Understanding the relationship between personal monitoring of physical activity, compulsive exercise and eating psychopathology

PhD

Funding: Stipend of circa £14,296 for three years
Start Date: October 2016 or earlier is possible
Project Supervisors: Professor Caroline Meyer and Dr Mark Elliott (WMG, University of Warwick);
Additional supervisory and collaborative team: Prof Ken Goss (CWPT) and Dr Carolyn Plateau (Loughborough University)

Project:
This PhD provides an exciting opportunity to be involved in research to determine the links between personal monitoring of physical activity, compulsive exercise and eating psychopathology.

The link between compulsive exercise and eating psychopathology is clear. However, with the increasing use of personal physical activity monitoring, it is unclear as to the impact of this behaviour on eating disordered cognitions. It is plausible that the use of these monitors reinforces concerns about eating, shape, and weight, as well as compulsive exercise cognitions.

This is a unique, interdisciplinary project combining clinical and health psychology with digital healthcare. The full scope of the work will be determined in the initial stages of the project. However, it is likely that the following research aims will be addressed:

- To determine relationships between the personal use of wearable physical activity monitors, eating psychopathology and compulsive exercise among both community samples and those with high levels of eating psychopathology.
- To determine the impact of wearable physical activity monitoring on weight and shape concerns and compulsive exercise among young women.

Entry Requirements:
Applicants should have a good undergraduate honours degree and an MSc or an MRes in a relevant discipline (e.g., psychology). They should also have a particular interest in mental health and health behaviours and be comfortable with managing and analysing data from a number of sources (e.g., physical activity monitors, questionnaires, interviews)

The successful candidate must have excellent interpersonal skills, and be able to manage confidential information appropriately.

Funding:
This studentship is available to Home and EU students, according to fee status, who meet Research Council eligibility requirements based on residency.

The PhD programme is jointly funded by WMG, University of Warwick and Coventry and Warwickshire Partnership NHS Trust. The studentship includes full fees for the successful candidate along with a tax free maintenance allowance of circa £14,296 per annum. The student will also have access to resources for specialist training, equipment and conference attendance.

To apply: To submit your application, please complete our online enquiry form