

**University of Stirling**  
**Department of Nursing & Midwifery and Department of Sports Studies**

**Full-time 3 year PhD studentship**  
**Application deadline: 31<sup>st</sup> July 2009**

**Does a family-based physical activity intervention improve health outcomes for people with bowel cancer and their family members?**

Physical activity is a modifiable health-related behaviour associated with cancer prevention. There is also emerging evidence that physical activity is associated with improved survival for people living with cancer. A cancer diagnosis may act as a catalyst for lifestyle change within families. However, we do not know whether family-based physical activity interventions are effective to increase physical activity and improve health outcomes of patients with cancer (clinical group) and their family members (non-clinical group). If family-based interventions are effective, they can be used to meet government targets to prevent cancer and improve survival for patients. The aim of this studentship is to develop and run a family-based intervention and to test its effectiveness to increase physical activity and improve health. There is scope to investigate different the theoretical models for health behavioural change following diagnosis of a life-threatening illness. The studentship presents an excellent opportunity for researching physical activity using a randomised controlled study design.

Applicants should hold a first class or upper second class degree and a Masters in a relevant discipline (e.g. health sciences, sports science, psychology, sociology).

**Funding Notes**

This is a 3 year full time studentship and will provide an annual stipend of £13,497 in the first year, rising to £14,458 in year 3. The award is available to UK and other EU nationals only. The award also covers fees and a research and training budget. This is a joint award from the Department of Nursing and Midwifery and Sports Studies, University of Stirling.

**For details on how to apply:**

We strongly encourage those interested to contact us and learn more about the project. Please contact either of the two supervisors: Gill Hubbard (Email: [gill.hubbard@stir.ac.uk](mailto:gill.hubbard@stir.ac.uk) Telephone: 01786 849260) or Dr Adrienne Hughes (Email: [adrienne.hughes@stir.ac.uk](mailto:adrienne.hughes@stir.ac.uk) Telephone: 01786 46 6488 / 6498 (unavailable from 6<sup>th</sup> to 22<sup>nd</sup> July inclusive).

**Application process**

Applications should be made through graduate admissions by accessing <http://www.external.stir.ac.uk/postgrad/index.php> and following the links to on-line application, Research Degree in Nursing & Midwifery. Please submit online application with a CV and a personal statement (500 words) indicating why you wish to be considered for this studentship. For enquiries about the application process please contact Heather Meikle on [heather.meikle@stir.ac.uk](mailto:heather.meikle@stir.ac.uk) or 01786 469697.

*The University is committed to ensuring the safety of vulnerable people and our recruitment process is designed to support this. The successful applicant for this post will be subject to an enhanced Disclosure Scotland check.*

**Completed forms should be returned to the Graduate Admissions Office, University of Stirling, Stirling, FK9 4LA by 31 July 2009. Interviews will be held in Stirling.**