

## **Clinical Trials Research Unit, School of Population Health, The University of Auckland**

### **PhD scholarship and project**

**Primary supervisor:** Dr Ralph Maddison

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A three-year scholarship (stipend plus fees) is available to undertake PhDs in the two following areas:

#### **Reducing sedentary behaviours in New Zealand children**

Sedentary behaviours such as TV watching, computer use and video game play are common activities in New Zealand children. Young people spend approximately three hours per day in screen-based sedentary activities and five hours per day in other non-screen sedentary behaviours. Such behaviours are linked with adverse health outcomes such as overweight; therefore public health strategies to reduce screen time and increase physical activity are urgently needed. The aim of this work is to explore family-based strategies to minimise screen time exposure and optimise physical activity opportunities in New Zealand children.

Possible research areas include:

- Development and trialling of an intervention to reduce sedentary behaviours and/or increase physical activity
- Examination of the determinants of sedentary behaviours
- Development and validation of questionnaire to assess determinants of sedentary behaviours

*Skills/qualifications necessary:*

- Undergraduate or postgraduate qualification in psychology, sport and exercise science or health-related field and/or appropriate work experience
- A qualification in Public Health (e.g. MPH) would be an advantage

Interested students should contact Dr Ralph Maddison with their CV, academic transcript, and 500 words on why they would like to undertake a PhD in this area.

#### **Innovative approaches to improving cardiac rehabilitation in New Zealand adults**

Cardiovascular disease (CVD) is a leading cause of death worldwide and in New Zealand. Cardiac rehabilitation is an essential component of secondary prevention of CVD. Despite the documented benefits of comprehensive and exercise-based cardiac rehabilitation, provision is inadequate in all countries in which it has been measured. The aim of this work is to explore innovative approaches to improve the delivery of cardiac rehabilitation among New Zealand adults.

Possible research areas include:

- To explore the role of technology (e.g., mobile phones, internet) to improve delivery of cardiac rehabilitation
- To examine the effect of technology on adherence to cardiac rehabilitation
- To determine the effect of improved adherence to cardiac rehabilitation on cardiovascular outcomes

- Examination of facilitators and barriers associated with the uptake of technologies such as mobile phone and internet

*Skills/qualifications necessary:*

- Undergraduate or postgraduate qualification in psychology, sport and exercise science or health-related field and/or appropriate work experience
- A qualification in Public Health (e.g. MPH) would be an advantage

Interested students should contact Dr Ralph Maddison with their CV, academic transcript, and 500 words on why they would like to undertake a PhD in this area.