

## Southampton SPCR internship projects 2025

<b>Name &amp; email supervisor(s):</b> Hannah Bowers – H.M.Bowers@soton.ac.uk
<b>Length and dates of internship:</b>  06/10/2025-31/10/2025 4 weeks full-time (or part-time over a longer period)
<b>Host department:</b> Primary Care, Population Sciences and Medical Education, University of Southampton
<b>How will the internship be conducted:</b>  <input checked="" type="checkbox"/> In person at the university <input type="checkbox"/> Virtual/ from home <input type="checkbox"/> Both are possible, depending on preference of student
<b>Title internship project:</b> Understanding long-term antidepressant use and discontinuation in areas of multiple deprivation
<b>Summary of the internship project:</b> <i>(max 250 words, can include hyperlinks to further information)</i>  The <a href="#">REDUCE programme</a> developed tools for patients and practitioners to support antidepressant discontinuation for people who have been taking them long-term and wish to stop. The majority of participants in those studies were from affluent backgrounds with higher levels of education. Research shows that in areas of multiple deprivation, people are more likely to be taking antidepressants and they may be less able to stop them if they wanted.  The planned internship will be embedded within a project that aims to understand the views and experiences of taking and stopping antidepressants with people who live in areas of multiple deprivation. We plan to conduct qualitative interviews with people from these areas about their experiences with antidepressants so that we can learn what support they might need if they wanted to stop taking them. We will also work with the community to decide what support is useful. We will do this through 'Listening Cafes', where we will talk to people with lived experience and make shared decisions about the research and about the support we design (known as co-production).  The successful applicant will assist with recruiting GP practices and patients to interviews, and with setting up and facilitating Listening Cafes. This is hands on experience with qualitative research methods, co-production, and public involvement. They will learn about intervention development methods, theory, and techniques (e.g. behaviour change and the Person-Based Approach).
<b>Learning objectives:</b> <ol style="list-style-type: none"><li>1. Learn how to recruit patients and practices into research studies, adhering to strict ethical requirements</li><li>2. Gain experience with public involvement and how this is used in health research</li><li>3. Understand how to conduct good quality qualitative interviews</li></ol>

4. Understand key concepts related to intervention development and behavioural science

**Any further information:**

This project is suitable for applicants from any academic background, but particularly those with an interest in mental health, socioeconomic deprivation, prescribing, and behaviour change (e.g. medical, psychology, sociology, nursing or pharmacy students).