**Research Higher Degree Proposal**

***Multiple PhD projects available***

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| **Project title:** Reducing sitting time in priority sectors |
| **Supervisory team:***Providing details of each member’s name, discipline, research group* | **School of Public Health, Faculty of Medicine, The University of Queensland**A/Prof Genevieve HealyDr Ana Goode***Others to be decided*** |
| **Lead supervisor:** | A/Prof Genevieve Healy |
| **Project description****Why is this PhD needed?** Too much sitting is now detrimentally linked to several health outcomes, including diabetes and premature mortality. The desk-based workplace has been identified as a key setting in which to reduce sitting time. This PhD research program will investigate the feasibility and benefits of reducing sitting time in one of the identified priority sectors (multiple PhD projects available)* Call centre workers
* Rural / regional workplaces
* Small business
* Blue collar workers

**What is this PhD proposing to do?**The project will be part of the larger BeUpstanding program of research. This program includes a national implementation trial of an online toolkit (The BeUpstanding Champion Toolkit) designed to support workplaces, and workplace champions, to take up, deliver and evaluate the BeUpstanding intervention within their own workplace. The applicant will have the opportunity to comprehensively evaluate how this Toolkit is working for their chosen priority sector, as well as develop and test improvements to the Toolkit based on the associated feedback. The project will involve both qualitative and quantitative methods. **Why would you want to do this PhD?** This is an exciting opportunity to be involved in a world-first implementation trial that will directly inform workplace policy and practice. The successful applicant will be able to directly see the impact that their research is making to workplace practice in a priority population. **Who would this PhD suit?**This PhD would suit someone who is interested in undertaking translational research and making a practical difference. Strong communication skills are essential.   |
| **Achievable outcomes** | * A PhD in public health
* Experience with a wide range of research methods, including implementation science
* Experience in working with industry and key stakeholders
* Science communication outputs (e.g. peer reviewed publications; industry reports; blog posts)
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