EDITH COWAN UNIVERSITY

PROJECT DETAILS

Project Title:

Exercise and creatine supplementation to mitigate cancer-related psychological distress.

Project Summary:

The aim is to explore the combined effects of resistance exercise and creatine supplementation on psychological distress in cancer patients. Cancer treatments can cause significant psychological distress, impacting compliance and survival rates. Exercise can alleviate side effects and improve quality of life. Combining exercise with creatine may enhance physical performance and mental health, particularly in older adults. This research addresses the gap in understanding these combined effects within cancer care. Expected outcomes include improved physical health, reduced mental health distress, better treatment compliance, and enhanced quality of life, ultimately leading to better patient care and survival rates.

Preferred Applicant Skillset:

The ideal PhD candidate should have a background in exercise science, nutrition, or a related health field, with experience in designing and delivering clinical or lifestyle interventions. Proficiency in exercise programming (resistance and aerobic training), and physical function testing is essential. Prior work with clinical populations is advantageous. Strong analytical skills, including statistical analysis, and excellent communication abilities for reporting and participant engagement, are required. The candidate should be organised, collaborative, and passionate about translational research aimed at improving health outcomes for at-risk populations.

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