

Sitting, Standing and Moving:

Evaluating the impact of health enhancing initiatives

PhD Student Project - School of Public Health, Cancer Prevention Research Centre
(CPRC)

Supervisor/s: Dr Bronwyn Clark (b.clark3@uq.edu.au), others to be decided

Funding: Student Scholarship required, top-up funding available to suitable candidate

Student Objectives:

- Advance understanding of how effective current measures are at identifying change in sitting, standing and moving?
- Learn and apply a variety of analytical techniques to data from device-based measures for assessing change in sitting, standing and moving.
- Undertake validity studies in workplace trials to assess newer measures (both self-report and devices) for evaluating the success of such trials to reduce sitting time and increase standing and movement.
- Interact with team members at the CPRC and with wider research collaborators in order to optimise research outcomes.

Project Outline:

Prolonged sitting time has been linked to several adverse health outcomes including premature mortality. Interventions to reduce the amount of time adults spend sitting and consequently increase standing and moving have been implemented in research and industry environments. However, the evaluation of the effectiveness of such interventions has been hampered by limitations in the methods currently available to measure changes in these behaviours.

The program of research for this PhD is aimed at developing and validating a suite of best practice self-report and device-based measures suitable for evaluating change in sitting, standing and moving across targeted and population-wide initiatives. This will be achieved through the analysis of data from existing intervention studies that have included self-report and device-based measures and via a series of smaller feasibility and validation studies piloting newer methods. By establishing a rigorous, best-practice approach to evaluating sitting time interventions, this research program will ultimately contribute to improving the health of all Australians.

Achievable Outcomes:

- A PhD in Public Health
 - Experience in a wide range of research methods including using existing data sets and devising field based studies to collect data
 - Multiple scientific papers in good research journals
 - Experience with presentations at national/international conferences
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