

Reading list: Interview skills for ST1/CT1

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1 Description

- This tailored reading list includes signposted web links, links to books held by the BMA library, and journal articles on the topic of Interview skills for ST1/CT1 as a supplement to the Learning and Development webinar you attended on 06 December 2023.
- The selected content is representative of the current literature on this topic, inclusion on this list does not imply endorsement from the BMA.
- If you would like to request a literature search on any aspect of this topic please fill out a [request form](#) (this service is available to BMA Members only).
- This reading list prioritises online content to ensure all attendees can benefit from this supporting resource. However most full text links will be accessible to BMA Members only. Find out more about [the benefits of BMA Membership](#) and [join here](#).
- The BMA Library prioritises an e-first approach, however if you are near BMA House in London, we have a modern, purpose-built library space where members are welcome to come and study. Find out more and see how we can help you [here](#).

2 Obtaining full text articles

2.1.1.1 Full text links

If available, the full text link has been included.

2.1.1.2 Search for Journals

The BMA Library provides access to thousands of e-journals for all BMA members. Use our [journal search](#) or [search by citation](#) options on the library website.

2.1.1.3 Article Requests

Members can use our article request service to request digital copies of articles that are not available in our library collections. We will try to obtain these copies from other libraries in the UK on your behalf for a fee: £5.10 (+VAT) for the first ten article requests; £13 (+VAT) for all subsequent requests. To request digital copies of articles, use the [order an article form](#) on the library website (you must be signed in).

2.1.1.4 E-Books

We provide free, direct access to thousands of e-books for BMA members.

2.1.1.5 Further help

For any further help with getting full text articles, please contact the BMA Library Team (bma-library@bma.org.uk)

3 Results

Results

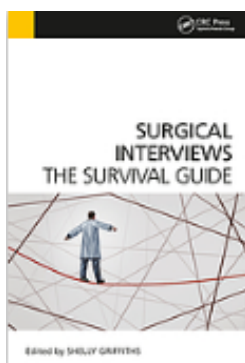
3.1 Books



Lim, D.C.G. **How to get a Specialty Training post: the insider's guide.** Oxford: Oxford University Press, 2011.

Available online through the [BMA Library](#)

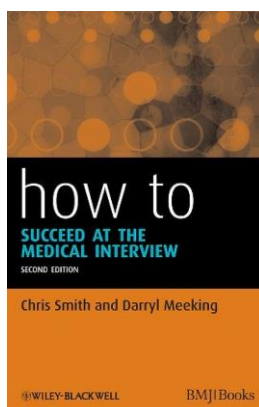
Each year, thousands of junior doctors apply for highly competitive training jobs in a variety of specialties. Obtaining a training job can be a difficult and stressful process, with some specialties attracting 40 applicants per post. This resource is a wide-ranging, accessible guide to the application process, covering every step, from online application to the selection panel. It includes essential tips on career development, interview technique, and specialty-specific advice.



Griffiths, S. **Surgical Interviews: The Survival Guide.** Milton: CRC Press, 2014.

Available online through the [BMA Library](#)

A highly detailed handbook of what to expect during surgical interviews, including applications and CV preparation, clinical scenarios, portfolios, communication, possible questions, suggested solutions, potential pitfalls and a multitude of invaluable tips to enhance the overall assessment.



Smith, C. and Meeking, D. **How to Succeed at the Medical Interview.** 2nd ed. Vol. 42. New York: Wiley, 2013.

Available online through the [BMA Library](#)

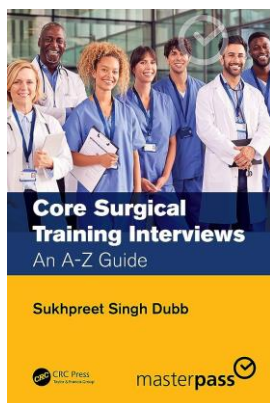
How to Succeed at the Medical Interview provides candidates with a competitive edge. It reduces the likelihood of unexpected questions or situations and helps improve confidence before and during the medical interview. This new second edition includes updated content on changes to the structure of healthcare and how this affects both the application and interview process.



Jay, R. **Brilliant Interview: What Employers Want to Hear and How to Say It.** 3rd ed. Harlow, England: Prentice Hall/Pearson, 2011. Print.

Available online through the [BMA Library](#)

Brilliant Interview will equip you with all the insights and practice you need to be the most successful interviewee around. Most people will have to do a job interview at some point in their lives. Interviews can be nerve-racking and it's easy to make mistakes. However, your performance can have a huge impact on your career so it's vital that you get your interview technique right.



Dubb, Sukhpreet Singh. **Core Surgical Training Interviews: An A-Z Guide.** United States: CRC Press, 2020.

Available online through the [BMA Library](#)

Each year the competition ratio for UK Core Surgical Training jobs is high. For every 3.3 applicants, only one will be successfully appointed to a CST post. This revision guide maximises the chances of interview success by providing comprehensive application and interview advice.



Harding, D. **Deconstructing the Interview.** First edition. United Kingdom: Oxford University Press, 2018.

Available online through the [BMA Library](#)

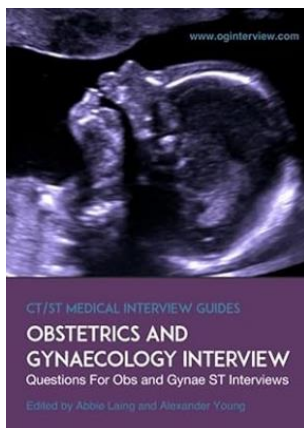
This book takes a fresh approach to passing interviews, by examining the processes which underline successful interview performances.



Picard, O. et al. **Medical interviews: a comprehensive guide to CT, ST and registrar interview skills: over 120 medical interview questions, techniques and NHS topics explained.** ISC Medical, 4th ed, 2022.

Available to loan from the [BMA Library](#)

This book takes you through all the important aspects of CT, ST and Registrar interviews and gives you an insight into the marking schemes. It also provides advice on how to handle role play, presentation, group discussion and other communication stations. and contains detail of recent NHS reforms and other hot topics which may be discussed at interviews.



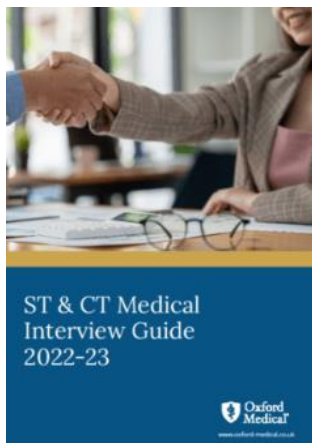
Laing, A. and Young, A. **Obstetrics and gynaecology interviews: questions for obs and gynae ST interviews.** MD+ Publ., 2015.

Available to loan from the [BMA Library](#)

Obstetrics and Gynaecology Interview is the definitive guide for anyone applying to obstetrics and gynaecology specialty training in the United Kingdom. Over 50 unique scenarios are divided into Clinical, Communication and Portfolio to match the stations that appear at obstetrics and gynaecology ST interviews. Each scenario includes common questions as asked by interviewers with comprehensive answers, summaries and top tips from high scoring, successful candidates.

3.2 Additional titles of interest

The titles below are available for purchase from both online sellers and bookshops and may also support your learning.



McGuire, S. and Wadoodi, A. **ST & CT Medical Interview Guide 2022-23**. Oxford: Oxford Medical, 2022.

Available to purchase direct from [Oxford Medical](#)

The ST & CT Medical Interview Guide is the comprehensive resource for preparing to present yourself at your very best – the key to ensuring your success. Discover what to expect from the various challenges and interview stations; Work through exercises to establish the information and best examples of your experiences; Explore good interview technique to perform at your best on the day; Practise with over 200 example interview questions to anticipate the unexpected boost your confidence.

3.3 Web links



NHS Health Careers

Interviews and medical specialty training selection centres - On this page you will find details of the different types of interview and assessment exercises you can expect to find at a specialty selection centre. There are also tips on how to prepare for these and be successful at interview.

Available online [here](#)



Health Education England (HEE)

Specialty recruitment applicant guide - this guidance will help you make the best possible application, from choosing the right specialty to guiding you through the entire application process including the interviews and selection process.

Available online [here](#)

**isc Medical**

CT/ST interview tips, plus a comprehensive list of CT, ST and SPR interview questions gathered from years of experience of coaching candidates for medical interviews.

Available online [here](#)

**BMJ Careers**

Succeeding at interview - When preparing for your interview it is important to do your homework.

Available online [here](#)

**Yeo, N, (2023)**

From Nervous to Confident: How I Prepared for My UK ST1/CT1 NHS Interviews. A Junior Doctor's Guide.

Available online [here](#)

3.4 Google Scholar



intitle:(interview OR "interview skill" OR "interview preparation" OR "preparing for interview" OR "interview timeline") ("core trainee" OR "speciality trainee" OR "specialty registrar" OR ST1 OR CT1 OR "medical specialty" OR "specialty recruitment") -"patient interview" -medline -embase

Click link to see [Google Scholar results](#)

BMA members can follow the instructions set out in [this library blog post](#) to directly access the full text of any of the Google Scholar articles that the BMA library has a subscription to (you only need to follow these instructions once).

**Please note that as Google Scholar results are ordered by relevance, the first few pages of results will be the most useful.*

3.5 Journal articles

1. Green, M. (2011).

" Shining through at a specialty training interview."

BMJ 343: d6045.

You've researched your chosen specialty or specialties, selected your preferred locations of work, and successfully submitted your specialty training application forms. Your next course of action should be to start preparing for your approaching interview. The sooner you begin your preparations the better. As the adage goes, "If you fail to prepare, you are preparing to fail." With thorough preparation, a clear understanding of the type of people the panel is looking for, and a good understanding of the person specification, your specialty training interview is something that you should expect to enjoy. Remember, when you are called to interview you have earned the right to be there, and it is your opportunity to show your passion for your chosen specialty and why you should be offered a position.

[Click here to access this article](#)

2. Sullivan, K. (2010).

" Interviewing with impact."

BMJ 341: c4799.

Creating a confident, competent impression from the minute you walk through the door right down to the moment you leave the room can be tricky. However, it is within your ability to master the art and skill of successful interviews with a bit of focused preparation. The secret to being the best match for the job—giving you a distinct advantage over other candidates—lies in your finesse at depicting a confident attitude, which translates into a calm, professional demeanour.

This article will look at how to maximise your impact and get the best outcome in any interview situation. Included here are some practical techniques that you can master, enabling you to communicate in a way that lets your true personality shine through. By sharpening your personal skills and adopting a more professional approach, you will have the advantage needed for a successful interview so that you get the job you want right now.

[Click here to access this article](#)

3. Brammar, L. (2008).

" Interview skills."

BMJ 337: cf_bral_interview_22.

While the very thought of an interview might make you feel queasy, it is important to remember that being shortlisted means you have overcome the first hurdle. Your application was strong enough to make it into the final few. Nevertheless, challenges still lie ahead, and to perform at your best on the big day you need to prepare thoroughly.

[Click here to access this article](#)
