

**Gary Lamph**  
**National Institute for Health Research Clinical Doctoral Research Fellow, 5**  
**Boroughs Partnership NHS Foundation Trust**

**RDS NW Client Video Transcript**

My name is Gary Lamph, Clinical Doctoral Research Fellow based here at the University of Manchester and I'm hosted by the Five Boroughs NHS Foundation Trust.

These Fellowships give me the opportunity to develop my academic and research expertise whilst also continuing to improve my clinical expertise in practice.

My primary research interest is in the development of an acceptable and feasible psychological intervention for people with personality disorder trait that presents primary care IAPT Services, IAPT being Improving Access to Psychological Therapy Services.

One of the major areas of improvement I've got from working with the Research Design Service in the development of my application was particularly focused around patient and public involvement.

This advice has led to me developing a research advisory steering group which is made of patients which certainly enhance my research in practice.

I also found the Research Design Service able to offer me very useful external, critical appraisal advice when I was developing the application and were able to offer me step by step guidance that helped me with my research design including the development of a research flow chart that I was able to add to my application.

One of the things I was surprised about was the fact that this wasn't just a one off contact. I got frequent support during my application process and really found the consistency of the case management process of great benefit.

If I was planning any future research I would certainly use the RDS again. Their guidance and support has been invaluable in the process of my Fellowship application and I would advise other people who are apply for NIHR Fellowships to make contact at the earliest possible stage.