

PROJECT DETAILS

Project Title:

Future older-self motivation: Development and validation of a multidimensional measure of healthy aging motivation and behaviour.

Project Summary:

Population ageing is increasingly being framed as an economic, health and societal burden. While research demonstrates that preventive behaviours such as physical activity, positively influence ageing trajectories, less is known about the psychological mechanisms that motivate younger individuals to act in ways that benefit their future older selves and support healthy aging. This project will follow best practice to develop and validate a multidimensional psychometric instrument designed to assess the extent to which individuals psychologically connect a range of behaviours to their future older selves.

The measure will provide researchers, clinicians, and policymakers with a rigorous tool to inform and assess population-level healthy ageing strategies.

Preferred Applicant Skillset:

The successful candidate will have a background in psychology or a related discipline, with knowledge of quantitative research methods and statistical analyses. Applicants should possess strong organisational and problem-solving skills, and the ability to work independently. A high level of initiative, attention to detail, and strong written communication skills will be required. Experience with psychometrics, including factor analysis and structural equation modelling, will be highly regarded.

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