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## Research Mentorship scheme

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***Dr Louise Goff, Senior Lecturer in Nutrition & Dietetics***

***Departments of Nutritional Sciences and Diabetes, King's College London***

***Following my undergraduate training in Nutrition & Dietetics at Cardiff Metropolitan University I completed a PhD in Nutrition and Biochemistry at Imperial College in 2002, focused on the effects of dietary interventions on insulin resistance and type 2 diabetes. I am currently a Senior Lecturer in Nutrition & Dietetics at King's College London. My role at King's is split jointly between teaching and research. My teaching activity involves contributing to the delivery of the nutrition and dietetics programmes, and my research focuses on type 2 diabetes. Alongside this I spend my time bringing up a young family and understand the pressures of juggling work and home life.***

***I have extensive knowledge of type 2 diabetes and experience of designing and running dietary intervention trials in diabetes, cardiovascular disease and obesity. I currently lead a research team focused on type 2 diabetes in ethnic minority communities funded through a NIHR Career Development Fellowship and project grants from Diabetes UK. Through this work I have expertise in the following methods: complex intervention design and evaluation, co-design methods, design and analysis of qualitative interviews and focus groups, behavior change theory and intervention design, patient & public involvement methods. I have supervised a number of PhD students/fellows, including NIHR clinical doctoral fellowships.***

***I am passionate about nutrition research and the benefits it can bring to enhancing dietetic practice and patient care but making the decision to pursue a research career and navigating your way through the research funding and fellowship process can be***

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Published:xx, Review Date: xx

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***a daunting experience! I am keen share my experience and knowledge to help people get started.***

***I have a calm, non-judgmental and professional manner. When mentoring I encourage the mentee to be clear about what they want to discuss and identify the issues they are experiencing. I have good listening skills and am good at focusing in on the issue. I have a good understanding of the challenges of juggling work and home priorities.***