

**APPLICATION FORM**

**SECTION A** APPLICANT DETAILS

**Name:** John O'Mahony

**Address:** Department of Medicine,  
Cork University Hospital,  
Cork,  
Ireland.

**Institution:**  
University College Cork, Cork (UCC)

**Job Title:**  
Lecturer in Behavioural Science (halftime)

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**SECTION B** TRAVEL GRANT DETAILS

**Purpose: (please check one)**

Faculty Development Opportunity

Conference

Education research Training

Increased stress has been identified as a key aspect of poor student health in medical school. A need exists to explore the resilience strategies medical students employ to address this challenge. I am the principal investigator on a multi-centre mixed methods research study which is quantitatively assessing medical student stress and resilience strategies using the Medical Student Stress Profile (MSSP), a validated psychometric tool. This project will provide a better understanding of the stress management strategies and resilience of medical students, facilitating the development of more effective student supports. This work has been funded by two small institutional research grants and preliminary results have been published in a leading health professions education journal. This proposal is outside the budget of the current available research funds.

The purpose of this travel grant application is to further disseminate the findings from this programme of research to an international audience with the intention of building alliances and networking with international leaders in the field of health professions education. To this end the specific objectives of the proposal are twofold:

- 1) To attend the Association for the Study of Medical Education (ASME) Conference in Toronto during April 2014 to present a paper entitled "Resilience and stress management strategies in an Irish Medical School" which has been accepted for an oral presentation. ASME is the premier international medical education conference which attracts very high calibre medical educators, researchers and leaders. An oral presentation at this conference will ensure that Irish research has the opportunity to make a meaningful contribution to the international debate on the mental health of medical students.
- 2) To use every opportunity the conference presents to network with other international researchers and leaders in the field. This includes targeting key workshops and presentations and networking both formally and informally with others in the field with the intention of building alliances which may prove fruitful in future research collaborations.

In my current role, I teach on the undergraduate medical programme and also on the postgraduate MSc. in Psychological Medicine at UCC. My teaching portfolio at undergraduate level focuses largely on human factors in healthcare, communication skills, and medical professionalism. Complementing my teaching role, my research interests have focused on burnout and stress management among practicing doctors and medical trainees.

Attendance at the ASME conference will be of direct benefit to me in my dual teaching and research role. The programme for the ASME conference this year offers a number of workshops and presentations of direct relevance to resilience and wellbeing of medical students. Key international leaders in this field including Dr Catherine Hickey and Professor Joe Mulryan are giving workshops. Attending the Toronto conference would provide me with a unique opportunity to learn from their experience and establish connections with international researchers, which may give rise to new opportunities in terms of potential future research.

With respect to how I will disseminate my learning from the ASME conference with the local and wider healthcare education research community I will

- 1) Summarise the content of the workshops, plenaries and presentations I attend and circulate this summary to the Medical Education Unit, the School of Medicine UCC Galway and the National Association of Medical Programme Directors Special Interest Group on Behavioural Science
- 2) Following ASME, my oral presentation will form the basis of a paper to be published in a Medical Education Journal.

Please clearly outline the purpose and benefit of the travel grant (max 500 words)

## Budget

Please provide details of how the grant will be spent

DESCRIPTION OF COSTS	AMOUNT REQUIRED €
Conference registration Conference registration - Early Bird discounted rate (quote: <a href="https://www.asme.com/conferencecrate2014">https://www.asme.com/conferencecrate2014</a> )	€397
Return Flights to Toronto (quote from UCC approved travel agent)	€502
Accommodation (quote from Toronto Hilton recommended on conference website)	€265
Travel Booking fee	€40
Airport transfers/ bus / airport parking	€55
Travel Total	€259
<b>AMOUNT REQUESTED</b>	<b>€1,000</b>