

PhD: Enhancing the personalisation of an eHealth behaviour change program (ACCELERATION): developing and optimising of the intervention

Project summary:

The ACCELERATION program aims to improve behavioural risk factors associated with the development of non-communicable chronic diseases. It is a structured 12-week ehealth program that was developed using an integrated knowledge translation process. It primarily targets increasing physical activity, as well as increasing fruit and vegetable consumption, and reducing tobacco smoking. It uses well established behavioural and motivation techniques to enhance intrinsic motivation in participants.

The current funded study will be recruiting individuals at high risk of developing NCDs across three Canadian provinces to further develop and optimise the efficacy of the intervention. Though the project is national in scope, the position will be based at the Montreal Behavioural Medicine Centre (<http://mbmc-cmcm.ca>), which is a collaborative centre between the CIUSSS-NIM, Concordia University, and UQAM.

Position summary:

The individual who is selected for this position will be expected to work with study PI's, Drs. Kim Lavoie (<http://mbmc-cmcm.ca/member/kim-lavoie-2/>) and Simon Bacon (<http://mbmc-cmcm.ca/member/simon-bacon/>), in delivering the project. The MSc student will be able to work on a variety of research-related aspects of the study including:

- Developing aspects of the intervention to be tested
- Co-delivering the online intervention
- Conducting assessments
- Engaging in innovative optimisation study designs
- Development of dissemination tools
- Participating in stakeholder engagement activities

Required Qualifications

- A Master's degree in a related discipline (e.g., Kinesiology, Psychology, Nursing, Nutrition, Medicine) if applying to Concordia, **or** a Bachelor's degree in Psychology if applying to UQAM
- Prior experience conducting research in at least one of the following areas
 - o Behaviour change interventions
 - o eHealth interventions
 - o Integrated knowledge translation
 - o Implementation science
 - o Physical activity or dietary interventions
 - o Secondary chronic disease prevention
- Effective oral and written communication skills

- Excellent interpersonal skills
- Demonstrated research productivity (e.g., conference presentations, peer-reviewed publications, master's thesis, honours thesis)
- Ability to work autonomously and take a lead role on projects under supervision of principal investigators

Preference will be given to candidates with:

- Experience using integrated stakeholder engagement strategies
- Openness to learn new methods and techniques in an applied clinical setting
- Ability to communicate (orally) in both English and French (note French language skills are not required, just preferred)

Provincial, national and international candidates are encouraged to apply

Start date, Duration, Stipend, and Location

The PhD can start in September 2023 (though there is also the possibility of starting during the summer of 2023); funding has already been received.

The funding package consists of a minimum 4-year stipend (consistent with Fonds de Recherche du Quebec funding levels) plus conference / training funding. For out of province and international candidates there are also tuition waivers potentially available.

The successful candidate will be registered either at Concordia University in the Department of Health, Kinesiology, and Applied Physiology (www.concordia.ca) or at UQAM (www.uqam.ca) in the Department of Psychology; the actual work would be conducted at the CIUSSS-NIM (<https://rechercheCIUSSS-nim.ca/>). Please note that the language of instruction at Concordia is English and French at UQAM.

To apply, please forward the following:

- A complete curriculum vitae, including summary of GPA's, a full publication list (including hyperlinks where possible) and email contact details for two referees
- A letter of motivation and statement of research accomplishments and future research goals
- An example of written research work

How to apply:

- The complete application package must be emailed to: apply@mbmc-cmcm.ca. Please include "ACCELERATION Intervention PhD" in the subject line.
- Queries about the application should be sent to either Dr. Lavoie (kiml.lavoie@yahoo.ca) or Dr. Bacon (simon.bacon@concordia.ca).

- The closing date for receipt of applications is **Friday December 2, 2022, 5 pm ET**. Interviews will be conducted in **January 2023** and the successful candidate will need to apply to the University by the official application deadline.