

The background features a chessboard with a white king and a black king. A large, semi-transparent circular gauge is overlaid on the right side, with a scale from 140 to 260. The gauge has a needle pointing towards the 200 mark. The text is centered within the gauge area.

# CIHR GRANT PLANNING (AND GETTING)

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## THE CONTEXT

- Started in 2019
- Associate Professor level
- Clinical Psychologist
- Psychology spans across the tri-councils
- Research focused on optimizing interventions for borderline personality disorder (including chronic suicidality and self-injury) and posttraumatic stress disorder (CIHR-y)



# MY PATH



CO-I GRANTS



CO-PI GRANTS



PI SMALLER,  
FOUNDATION GRANTS



PI LARGER, TRI-  
COUNCIL GRANTS



## MY CIHR GRANT PURSUITS

- I started by pursuing smaller grants (not CIHR)
- Of my CIHR pursuits:
  - One funded right away (COVID call- this is rare)
  - One funded on second submission
  - One funded on third submission after A LOT of preliminary work



## CIHR #3

- Sage: development and testing of a couple therapy for couples wherein one member has borderline personality disorder and is suicidal/self-harming

Develop  
treatment

Pilot on  
small sample

Uncontrolled  
trial

Randomized  
controlled  
trial

## CIHR #3

- Sage: development and testing of a couple therapy for couples wherein one member has borderline personality disorder and is suicidal/self-harming

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\$30,000 USD American Foundation for Suicide Prevention Grant (2020-2022)



# CIHR #3: NEXT STEPS

- Sage: development and testing of a couple therapy for couples wherein one member has borderline personality disorder and is suicidal/self-harming

Develop  
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Pilot on  
small sample

Uncontrolled  
trial

Randomized  
controlled  
trial

\$30,000 USD American Foundation for Suicide Prevention Grant (2020-2022)

Pilot data for RCT grant

Data collection ongoing

Spring 2022  
Apply for CIHR  
through  
Committee

**HARD PASS!**

# CIHR #3: NEXT STEPS

- Cut down budget and switch committee, go back in with more pilot data from uncontrolled trial when ready
- Slow chip away at grant revisions over the fall term while uncontrolled trial data is being collected
- “Smooth” grant submission in the spring

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controlled  
trial

\$30,000 USD American Foundation for Suicide Prevention Grant (2020-2022)

Pilot data for RCT grant

Spring 2021  
Apply for  
streamlined grant

Softer pass (16/66) - still  
streamlined



# CIHR #3: NEXT STEPS

- Amp up sample size in response to power concerns
- Tweak data analytic method (wanted more missing data attention)
- Address concern that couple intervention will have limited impact
- Some other, small concerns to be addressed

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treatment

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controlled  
trial

\$30,000 USD American Foundation for Suicide Prevention Grant (2020-2022)

Pilot data for RCT grant

Fall 2023:  
Apply for \$1.25 million  
CIHR project grant

Funded! (ranked 2<sup>nd</sup>)

# TIPS

- Knowledge mobilization plans: Saying you're going to conferences and are going to publish is not going to cut it
  - Can you do a webinar and post it to Youtube?
  - Can you do an infographic?
  - Can you hold an event?
  - Do you have stakeholders you can liaise with?
- SGBA: Nor is saying your going to covary for sex or gender and only mentioning sex and gender in that one text box
  - Can you use targeted recruitment to increase sample representativeness?
  - Can you do sensitivity analyses
  - If you're making a tool (e.g., questionnaire), can you deliberately attend to gendered wording?




# PERSONAL CONSIDERATIONS FOR GRANT PLANNING: TIMING

Submitting grant  
anticipating/  
planning for  
rejection

Being prepared to  
execute the grant

# PERSONAL CONSIDERATIONS FOR GRANT PLANNING: CHOOSING YOUR TARGET




Pursuing smaller  
Foundation-  
style grants



Pursuing, larger  
Tricouncil grants



# PERSONAL CONSIDERATIONS FOR GRANT PLANNING: BE CAREFUL WITH YOUR TIME



Be tenacious in  
pursuing  
funding



Be strategic and  
selective with your  
time

(you have limits on how  
much you can PI)