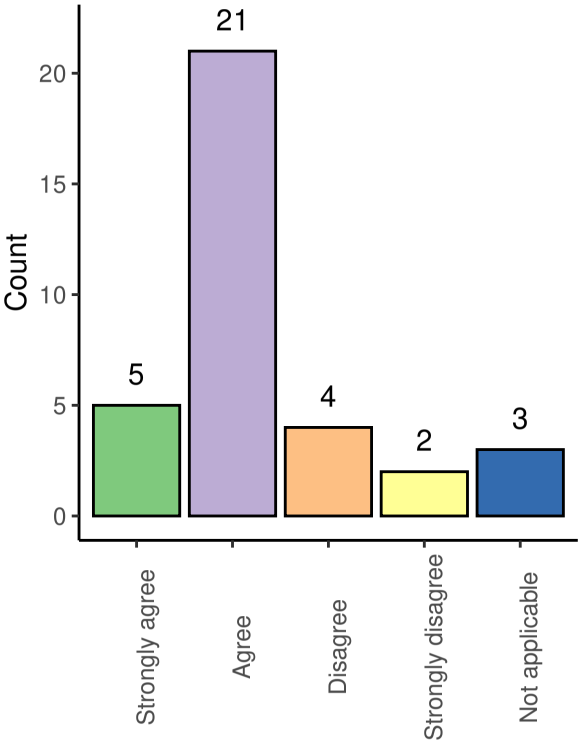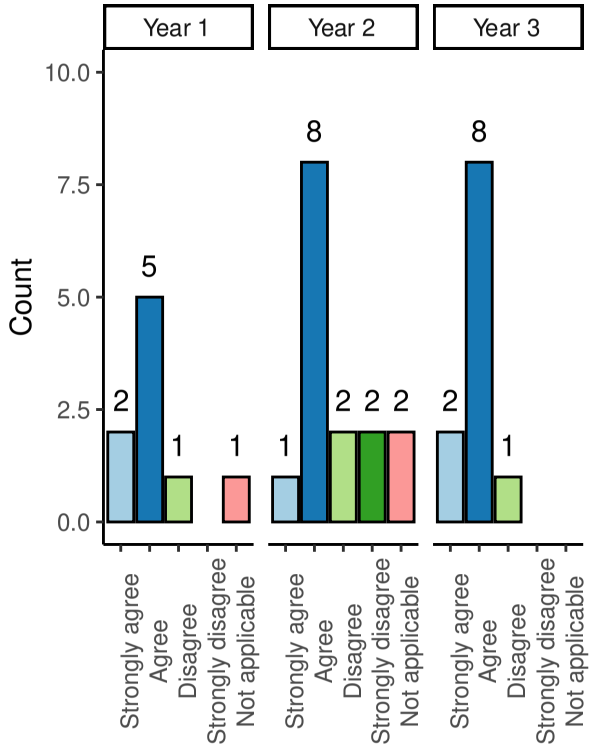The training is delivered at an appropriate time to provide me with the skills needed for my PhD project (n = 35)