

## Postgraduate Scholarship Information Sheet

<b>Scholarship Project Title</b>	"REACH - Resources for Exercise and Active Living in Cancer Survivors"
<b>Advert Reference number</b>	WD_2023_39_WSCH_3
<b>Supervisor(s)</b>	Dr Patricia Sheehan ( SETU WD) Dr Brona Kehoe (SETU WD) Dr Mairead Cantwell (TU Shannon) Dr Dean McDonnel (SETU CW, Advisor)
<b>Research Group</b>	Centre for Health Behaviour Research
<b>Department /School/Faculty</b>	Department of Sport & Exercise Science, School of Health Sciences
<b>Duration</b>	48 Months
<b>Status: Full-time / part-time</b>	Full Time
<b>Funding information</b>	SETU PhD Scholarship Programme 2023
<b>Value of the scholarship per year for four years</b>	Stipend: €18,500 Fees, up to a maximum of €5,750 Research costs- €2000
<b>Closing date and time</b>	Wednesday 3 <sup>rd</sup> January 2024 @ 4PM Irish time
<b>Interview date</b>	TBC
<b>PhD commencement date</b>	January 2024

**Project Key Words:** Exercise Oncology, Exercise & Cancer, Active Living in Cancer Survivors

### Post summary

Applications are invited from suitably qualified graduates for a PhD scholarship funded by the SETU PhD Scholarship Programme 2023. This study aims to address the underutilisation of physical activity (PA) as a supplementary therapy for cancer management in Ireland. Despite its growing recognition and calls for integration into clinical pathways, the lack of resources for healthcare professionals (HCPs) to effectively use in patient interactions remains a significant barrier. The study aims to develop, implement, and evaluate patient-centred PA resources for individuals living with and beyond cancer in Ireland that meet patients' preferences and support needs. The project will follow the Medical Research Council guidelines for developing and evaluating complex interventions, which includes an evidence synthesis of existing scientific literature, engagement with an expert stakeholder panel, and the development of digital and paper-based patient-centred PA resources. A feasibility study and randomised controlled trial will also be conducted to evaluate the impact of the developed PA resources on cancer survivors' long-term PA levels, quality of life, and aerobic fitness. By providing HCPs with evidence-based resources, this study aims to bridge the gap between PA guidelines and practice and facilitate an increase in PA participation rates among cancer survivors. The proposed resources have the potential to enhance the provision of cancer care in Ireland and ensure that every cancer survivor has access to the necessary support to live a healthy and active life after cancer. This study has the potential to bring about significant improvements in the quality of life for cancer survivors in Ireland by providing supports to HCPs to guide their patients to engage in PA and reap the physical and psychosocial benefits.

## Person specification

The ideal candidate for this PhD scholarship should possess the following qualifications, knowledge, experience, skills, and competencies:

### Qualifications

#### Essential

- A minimum of a 2.1 honours degree in a relevant discipline such as exercise science, health promotion, physiotherapy, or a related field.

#### Desirable

- A Master's degree in a relevant discipline is desirable but not essential.
- Exercise for Health Specialist qualification

### Knowledge & Experience

#### Essential

- A strong understanding of cancer survivorship and the role of physical activity in cancer management.
- Experience in conducting systematic reviews and evidence synthesis.
- Experience in qualitative research methods, including conducting interviews and focus groups.

#### Desirable

- Knowledge of the Medical Research Council guidelines for developing and evaluating complex interventions.
- Experience in developing and evaluating digital and paper-based resources for patients.

### Skills & Competencies

#### Essential

- Applicants whose first language is not English must demonstrate on application that they meet SETU's English language requirements and provide all necessary documentation. See Page 7 of the [Code of Practice](#)
- To be **shortlisted for interview**, you must meet the SETU English speaking requirements so please provide evidence in your application.
- Excellent written and verbal communication skills.
- Strong organisational and project management skills.
- Ability to work independently and as part of a team.
- Strong analytical and critical thinking skills.
- Proficiency in statistical analysis software such as SPSS, or JASP.
- Ability to engage with stakeholders, including healthcare professionals and cancer survivors.
- Knowledge of ethical considerations in research involving human participants.

#### Desirable

- Experience in conducting randomised controlled trials.

- Experience in developing and delivering training to healthcare professionals.
- Knowledge of health behaviour change theories and techniques.
- Experience in using digital health technologies to support behaviour change.

#### **Further information**

For any informal queries, please contact Dr Patricia Sheehan on email [patricia.sheehan@setu.ie](mailto:patricia.sheehan@setu.ie)

For queries relating to the application and admission process, please contact the Postgraduate Admissions Office [researchadmissions@setu.ie](mailto:researchadmissions@setu.ie) or telephone +353 (0)51 302883.

For queries relating to the funding programme, please email [scholarships2023@setu.ie](mailto:scholarships2023@setu.ie)

University Website <https://www.setu.ie/>

#### **Application procedure**

Download the [Research Postgraduate Application Form from here](#) and return the completed application to [researchadmissions@setu.ie](mailto:researchadmissions@setu.ie) quoting WD\_2023\_39\_WSCH\_3 in the email subject line.

**Please note that paper submissions will not be accepted.**

**The University may decide to interview only those applicants who appear from the information they provided, to be the most suitable in terms of experience, qualifications and other requirements of the post.**

**The University will short-list and interview those applicants who provide the most suitable information in terms of experience, qualifications and other requirements relevant to the post.**

**SOUTH EAST TECHNOLOGICAL UNIVERSITY (SETU) IS AN EQUAL OPPORTUNITIES EMPLOYER**



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