



UNIVERSITY OF  
BIRMINGHAM

## **Physical activity and health in homeless young people - ESRC DTP Collaborative Studentship in the Midlands Graduate School**

### **University of Birmingham and St Basils**

The Midlands Graduate School is an accredited Economic and Social Research Council (ESRC) Doctoral Training Partnership (DTP), with the first intake of students to begin in October 2017.

One of 14 such partnerships in the UK, the Midlands Graduate School is a collaboration between the University of Warwick, Aston University, University of Birmingham, University of Leicester, Loughborough University and the University of Nottingham.

University of Birmingham as part of the Midlands Graduate School is now inviting applications for an ESRC Doctoral Studentship in association with our collaborative partner St Basils to commence in October 2017.

Homelessness is an alarming problem in the UK and costs the economy in excess of £1 billion each year. Young people aged 16 to 25 years make up over 30% of the homeless statistic, and experience significant health problems as a result of their unstable and stressful living situation. Alarming, the prevalence of mental illness in homeless young people is at least double that of the general adolescent population, with a higher incidence of depression, anxiety, post traumatic disorder, and suicidal ideation for this group.

Physical activity has been shown to be effective in the treatment of mental illness and disorders, as well as for improving well-being in adults. In adolescents, the evidence is more limited but suggests that physical activity is beneficial for reducing depression and anxiety and improving self-esteem and cognitive functioning. Currently overlooked, however, is the impact of increasing activity levels in homeless young people who tend to have more complex and co-occurring mental health problems. Indeed, very little is known about the physical activity levels of homeless young people and whether these behaviours are associated with their mental, physical, and social health.

Supervised by Dr Jennifer Cumming and Prof Janice Thompson in collaboration with St Basils, a housing service in the West Midlands that supports over 4000 young people each year, this PhD will use a mixed-methods and community-based approach to examine physical activity as an intervention for young people who are homeless.

### **Application Process**

To be considered for this PhD, please complete the Collaborative Studentship application form [available online here](#) and along with a cover letter, CV and two references email this to Louise Bryan, PGR Administrator ([sportx-c-pg@adf.bham.ac.uk](mailto:sportx-c-pg@adf.bham.ac.uk)).

**Application deadline: 17<sup>th</sup> February 2017**

**Midlands Graduate School ESRC DTP**

Our ESRC studentships cover fees and maintenance stipend and extensive support for research training, as well as research activity support grants. Support is available only to successful applicants who fulfil eligibility criteria. To check your eligibility, visit:

[http://www2.warwick.ac.uk/fac/cross\\_fac/mgsdtp/studentships/eligibility/](http://www2.warwick.ac.uk/fac/cross_fac/mgsdtp/studentships/eligibility/)

Informal enquiries about the research or School of Sport, Exercise and Rehabilitation Sciences prior to application can be directed to Dr Jennifer Cumming ([J.Cumming@Bham.ac.uk](mailto:J.Cumming@Bham.ac.uk)).