

Getting started in clinical research: A young psychiatrist's perspective

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Let's get to know each other...

I want to know who you are

What are you doing

Let's get to know each other...

How many of you are psychiatrists?

Let's get to know each other...

**How many of you have read Freud books
in young age?**

Let's get to know each other...

**How many of you would like
to become a neuroscientist?**

Basis for the progress of medicine

The Hippocratic Oath

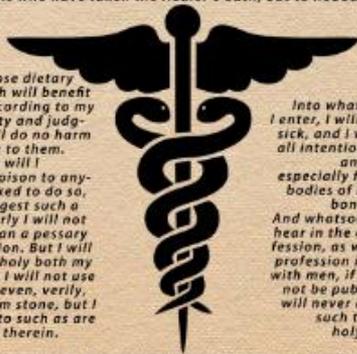
I swear by Apollo Healer, by Asclepius, by Hygieia, by Panacea, and by all the gods and goddesses, making them my witnesses, that I will carry out, according to my ability and judgment, this oath and this indenture.

To hold my teacher in this art equal to my own parents; to make him partner in my livelihood; when he is in need of money to share mine with him; to consider his family as my own brothers, and to teach them this art, if they want to learn it, without fee or indenture; to impart precept, oral instruction, and all other instruction to my own sons, the sons of my teacher, and to indentured pupils who have taken the Healer's oath, but to nobody else.

I will use those dietary regimens which will benefit my patients according to my greatest ability and judgment, and I will do no harm or injustice to them.

Neither will I administer a poison to anybody when asked to do so, nor will I suggest such a course. Similarly I will not give to a woman a pessary to cause abortion. But I will keep pure and holy both my life and my art. I will not use the knife, not even, verily, on sufferers from stone, but I will give place to such as are craftsmen therein.

Now if I carry out this oath, and break it not, may I gain for ever reputation among all men for my life and for my art; but if I break it and forswear myself, may the opposite befall me.



Into whatsoever houses I enter, I will enter to help the sick, and I will abstain from all intentional wrong-doing and harm, especially from abusing the bodies of man or woman, bond or free. And whatsoever I shall see or hear in the course of my profession, as well as outside my profession in my intercourse with men, if it be what should not be published abroad, I will never divulge, holding such things to be holy secrets.

Assistance
Management
Research
Teaching

Pros and Cons of Clinical Research



- Provide knowledge
- Keep you updated
- Develop critical sense
- Related to quality
- Motivate



- Tough!
- Commitment
- Restricts the field
- Ethical dilemmas

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Strategies for Getting a Clinical Research Job



Strategies for Getting a Clinical Research Job

Gain clarity on your career goals

- Do you want a paid job or a volunteer opportunity?
- Are you looking for full-time, part-time, or contract employment?
- Who do you want to work for?
- What job role are you most interested in?
- Are you open to relocating to a different city, state, or country?

Strategies for Getting a Clinical Research Job

- Focus on few job opportunities and always follow up
- Prepare for your interview
- Have the courage to hear “No.” Remember that you will eventually hear “Yes.”

Strategies for Getting a Clinical Research Job

Fix your Curriculum Vitae

- Present your experience clearly
- Tailor your CV
- Make it readable
- Use reverse chronological order
- Polish and fine-tune

Create your Europass CV

The Europass CV builder makes it easy to create your CV online. You can use it to apply for a job, education or training opportunities as well as volunteering.

Strategies for Getting a Clinical Research Job

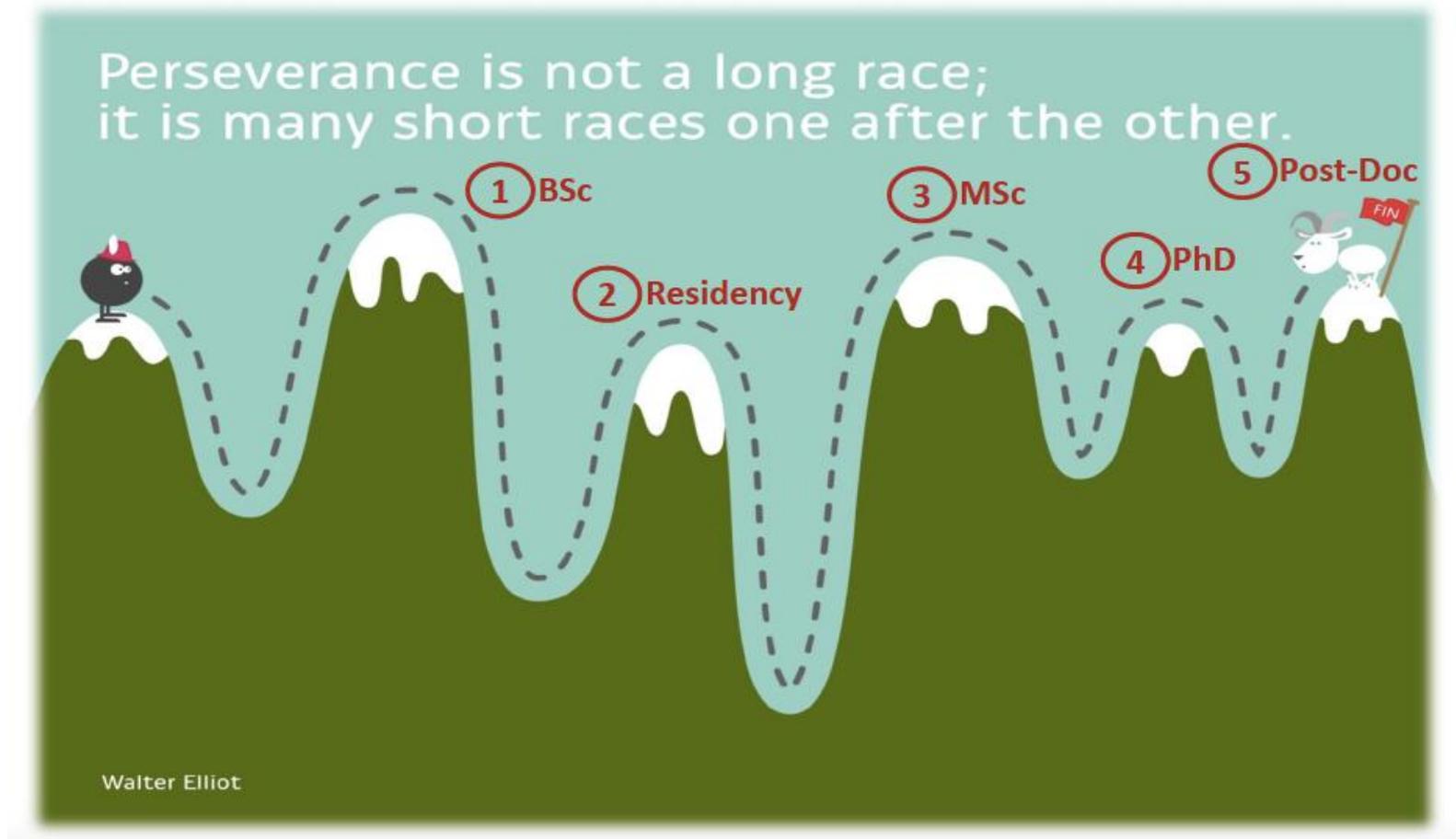
Write your motivation letter

- Why you want to apply
- Your skills or qualities that will benefit the project
- Why you are interested in the project

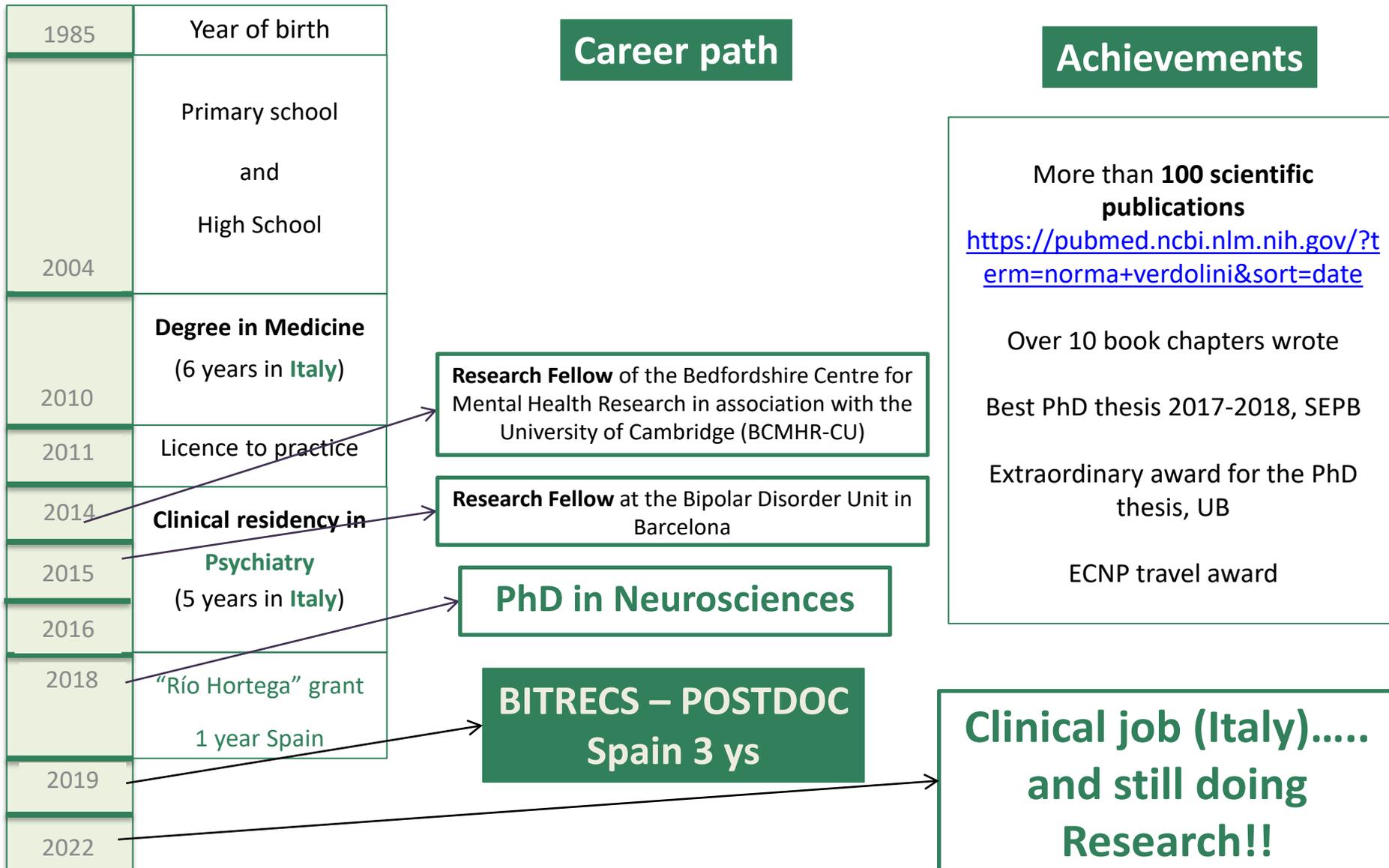
Write a conclusion to your motivation letter that summarizes your goal and leave a positive final impression

*I think that this scholarship will give me a big chance to improve my knowledge in the field of ...
I believe my qualification and your needs would be an excellent fit
I will be happy to provide any further information or documents if required
I look forward to your positive response. Thank you for your time and consideration.*

Short races -> Long race

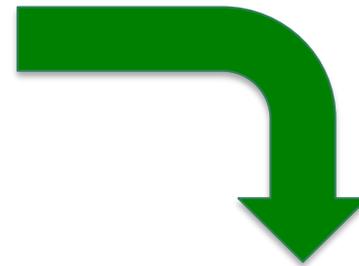
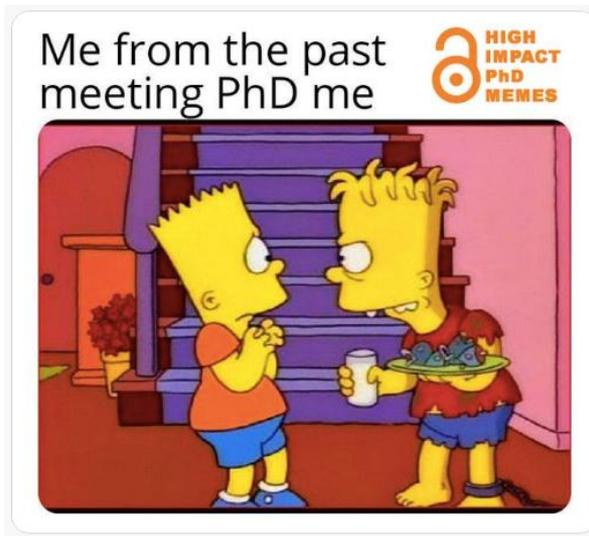


Short races -> Long race



Short races -> Long race PhD

- Make a Contribution Towards Your Chosen Field
- Enjoyment of the Subject Matter
- Long-term Career Goals
- Improving and Challenging Knowledge
- Demonstration of Intellectual Potential



Find a grant

Find a mentor

Short races -> Long race Grants

- [Newton's List](#)
- [Grants.gov](#)
- [The National Institutes of Health \(NIH\) Office of Extramural Research](#)
- [The National Science Foundation \(NSF\)](#)
- [ResearchResearch](#)

Also consider the grants offered for each country and the specific institution
i.e. Spain Instituto Carlos III

<https://www.science.org/content/page/where-search-funding#:~:text=Grants.gov%20%2D%20Grants.gov,public%20funders%20of%20research%20in>

Short races -> Long race Grants

- Determine why you require **funding**
- Ensure eligibility
- Ask the community and legitimate support
- Research the funding body and previous grant recipients
- Take your time
- Set some **realistic goals** and ideas for your application
- Consider **budget**
- Write the proposal with life and passion
- Revise, revise again and revise with friends
- Submit ahead of time

Short races -> Long race Mentor

Who is a Mentor

- Someone who can act as your **guide**
- Someone who encourages you to apply for **new opportunities**
- Someone who helps you to **navigate challenging situations** (i.e. transitioning to a new role)
- Someone who **answers questions** and **offers advice**

Someone working in the same lab as you

Someone in a level or two ahead of you

Peer mentoring or Group mentoring or “One-time” mentoring

Short races -> Long race Mentor

ECNP Mentorship Programme

The ECNP Mentorship Programme is an initiative of ECNP and it aims to provide one-on-one mentorship opportunities for [Early Career Scientists](#) across the spectrum of applied and translational neuroscience.

The mentorship programme 2020 was a pilot and the application was only available for participants who attended an [ECNP School](#) or [ECNP Workshop](#) in 2019.

A selected group of ECNP members who were senior researchers offered to become a mentor.

The mentorship programme is developed to discuss issues such as combining clinical work with a family, networking, obtaining career advice or insights in different promotion and funding options.

The programme is set up for the duration of at least two years. The mentor is encouraged to establish a long term relationship with the mentee. A total of 43 mentors from 16 different countries is available for the mentorship programme.

At this moment a two-year pilot of the mentorship programme is going on until the end of 2022.



Short races -> Long race PhD



CBE—Life Sciences Education, Vol. 20, No. 3 | General Essays and Articles

 Free Access

PhDepression: Examining How Graduate Research and Teaching Affect Depression in Life Sciences PhD Students

Logan E. Gin, Nicholas J. Wiesenthal, Isabella Ferreira, and Katelyn M. Cooper 

Grant Ean Gardner, Monitoring Editor

Published Online: 26 Jul 2021 | <https://doi.org/10.1187/cbe.21-03-0077>

Abstract

Graduate students are more than six times as likely to experience depression compared with the general population. However, few studies have examined how graduate school specifically affects depression. In this qualitative interview study of 50 life sciences PhD students from 28 institutions, we examined how research and teaching affect depression in PhD students and how depression in turn affects students' experiences teaching and researching. Using inductive coding, we identified factors that either positively or negatively affected student depression. Graduate students more commonly mentioned factors related to research that negatively affected their depression and factors related to teaching that positively affected their depression. We identified four overarching aspects of graduate school that influenced student depression: the amount of structure in teaching and research, positive and negative reinforcement, success and failure, and social support and isolation. Graduate students reported that depression had an exclusively negative effect on their research, primarily hindering their motivation and self-confidence, but that it helped them to be more compassionate teachers. This work pinpoints specific aspects of graduate school that PhD programs can target to improve mental health among life sciences graduate students.

Short races -> Long race PostDoc

A **postdoc** (or "post-doc," "postdoctoral," or "postdoctoral research") fellowship is a position available to people who have earned a doctorate

Postdoc positions usually act as a **stepping-stone** between the student experience and the full-time professional experience

Academic postdocs tend to be focused on **research** and the **academic experience**

A postdoc typically has a **higher degree of freedom** than a PhD student

Postdocs are often expected to

- **secure grants**
- **teach courses**
- **completing research objectives**
- **publishing results**



Short races -> Long race

- In the Bachelor's, you learn the basics of the area
- In the Master's, you learn what people are doing in the field and how to read scientific papers
- As a PhD, you learn how to develop your own research and start having new ideas on the field
- As a Post-Doc, you learn how to mentor other people's research while producing your own work without supervision
- When you reach Professorship you only have to look smart!

When you start your career



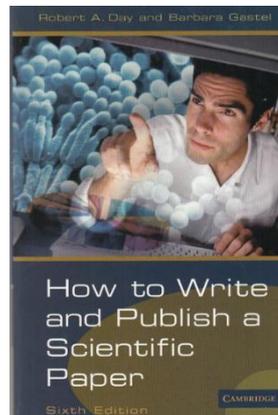
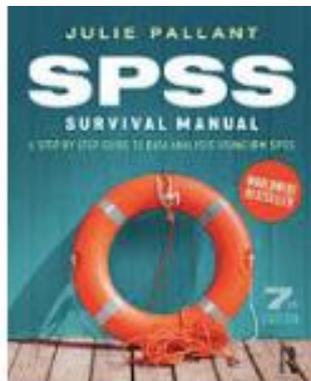
When you finally get tenure



Provisions!

Provisions!

- Scientific English & Grammar tools
- Research methodology
- Scientific writing
- Statistical tools



EJIFCC. 2014 Oct; 25(3): 259–268.
Published online 2014 Oct 24.

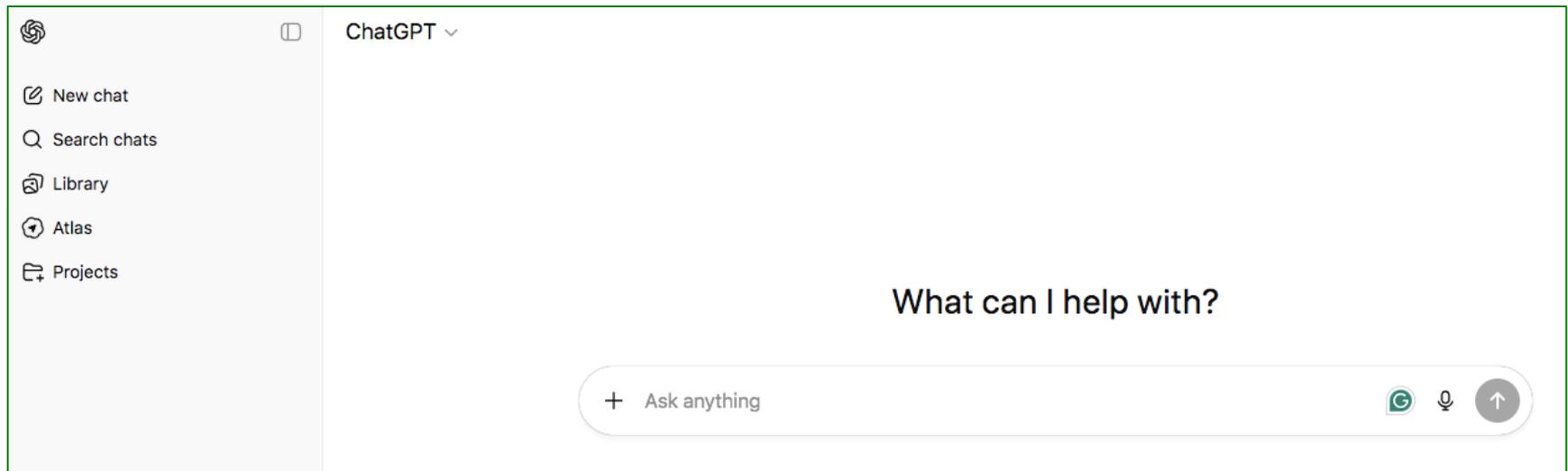
PMCID: PMC4975199
PMID: 27683473

How to Write a Scientific Paper: Practical Guidelines

Edgard Delvin,^{21,2} Tahir S. Pillay,^{3,4,5} and Anthony Newman⁶

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Provisions!



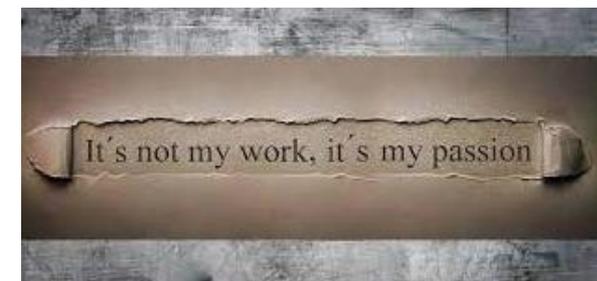
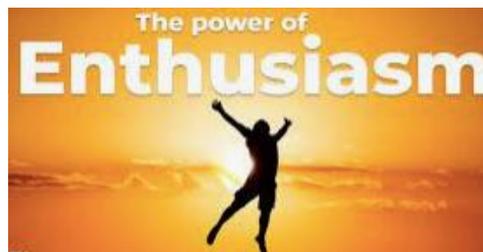
Provisions: Attitudes!


**KEEP
CALM
AND
BE
PRAGMATIC**

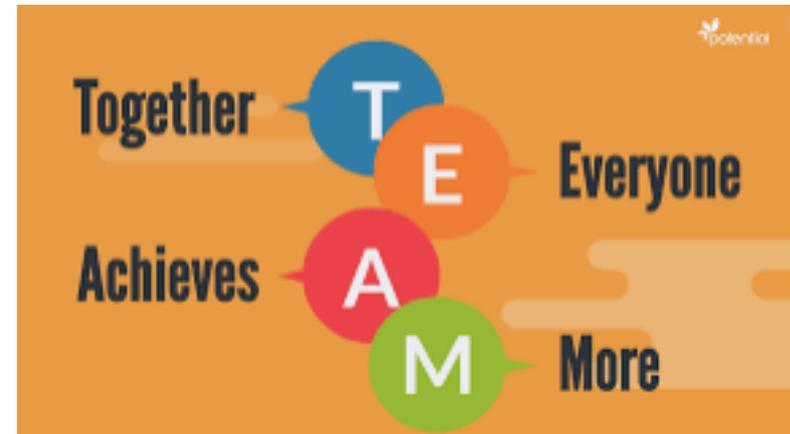


Start small, think big. Don't worry about too many things at once. Take a handful of simple things to begin with, and then progress to more complex ones. Think about not just tomorrow, but the future. Put a ding in the universe.

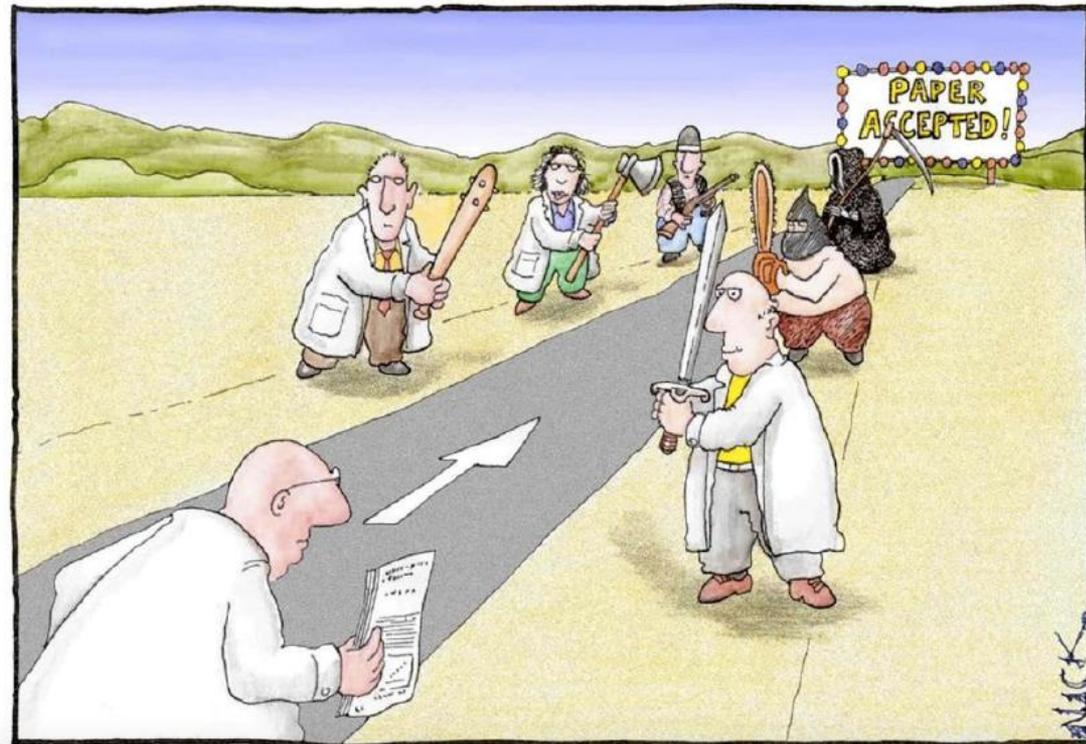
— Steve Jobs —



Provisions: Attitudes!



In research, reward is delayed...



Provisions: Networking

TIPS

- Be Open and Friendly
- Give Your Network Time to Grow
- Use Online Tools
- Be Persistent



The screenshot shows a webpage for a course titled "Networking for Researchers" on the Nature Masterclasses platform. The page includes a navigation menu, a search icon, and a login button. The main content area features a video thumbnail of a woman speaking, with buttons for "Start course" and "Sample for free". Below the video, there are three columns of text describing the course's audience, key features, and skills.

Audience	Key features	Skills
For scientific researchers wanting to gain confidence by improving their networking skills , or mentor others through the networking process Subscriptions available to institutions, departments and labs	4-module course with a course certificate 10 experts in networking including researchers, experienced academic networkers, fellows, networking consultants and communications specialists 3-4 hours of learning	Understand the theory behind and the importance of networking, and how to use your research and career goals to guide you to find appropriate networking opportunities Learn how to research and prepare key resources to help you build an effective network

Provisions: Societies

Who is an Early Career Scientist?

For benefits related to [ECNP Congress](#) and [ECNP New Frontiers Meeting](#)

1 Not older than 40 years (on the first day of the Congress)

2 Must be resident in Europe, which is the 46 countries of the [Council of Europe](#) plus Israel.



For benefits related to:

[ECNP Membership](#), [ECNP Research Internship](#), [Rising Star Award](#), [ECNP Workshop on Applied Neuroscience](#) and [ECNP Workshop on Clinical Research Methods](#)

- Not older than 40 years (on the first day of the meeting)
- Must be resident in Europe*
**Europe being the 46 countries of the [Council of Europe](#) plus Israel.*
- Pre-doctoral or doctoral student
or
Post-doc (within first four years of employment after having received their PhD)
or
Resident (MD's in training within first five years after becoming MD)

Provisions: Societies

For benefits related to:

Early Career Academy (ECA)

The Early Career Academy provides a springboard for Early Career Scientists who have gained several years of professional experience, have already participated in ECNP events, and are now advancing towards their mid-career stage.

- Must be resident in Europe*
**Europe being the 46 countries of the [Council of Europe](#) plus Israel.*
- 2-7 years after obtaining PhD degree and/or 3-9 years into MD specialisation
- An active participant in at least two ECNP events (e.g., presenter at the ECNP Congress or participant at ECNP Workshops/Courses)
- At least one first-author publication
- Be a [member/associate member](#) of ECNP or engaged to become one

[More about the ECA →](#)

Provisions!



Home / Early Career / ECNP Early Career Academy: apply now!

Early Career Academy

Empowering the next generation of scientists

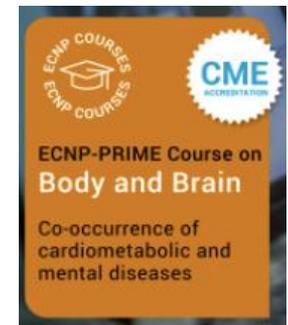
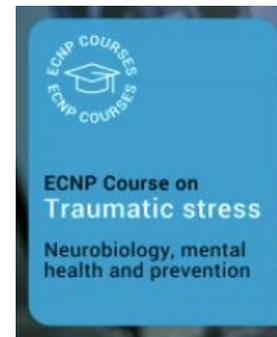
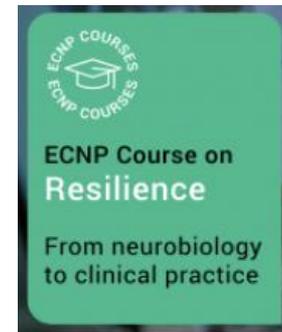
[Call for applications →](#)

Workshop on Applied Neuroscience

12-15 March 2026, Nice, France

Rising Star Award

This award honours up to two Early Career Scientists annually whose research in applied and translational neuroscience has the potential to advance the science, treatment and prevention of disorders of the brain.



Provisions: Societies

THE ISBD EARLY MID-CAREER COMMITTEE

The Future of ISBD

The purpose of the newly minted ISBD Early Mid-Career Committee (EMCC) is to provide a forum dedicated to fostering the requisite skills and experience necessary for the establishment of a productive career in research and/or clinical care focused on advancing understanding of or improving outcomes for those with bipolar disorder and related conditions. As such, the committee aims to support those in the first half of their career trajectory.

This support may take the form of developing peer-to-peer activities, educational courses, linkage with senior mentors, or any other activity which promotes the career objectives of ISBD's early-mid career membership and other early-mid career professionals outside of the Society who may eventually wish to join its ranks. It is anticipated that the committee will address critical challenges and opportunities relevant to this group, including, for example, securing grant funding, making connections with others working in the field and receiving guidance and mentorship, fostering work-life balance, and any other challenges or opportunities that may be identified by the committee in the pursuit of its goals.

EMCC Members

The following members of the EMCC proudly lend their efforts to advance the Committee's goals.

Dr. Lucas Anyayo
Dr. Olivia Dean
Dr. Katie Douglas
Dr. Gabriel Fries
Dr. Fabiano Gomes
Dr. Danella Hafeman
Dr. Rebekah Huber
Dr. Ishrat Husain
Dr. Joanna Jimenez
Dr. Neelimna Kunam
Dr. Rachel Hana Mitchell
Dr. Emma Morton
Dr. Joao Nascimento
Dr. Ives Passos
Dr. Sarah Sperry
Dr. Tamsyn Van Rheenan
Dr. Norma Verdolini

Provisions: Leisure time



**Join us for the 5km run
and yoga sessions at
ECNP Congress 2018**

Love Your Brain - It's about healthier brains!

Our 'Love Your Brain' campaign this year is designed to encourage an active, healthy and brain-friendly lifestyle among our congress participants. Hence, we are organising a series of activities to put brain health at the centre of the ECNP Congress.



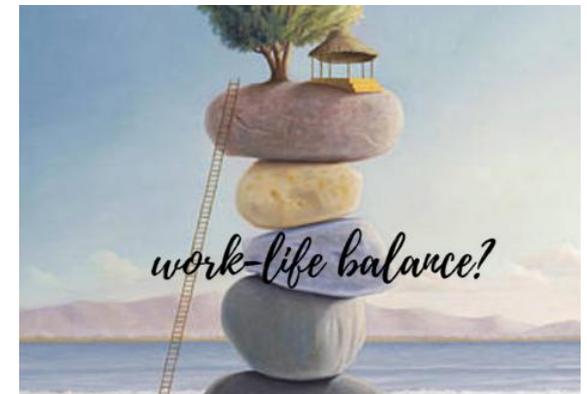
Provisions: Career – Personal life balance

Balancing professional and personal life can be challenging, but it's essential

Work-life balance is a **state of stability**, where someone equally prioritizes the demands of one's career and the needs of their personal life

Tips

- Avoid a rigid schedule
- Find a job that you love
- Prioritize your health
- Indulge in “Me” time
- Make time for friends, family, and community
- **Set boundaries and work hours**
- Set goals and priorities



Provisions: Time management

Decide and prioritize tasks by urgency and importance



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