



Project Title: The Health4Life Initiative: Evaluation of a web-based healthy lifestyles intervention for Australian secondary school students		Code: SMS3
Host School / Institute: Sydney Medical School/ Matilda Centre		Address: The Matilda Centre for Research in Mental Health and Substance Use, Jane Foss Russell Building G02, The University of Sydney, NSW
Certificates & Clearances required: Yes *Working with children clearance <i>Information on how to obtain certificates, where necessary, will be given to successful applicants.</i>		
Primary Supervisor: Dr Katrina Champion		
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Co-Supervisor/team: The Health4Life study is led by researchers at the Matilda Centre for Research in Mental Health and Substance Use in collaboration with investigators from six other research institutes across Queensland, Western Australia and the United States. The project is also supported by a team of 7 expert investigators spanning the fields of physical activity, dietetics, and multiple health behaviour change. Co-supervision from A/Prof Nicola Newton (Director of Prevention, Matilda Centre) and Dr Lauren Gardner (Post-doctoral Research Fellow).		
Project Type: Survey		
Project Category: Public Health; Mental Health		
Skills / Attributes of a successful student: The successful student should have an interest in health promotion, adolescent health and/or eHealth interventions. This project would suit someone with the following attributes: -Ability to work both independently and within a research team environment -Strong computer literacy with excellent skills in Microsoft Office applications. Some experience with IBM SPSS is desirable, but not essential. -Enthusiasm and attention to detail required for data entry of student questionnaires. -Preferred psychology/social science/health science background.		
Project Keywords: Adolescence; School-based prevention; Chronic disease; eHealth; health promotion		
Project Description: Chronic disease, such as cardiovascular disease and diabetes, are the leading cause of death worldwide. Fortunately, much of this burden can be prevented by addressing six lifestyle behaviours: eating poorly, smoking, risky alcohol use, physical inactivity, recreational screen time and unhealthy sleep (the "Big 6"). The Health4Life intervention is a new digital intervention designed to prevent the Big 6 among Year 7 students across Australia. A cluster randomised controlled trial is being conducted among 7000 students from 72 schools in NSW, QLD and WA to determine whether the Health4Life intervention is effective. The trial will commence in July, and data will be collected from students via two questionnaires in 2019 to provide information about their health behaviours, knowledge, and mental health. The student will assist the research team with the following key activities: • Data entry, inputting hard-copy questionnaire data into excel and/or IBM SPSS software • Data checking and quality control to ensure accuracy of student data • Descriptive analysis of baseline dataset (n=7000 students) to understand cohort profile • Summary report of cohort profile (e.g. age, gender, prevalence of Big 6, knowledge, mental health). The student will be exposed to a large, multidisciplinary research project and will have the opportunity to improve their data management, quality control, and data analysis skills. The proposed activities will give the students hands-on experience in core research skills and activities that will be directly relevant to their undergraduate and any future graduate work. The student will be invited to participate and engage with senior researchers on the project, providing them an opportunity to see the management of a large, complex research project at work.		