

Postgraduate Scholarship Information Sheet

Scholarship Title	Supporting the people behind the moment – Using mixed methods to develop a Mental Health in Equine Sport Education Programme
Reference number	WD_2023_67_WSCH
Supervisor(s)	Dr Cíara Losty (SETU) Dr Sarah Jane Cullen (DCU) Dr Arthur Dunne (SETU)
Department /School/Faculty	Department of Sport and Exercise Science, School of Health Science
Duration	4 Years(48 months)
Status: Full-time / part-time	Full Time
Funding information	SETU Co-Fund Scholarship Programme
Value of the scholarship per year for four years	€ 18,500 per year Stipend € 3000 per year research expenses PG tuition fees are covered for 4 Years under this scholarship
Teaching requirement (if any)	N/A
Closing date and time	Closing date for applications 18 th October2023 @4pm
Interview date	26 th October 2023
PhD commencement date	6 th November 2023
P Code	To be confirmed *

Post summary

Trainers and stable staff are considered the backbone of horse racing, yet they appear to be facing a precarious future. Identifying and implementing specific bespoke interventions for trainers and stable staff is a challenge until the research and understanding around the varying areas of mental health and well-being within the racing industry are better understood. The overarching aim of this research is to investigate the mental health, well-being and coping strategies amongst trainers and stable staff within the Irish racing industry to allow the development of a Mental Health in Equine Sport education programme. A survey will be distributed to all trainers and stable staff to investigate their current lifestyle and occupational behaviours, the prevalence of common mental health disorders and well-being and associated risk factors. Using a qualitative approach, semi-structured interviews will be conducted to further explore unique stressors and coping strategies used. These findings will all be interpreted to develop, implement, and evaluate a pilot Mental Health in Equine Sport education programme. This study will provide a framework to offer a safe and supportive environment for trainers and stable staff within Irish horse racing, improving

employment standards, enhancing welfare support services, ensuring career pathways and education programmes are available.

Person specification

Qualifications

Essential

- Essential. Applicants should hold or expect to attain, as a minimum a 2:1 Honours degree, or equivalent, in Psychology or Sport and Exercise Science OR a related discipline
- OR
- Hold a taught MSc degree in one of the above disciplines

Desirable

- Work or research experience within National Governing Bodies of Sport
- Interest in the Horse Racing Industry
- Experience undertaking or delivering sport psychology or mental health workshops
- Statistical analysis using appropriate software
- Conduct and analysis of qualitative interviews

Knowledge & Experience

Essential

- Very strong interpersonal skills
- Very high level of academic writing
- Motivational skills
- Personal organisational skills
- Ability to work as part of a larger team
- Applicants whose first language is not English must submit evidence of competency in English, please see [WIT's English Language Requirements](#) for details.

Desirable

- Good verbal communication skills
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Skills & Competencies

Essential

- Applicants whose first language is not English must demonstrate on application that they meet SETU's English language requirements and provide all necessary documentation. See Page 7 of the [Code of Practice](#). In order to be **shortlisted for interview**, you must meet the SETU English speaking requirements so please provide evidence in your application.

Further information

For any informal queries, please contact Dr Cíara Losty on email ciara.losty@setu.ie

For queries relating to the application and admission process please contact the Postgraduate Admissions Office via email researchadmissions@setu.ie or telephone +353 (0)51 302883.

For queries relating to the funding programme, please email research.wd@setu.ie University Website

<https://www.setu.ie/>

Application procedure

Download the [Research Postgraduate Application Form from here](#) and return the completed application to researchadmissions@setu.ie quoting advert reference code from the above table **WD_2023_67_WSCH** in the email subject line.

Please note that paper submissions will not be accepted.

The University may decide to interview only those applicants who appear from the information available, to be the most suitable, in terms of experience, qualifications and other requirements of the post.

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