

Centre for Human Specific Research Forums

User Guide

In this User Guide you will find information on how to:

1. Register
2. Log in
3. Navigate Forums
4. Navigate Topics
 - [Set up a new Topic, edit it, and discard it](#)
 - [Reply to and interact with a Topic](#)
5. Update your User Profile
6. Navigate WordPress

If you have any questions or require additional assistance, please contact us via the **Contact Us** section of the Centre for Human Specific Research website.

1. Register

- 1.1. Click **Sign Up** on the Forums page to register.

(humanspecificresearch.org/register/)

- 1.2. Fill out the User Registration Form

Username. It is recommended that your username should be your first name and surname separated by a space. Each should start with a capital letter (Figure 1A). E.g. *Ross Dobie*.

Profile Image. It is recommended that your profile image should ideally be a portrait image / headshot of yourself (Figure 1B).

Affiliation. If you have multiple affiliations, it is recommended that you add them all separated by a ; (Figure 1C). E.g. *Centre for Human Specific Research; Animal Free Research UK*.

Bio. Your bio should provide a brief overview of your current position and career history. To help others learn more about you, it is recommended that you also include your areas of interest (Figure 2A). E.g.

I am Head of Science for the Centre for Human Specific Research where I oversee scientific service delivery and content for the Centre. I earned my PhD at the Roslin Institute, University of Edinburgh, and continued as a Postdoctoral Researcher at the Centre for Inflammation Research at the Queen's Medical Research Institute. I later moved to be a Senior, then Principal Scientist at Concept Life Sciences, a Contract Research Organisation, before joining the Centre for Human-Specific Research.

With over 10 years of academic and industry experience, I have witnessed first-hand the significant advancements made in human-specific research and its benefits to medical science.

Areas of Interest – Human-specific research, omics, spheroids, liver fibrosis, multiplex immunohistochemistry/immunofluorescence.

Marketing Content. To opt in to receiving occasional emails and other communications from us (including updates, newsletters, and other marketing content related to the Forums and the Centre for Human Specific Research) check the **Marketing Consent** box. You can opt out of these communications at any time by updating User Profile (see section 5), by clicking the unsubscribe link at the bottom of any email you receive from the Centre for Human Specific Research, or by replying to the email stating your wish to unsubscribe (Figure 2B).

Terms of Use. To access the Forums, you must agree and adhere to the Terms of Use which can be found on the registration page. Tick the check box to confirm you have read and agree to the Terms of Use, and you agree to the Centre for Human Specific Research contacting you regarding matters related to your account or Forums activity (Figure 2C).

- 1.3. Your registration will need to be approved by an administrator. This can take up to 2 working days. Please remember to check your spam folder for confirmation email.

User Registration Form

Name (Required)
First

Last

Email (Required)
Enter Email

Confirm Email

Username (Required)

Profile Image B
Drop files here or
Max. file size: 256 MB.

Affiliation C
Please Enter your employer of affiliation here

Figure 1. Example of User Registration Form (1 of 2).

Bio **A**

Password *(Required)*

Enter Password

Confirm Password

Marketing Consent **B**

☐ Opt in to marketing communications

Agree to Forum Terms & Conditions *(Required)*

Please see forum [T&C's](#) here

☐ Agree to Forum T&C's and to be contacted for transactional emails **C**

Figure 2. Example of User Registration Form (2 of 2).

2. Forums

A

Forum	Topics	Replies	Updated
 Community Chat A relaxed, open forum for discussion, questions, and idea-sharing across the human-specific research community.	0	0	1 week
 Community & Career Hub A dedicated space for career development, mentorship, opportunities, and peer support across all stages of human-specific research careers.	0	0	2 weeks
 Research Insights & Negative Results A space for openly sharing negative results, experimental limitations, and hard-earned insights to improve transparency and reproducibility in human-specific research.	0	0	2 weeks
 Methods, Protocols & Troubleshooting A focused space for sharing, refining, and troubleshooting experimental methods, protocols, and practical lab workflows in human-specific research.	0	0	2 weeks

Figure 3. Example of Forums page layout.

- 2.1. Click over the image or title to access a specific forum.
- 2.2. Use the search bar on the top right-hand side (Figure 3A) to search for a specific forum.
- 2.3. Clear the search bar and click **Search** to view all forums again.

3. Topics

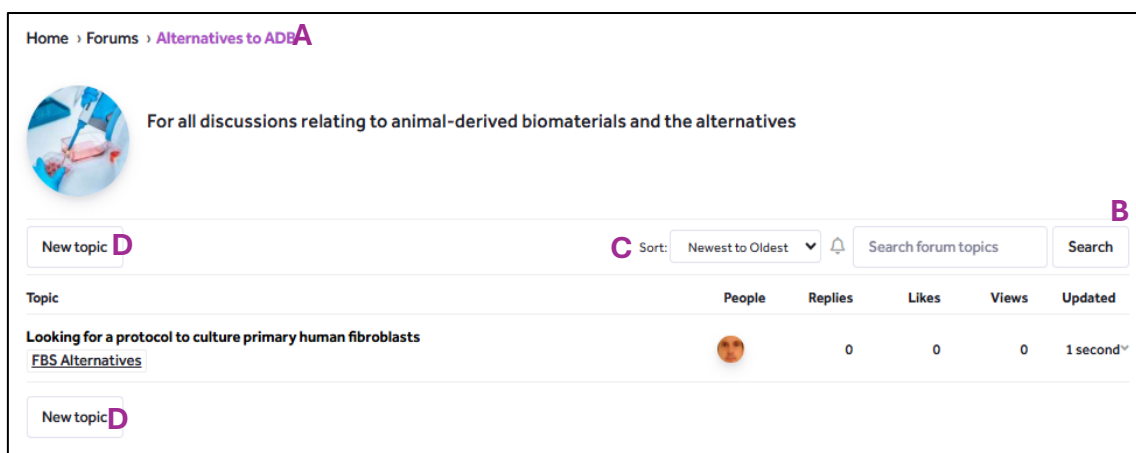


Figure 4. Example of Topics page layout.

- 3.1. Use the navigation at the top (Figure 4A) to return to the Forums page.
- 3.2. Use the search bar on the top right-hand side (Figure 4B) to search for a specific Topic (Figure 4B).
- 3.3. Use the **Sort:** tab to change how the Topics are ordered (Figure 4C).
- 3.4. **How to Set Up a New Topic, Edit It, and Discard It**
 - Click on 'New topic' (Figure 4D) to create a new Topic within a forum.
 - Fill in the topic title, topic tags and large text box with the necessary information. Example of how to create a Topic shown in Figure 5, and how it is presented in Figures 6 & 7.

Topic title. A brief description of what the Topic is about (Figure 5A and 6A).

Topic tags. A single word or phrase which highlights what your Topic is about (Figure 5B and 6B)

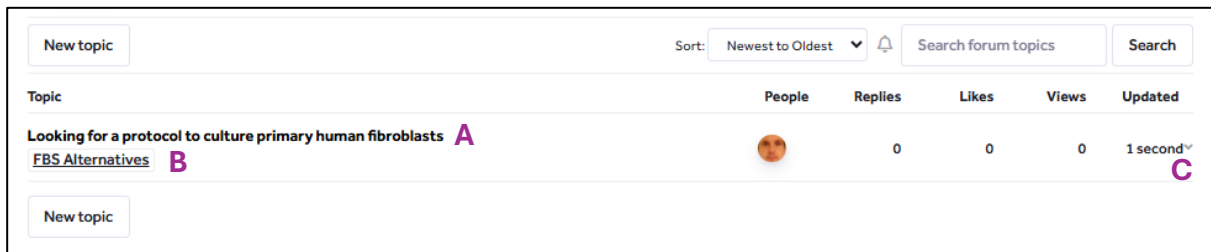
Large text box. Your post (Figure 5C and 7A). If you would like to mention another member specifically you can do so by typing @username (e.g. @Ross Dobie). A drop-down menu appears when you start typing the username to help you find the correct member. You can insert an image by clicking the **Image** symbol above the large text box (Figure 5D).

- Check **Notify me** if you wish to receive email notification of replies (Figure 5E).
- Stop creating a Topic at any time by clicking **Discard** (Figure 5F).
- Click **Submit** Topic (Figure 5G) once you have filled in the necessary information.



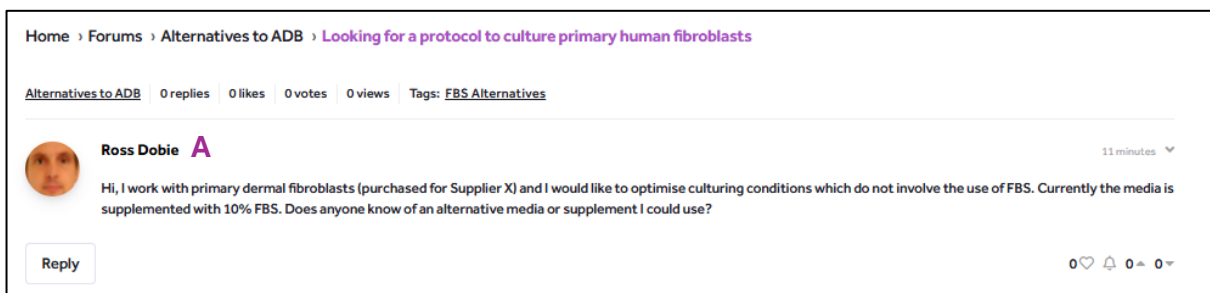
Figure 5. Example of creating a new Topic.

- Once a Topic is live, you can edit or move your own Topics to trash by clicking the down arrow on the right-hand side (Figure 6C). Once you have removed a Topic to trash it is closed to new replies and the word 'TRASHED' appears next to it. You can then either **Restore topic** or **Remove** Topic by clicking the down arrow again (Figure 6C). You are also able to **Lock topic** in this menu which prevents other users from replying. If a Topic is locked a padlock symbol appears next to it.



Topic	People	Replies	Likes	Views	Updated
Looking for a protocol to culture primary human fibroblasts A FBS Alternatives B		0	0	0	1 second C

Figure 6. Example of how a Topic is displayed once submitted.



Home > Forums > Alternatives to ADB > Looking for a protocol to culture primary human fibroblasts

Alternatives to ADB 0 replies 0 likes 0 votes 0 views Tags: FBS Alternatives

 **Ross Dobie** **A** 11 minutes

Hi, I work with primary dermal fibroblasts (purchased for Supplier X) and I would like to optimise culturing conditions which do not involve the use of FBS. Currently the media is supplemented with 10% FBS. Does anyone know of an alternative media or supplement I could use?

Reply 0

Figure 7. Example of how a Topic is displayed once you open it.

3.5. How to Reply and Interact with a Topic

- Click **Reply** (Figure 8A) to reply to a topic. Add your reply to the large text box (Figure 8B) and click **Submit Reply** (Figure 8D). Stop replying to a Topic at any time by clicking the **Discard** (Figure 8E).
- If you would like to mention another forum member specifically you can do so by typing @username (e.g. @Ross Dobie). A drop-down menu appears when you start typing the username to help you find the correct member.
- Check **Make reply private** (Figure 8F) if you would like the reply to be private.

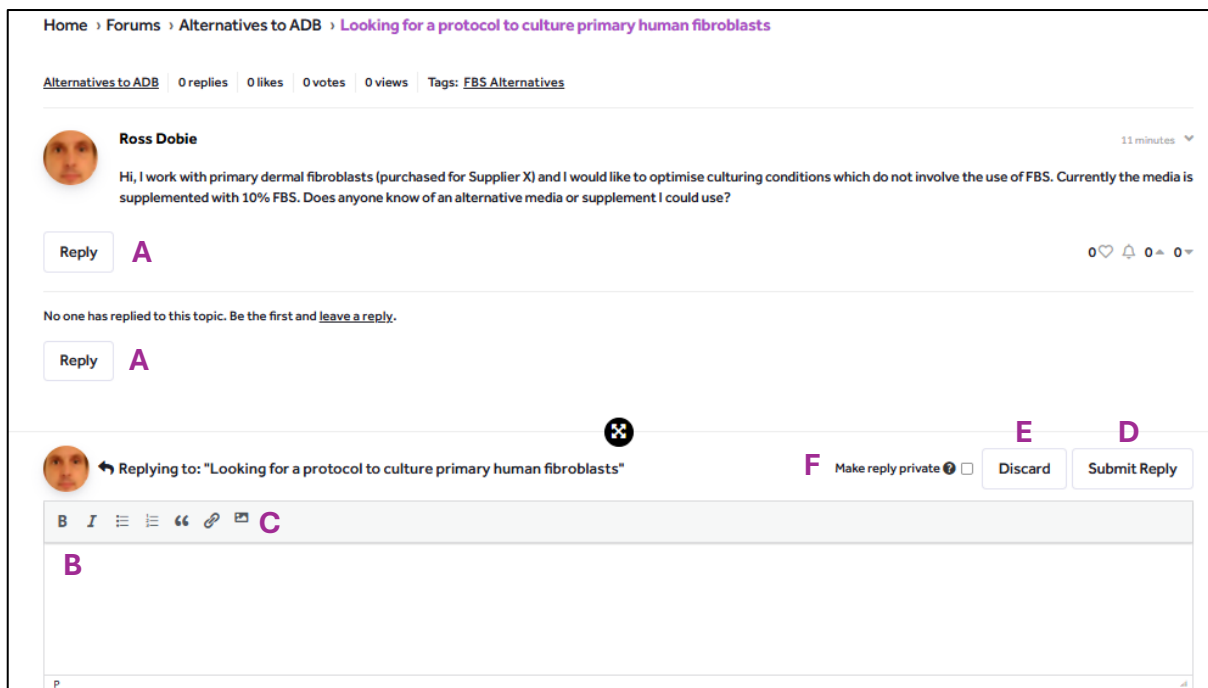


Figure 8. Example of how to reply to a Topic.

- Use the **Return Arrow** (Figure 9A) to reply to a specific reply.
- Click the **Heart Symbol** (Figure 9B) to like a Topic or a reply.
- Use the **Arrows** next to the heart (Figure 9C) to 'vote up' or 'vote down' a Topic or reply. It is recommended that this function only be used for creating simple polls – where 'vote up' can be used to express one answer, and 'vote down' another.
- Click the **Bell Symbol** to turn on email notification (Figure 9D).
- Once a reply is live, edit or move it to trash by clicking the down arrow on the right-hand side (Figure 9E). Once you have removed a reply to trash the word 'TRASHED' appears.

appears next to it. You can then either **Restore reply** or **Remove reply** by clicking the down arrow on the right-hand side (Figure 9E).

- Make a reply private by clicking the down arrow on the right-hand side and selecting the appropriate task (Figure 9E).

Home › Forums › Alternatives to ADB › Looking for a protocol to culture primary human fibroblasts

Alternatives to ADB 1 replies 0 likes 0 votes 0 views Tags: FBS Alternatives


Ross Dobie
11 minutes

Hi, I work with primary dermal fibroblasts (purchased for Supplier X) and I would like to optimise culturing conditions which do not involve the use of FBS. Currently the media is supplemented with 10% FBS. Does anyone know of an alternative media or supplement I could use?

Reply

D
0 0 0 0


Ross Dobie
1 second

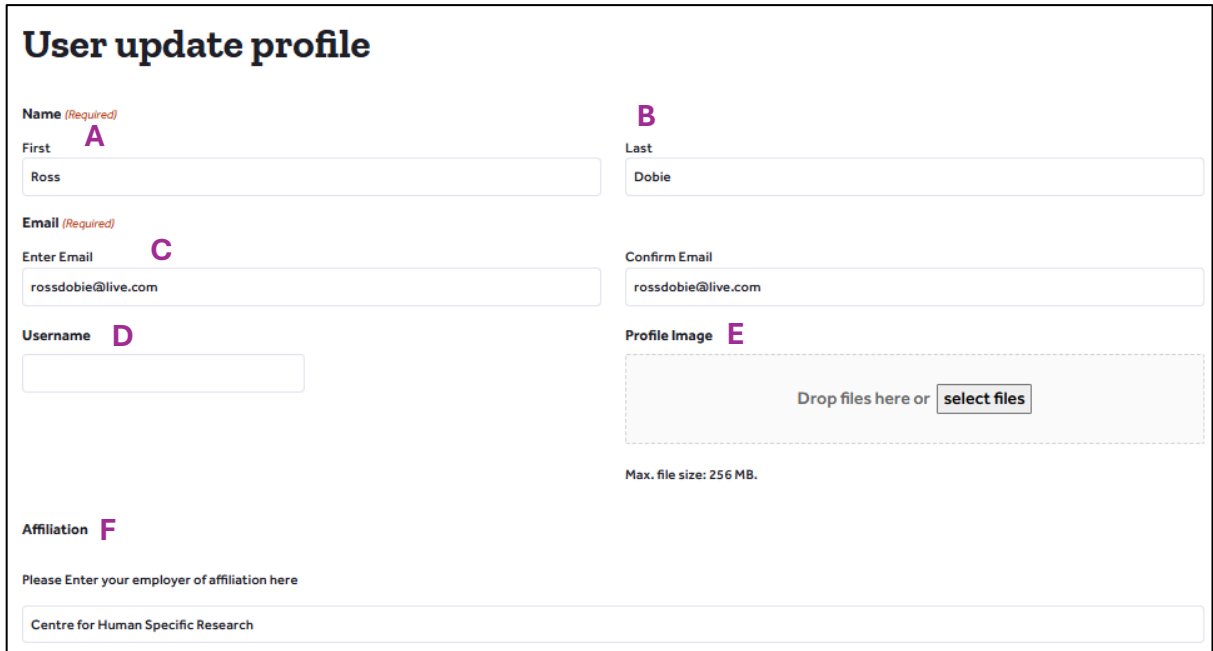
We have had great success using the X media supplemented with Y and Z.

Reply

F
A B C
0 0 0 0
E

Figure 9. Example of how to reply specifically to a reply and interact with a Topic.

4. Update User Profile



User update profile

Name (Required)

First **A**

Last **B**

Email (Required)

Enter Email **C**

Confirm Email

Username **D**

Profile Image **E**

Drop files here or

Max. file size: 256 MB.

Affiliation F

Please Enter your employer of affiliation here

Figure 10. Example of the Update User Profile page (1 of 2).

- 4.1. Click on your image within the forum (e.g. Figure 9**F**) to make changes or update your profile.
- 4.2. Within the update User profile, you can update:
 - First Name* (Figure 10**A**)
 - Last Name* (Figure 10**B**)
 - Email address* (Figure 10**C**)
 - Username* (Figure 10**D**)
 - Profile Image* (Figure 10**E**)
 - Affiliation* (Figure 10**F**)
 - Bio* (Figure 11**A**)
 - Email notifications preference for mentions* (Figure 11**B**)
 - Email notification preferences for New Topics* (Figure 11**C**)
 - Email notification preferences for New Replies* (Figure 11**D**)
 - Password* (Figure 11**E**)
 - Marketing Consent* (Figure 11**F**)
- 4.3. Click **Submit** at the bottom of the page (Figure 11**G**) to save changes or updates to your profile.

Bio **A**

I am Head of Science for the Centre for Human Specific Research where I oversee scientific service delivery and content for the Centre. I earned my PhD at the Roslin Institute, University of Edinburgh, and continued as a Postdoctoral Researcher at the Centre for Inflammation Research at the Queen's Medical Research Institute. I later moved to be a Senior, then Principal Scientist at Concept Life Sciences, a Contract Research Organisation, before joining the Centre for Human-Specific Research.

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Enable notification for mentions **B**

☒ Allow
☐ Deny

Enable notification for new topic **C**

☒ Allow
☐ Deny

Enable notifications for new reply **D**

☒ Allow
☐ Deny

Password

Enter Password **E** **Confirm Password**

Marketing Consent

☐ **F**

Opt in to marketing communications

Submit **G**

Figure 11. Example of the update user profile page (2 of 2).

5. WordPress

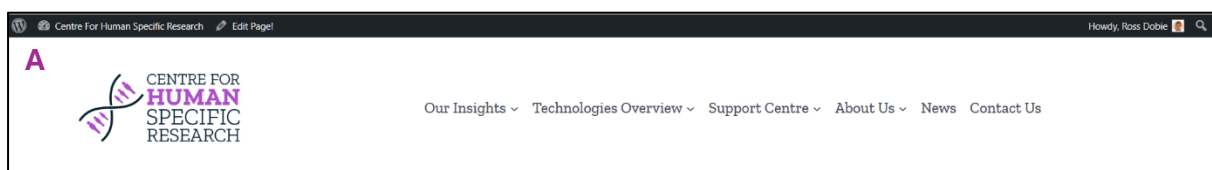


Figure 12. Example of the WordPress taskbar.

- 5.1. When using the Forums, a WordPress Admin interface appears at the top of the screen (Figure 12A).
- 5.2. As a User, you do not need to interact with this interface.

Version

Version	Date	Comments / Update Summary	Author
1	03.11.2025	Original draft	R. Dobie