



UNIVERSITY OF LEEDS

**ESRC CASE AWARD
1+3 year PhD Studentship**

Biopsychology Group
Institute of Psychological Sciences
Faculty of Medicine and Health
University of Leeds

The effects of diet and/or exercise interventions on cognitive function and quality of life in overweight, obesity and type 2 diabetes.

Supervisors: Prof. Louise Dye, Dr Clare Lawton & Dr Karen Birch, Centre for Sports and Exercise Sciences, with Dr Lucinda Summers, Consultant in Endocrinology at Salford Royal NHS Foundation Trust

The aim of this 1+ 3-year ESRC CASE studentship is to examine the effects of nutritional and/or exercise interventions upon cognitive function and quality of life in overweight and obese individuals and individuals with Type 2 Diabetes Mellitus (T2DM).

The first year of the award will be spent undertaking the ESRC recognized Masters in Psychological Approaches to Health in the Institute of Psychological Sciences with a Masters dissertation in an area related to the subsequent PhD research.

Following successful completion of the Masters course, the 3 year PhD will begin. This will investigate the relationship between current nutritional intake, physical activity status and cognitive function in overweight and obese participants and those with T2DM in a large scale intervention study using validated tools and measures. The mediating effects of intelligence, age, gender, co-morbidities and body mass index will be examined. The work proposed for the PhD is to establish the impact of longer term (12 weeks) interventions of

- (a) nutritional intake,
- (b) physical activity
- (c) combined nutritional intake and physical activity.

Students who have, or are expected to attain, a 1st or upper second class honours degree in Psychology, Neuroscience, Sports and Exercise Science or Nutrition, or a related discipline are invited to apply. The studentship will take effect from October 2010.

The studentship will attract an annual tax-free stipend of £15,590 p.a. + UK/EU tuition fees in year one. During the PhD this will increase to £17,590 (current rate), + UK/EU tuition fees and research training support grant. The PhD will be based in the Institute of Psychological Sciences at the University of Leeds and in the Centre for Sports and Exercise Sciences. The student will also spend time with the NHS Partner at Salford Royal NHS Foundation Trust, Salford.

To apply for this studentship applicants should complete a University of Leeds application form

http://www.leeds.ac.uk/info/20023/postgraduate_research/86/applying_for_research_degrees and submit this **electronically** together with a CV and a 1 page description of a possible study that you might design and carry out as part of this research project. You should attach

all these documents to an email which you should send to Christine Cascarino, Institute of Psychological Sciences, University of Leeds, Leeds, LS2 9JT. (c.cascarino@leeds.ac.uk) For further information or informal enquiries please contact Dr Clare Lawton or Prof. Louise Dye (mail: c.l.lawton@leeds.ac.uk; l.dye@leeds.ac.uk)

Closing Date for this studentship is July 9th 2010. Shortlisted candidates will be informed as soon as possible thereafter and interviews will be held on 21st July 2010 at the Institute of Psychological Sciences at the University of Leeds.