

**PROJECT DETAILS**

Project Title:

**Mental and Physical Correlates of Health in Tertiary Education Students in Australia**

Project Summary:

This study seeks to measure the health and wellbeing of contemporary university students. Specifically, this study seeks to measure the mental (stress, resilience, wellbeing) and physical (SF36, Sub Optimal health, Biomarker) health of a cohort of university students in Australia. This cross-sectional semester-long study is designed to track students at beginning and end of a teaching period as they transition in, and continue with, their chosen course. In addition, the aim is to measure biomarkers for stress to determine relationships with resilience. The project is also designed to articulate the stress and resilience response (psychological and physical) across all years in a course. This data will provide insight to and a profile of responses to measures across the course years.

Preferred Applicant Skillset:

We are looking for a candidate that is motivated to undertake a large research program across Australia. Further they are able to and are interested in understanding the connection of mental and physical health and wellbeing of people in a specific cohort. An understanding of quantitative statistics is required as well as the interest to use and engage with biomarkers.

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