complete the Booking Form, which can be found on the CDCT's website here: www.stah.org/cdct/events. Please note any prerequisites and requirements for the course/s, and ensure you are able to meet these prior to booking. This form then needs to be emailed to the CDCT using the email above.

Group bookings

To make a group booking, please email the CDCT using the email address above. When emailing. please provide the name and job role of all group members, your organisation, and the title of the course/s you are wishing to attend. Please take note of any prerequisites and requirements for the course/s, and ensure you are able to meet these prior to booking. We will also be happy to discuss any bespoke training requests for teams and organisations.

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Payment options

Payment for events can be made via cheque, postal order or PayPal. Bookings can be made via the CDCT's website here: www.stah.org/cdct/events

Deadline for bookings

Bookings for all courses will be taken up to 7 days prior to the event. Booking requests made after this period will be dependent on room capacity and availability of spaces.

Further information

All events will be delivered in locations that are wheelchair accessible. Please contact the CDCT to discuss any accessibility needs.

CENTRE FOR DEVELOPMENTAL AND COMPLEX TRAUMA

The Foster Centre St Andrew's Healthcare Billing Road Northampton NN1 5DG





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