

PROJECT DETAILS

Project Title:

Exploring the use of Behavioral Activation Therapy to improve diet quality in those with co-existing cardiovascular disease and mood disorders.

Project Summary:

This project explores the feasibility of using Behavioral Activation Therapy to improve diet quality in rural-residing older adults with co-existing cardiovascular disease and mood disorders. Older adults often struggle with co-existing chronic conditions like cardiovascular disease and mood disorders, but interventions rarely target multiple conditions. Rural-residing individuals also face healthcare challenges such as limited resources and access to healthcare specialists.

This project aims to address the co-existing health burden, exploring the feasibility of a simple, cost-effective behavioural therapy that can be easily implemented in low-resources settings and can be used to change dietary behaviours and improve health outcomes.

Preferred Applicant Skillset:

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

- Bachelor's degree in a nutrition, psychology, or 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 ≥ 7 across all bands where relevant tertiary education is not completed in an English-speaking country.
- Evidence of excellent interpersonal, communication, and scientific writing skills.
- Relevant experience in quantitative and qualitative research methodology.
- Knowledge of the nutritional needs and challenges faced by rural residing older adults living with cardiovascular disease and mood disorders.

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