

## PROJECT DETAILS

Project Title:

**Adapting Behavioural Activation For Mild Cognitive Impairment: A Feasibility Clinical Trial.**

Project Summary:

We aim to determine whether Behavioural Activation (BA) an effective treatment for depression, could be adapted as a treatment option for people with Mild Cognitive Impairment (MCI). MCI affects between 15% and 20% of people over 60 of which 10% to 15% go on to develop dementia. MCI negatively affects mood, results in social withdrawal, creates functional challenges in managing basic tasks, negatively impacts the carer and significantly increases the risk of developing dementia. CBT is considered a treatment option to help with sleep, anxiety and depression with global cognition. However, its accessibility in rural communities is limited. Emerging evidence suggests BA may be a candidate treatment for MCI. We have undertaken a scoping review describing the primary research examining the role of BA in MCI and several studies reported BA was associated with slowing cognitive decline. This program of work will conduct a meta-analysis assessing the safety effectiveness of BA for MCI, conduct a concept mapping study to modify BA for application for people with MCI and conduct feasible trial of BA for people with MCI. At the end of the program of work, we will apply for Australian government funding to conduct a large-scale implementation trial to improve access to BA for rural residing Australians living with MCI.

Preferred Applicant Skillset:

We are looking for a self-motivated PhD candidate with the following:

- Bachelor's degree in a health-related field with first- or second-class honours and/or Master's degree with a research component or equivalent from a recognised university.
- IELTS score of  $\geq 7$  across all bands where relevant tertiary education is not completed in an English-speaking country.
- Interest in low intensity psychosocial interventions such as Behavioural Activation.
- Evidence of excellent interpersonal, communication, and scientific writing skills.
- Relevant experience in quantitative and qualitative research methodology.

Knowledge of Mild Cognitive Impairment and challenges faced by rural communities in accessing health services.

Primary Contact:

Prof Martin Jones.

[martin.jones@ecu.edu.au](mailto:martin.jones@ecu.edu.au)

+61 435 084 971