

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

Full-time PhD studentship: Promoting Physical Activity in Postnatal Mothers

Deadline: Wednesday July 22nd 2009

Background

This studentship has developed from collaboration between the Department of Nursing & Midwifery and the Department of Sports Studies in response to evidence indicating that new mothers are at high risk of inactivity, obesity and depression and are likely to reduce previously established levels of physical activity. The aim of this studentship is to develop and deliver a practical intervention to promote physical activity among new mothers and to test the effectiveness of the intervention to increase physical activity and improve health outcomes (e.g. weight, psychological wellbeing) in a good quality randomised controlled trial. The acceptability of the intervention for this particular population group will also be examined. The study will help inform future interventions for postnatal women to increase physical activity and improve postnatal health and well being.

Application criteria

The studentship will be awarded on a competitive basis and applicants must have, or expect to obtain, at least an upper second class honours degree or a master's degree in a relevant discipline (e.g. health sciences, sports and exercise science, psychology, sociology).

Further Details

The PhD will be registered within the Department of Nursing and Midwifery, University of Stirling. The studentship will be based within the Department of Sports Studies, University of Stirling. The studentship will be supervised by Dr Adrienne Hughes and Dr Rhona McInnes. The successful applicant will be working with a multidisciplinary team of experienced researchers in a welcoming and enthusiastic environment. There will be opportunities to participate in a range of postgraduate training opportunities.

The studentship will be full-time and is available from October 2009. The studentship includes full payment of home fees and will provide an annual stipend of £13,497 (tax free) in the first year, rising to £14,458 (tax free) in year 3. Research costs will also be covered.

Informal Enquiries

Dr Adrienne Hughes 01786 46 6488 / 6498 or email adrienne.hughes@stir.ac.uk (up to 3rd July) or Dr Rhona McInnes 01786 46 6363 email: rjm2@stir.ac.uk (up to July 17th)

We expect to hold interviews during the week commencing 17th August at the University of Stirling.

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 enquires about the application process contact Linda Brady on linda.brady@stir.ac.uk or 01786 46 6655