

POST SPECIFICATION

Post Title	Meditation Programme Evaluation Researcher
Post Status	12 Month Fixed term contract, Full-time
Department/Function	Research
Salary	Not Disclosed
Reference	RCPI-10-2017

Post Summary

RCPI is seeking to appoint a Researcher working on the Compassion through Meditation project on a 12 month fixed term contract to support a study on the effects of meditation programme on wellbeing of healthcare workers and on care provided.

This is a mixed-method evaluation consisting of a RCT and qualitative assessment of the impact of this meditation intervention on the wellbeing of participants.

This is an exciting research role, where the successful candidate will be required to conduct a specified programme of research under the direction of the Research Manager. Key project components will include quantitative and qualitative data analysis, knowledge exchange and dissemination.

Reporting Relationship

The Researcher will report to the Research Manager.

Programme Background

There is growing evidence indicating the psychological and physiological benefits of mindfulness and meditation in the general population. In this context, meditation has the potential to improve the health and wellbeing of clinicians and, as a result, improve the treatment they provide to patients.

In collaboration with the Health Service Executive, Trinity College Dublin and St. James's hospital, RCPI has developed a training programme for clinicians titled "Compassion through Meditation." As a part of the programme, we are conducting a mixed methods study combining a RCT and qualitative research appraising benefits of the programme on the participants.

Person Specification

- Min. MSc in social science, psychology, education or related disciplines on a topic relevant to the aims of the above project
- 2-3 years relevant research experience
- An understanding of the operational requirements for a successful research project

- Good knowledge of quantitative and qualitative research methods
- Excellent organisational and administrative skills with good attention to detail
- Strong spoken and written communication skills
- Excellent interpersonal skills combined with a multi-disciplinary approach
- High personal motivation and self-management
- Good statistical analysis and data management skills
- Strong IT skills, with good knowledge of analytic programmes such as the SPSS, NVIVO, etc.

Desired

- Interest in the area of meditation
- Previous research outputs in form of peer reviewed publications
- Experience in research/ work in healthcare
- Experience in conducting a systematic review

Application Requirement

- Candidates should submit a cover letter and CV and specifically address in their cover letter how their experience fits with the requirements of the role.
- Additionally, a sample of written output from previous research project, such as a copy of a publication, essays, thesis excerpt, etc.