

## RESEARCH ASSOCIATE

### Behaviour Change in Older Adults

(Full-time, 37-hours per week; Fixed-term for 12-months)

Job Ref: REQ230860

**As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.**

Internationally recognised for its contribution to the study of sport, exercise and health, the School has wide-ranging expertise, encompassing such diverse areas as biomechanics, medicine, molecular and cellular biology, nutrition, pedagogy, psychology, physiology, sociology, economics and sport management.

The School has an active and ambitious plan to grow capacity and influence through developments as part of the National Centre for Sport and Exercise Medicine, Loughborough in London, and StemLab.

The School is extremely proud to hold an **Athena Swan Silver Award** since 2013, recognising the commitment and work of the School in addressing gender inequalities in Science and to improving career progress for female academics. The School is committed to ensuring that female students and staff are able to achieve their full potential; and provides a flexible and open working culture to enable staff to maintain a work-life balance.

We support our Athena SWAN initiatives by investing in:

- Bespoke leadership programmes to encourage and build confidence in women to take leadership roles.
- Working lunches where needed to enable meetings to be held between 10am and 4pm (as per our Silver Action Plan).
- Monthly coffee mornings which provide opportunities for networking and developing a sense of community within the School.
- Extra mile award which recognises the above and beyond contributions of staff from all job families and research students.

Further information about Athena SWAN and the School's commitment to uphold the Silver Award can be found at: <http://www.lboro.ac.uk/departments/ssehs/about/athena-swan/>

#### **Research and Innovation**

Research and Innovation within the School is characterised by excellence and breadth, and its quality was recognised in the 2021 Research Excellence Framework where Loughborough University ranked top for research power (GPA x volume) in Sport and Exercise Sciences, Leisure and Tourism. Loughborough University has also placed Number 1 in the QS world ranking for sport-related subjects for six consecutive years (2017-2022, every year since the category was introduced). A broad range of social and natural sciences contribute to the School's research and innovation activity which is organised within three overlapping themes:

- **Sport performance**, understanding and supporting the enhancement of athletes' performance in competitive sport;
- **Lifestyle for health and well-being**, encompassing research across several disciplines with the common goal of facilitating healthy living and ageing across the lifespan; and
- **Sport, Business and Society**, exploring how individuals, communities and organisations engage with and facilitate sport and exercise opportunities.

The School's research themes articulate in particular with the Sport and Exercise Beacon and the Health and Wellbeing Global Challenge which are key elements of the University's CALIBRE (Collective Ambition at Loughborough for Building Research Excellence) framework.

Further information about the School's research themes can be found at:

<http://www.lboro.ac.uk/departments/ssehs/research/> and about the University's CALIBRE framework at: <http://www.lboro.ac.uk/research/calibre/>

## Project Summary

### How can we improve the adoption of healthy behaviours in older adults?

The prevalence of chronic diseases, such as cardiovascular disease and type 2 diabetes, are highly prevalent in older adults. Healthy behaviours, such as physical activity, can reduce the risk of developing chronic disease. However, older adults are less likely to engage in healthy behaviours compared to younger age groups. As a result, there is a need to assess sustainable, as well as clinical-, and cost-effective interventions that can successfully encourage healthy behaviours in this population to reduce their risk of developing chronic disease. This project aims to provide preliminary findings that could inform future intervention development. Namely, we are seeking to assess health behaviour change perspectives in older adults and relevant healthcare professionals.

## Job Description

**Job Family & Grade:** Specialist and Supporting Academic (Research) Grade 6

**Job Purpose:** To conduct a series of qualitative studies investigating how health behaviours can be facilitated in older adults living with or without chronic disease.

### Job Duties:

- Undertake semi-structured interviews and focus groups in older adults and healthcare professionals
- Recruit older adults living with or without chronic disease from the community, as well as healthcare professionals from the NHS and independent sector Collect and analyse qualitative data (individual semi-structured interviews) assessing health behaviour change perspectives in older adults and healthcare professionals.
- Collect and analyse information from a Delphi review assessing how health behaviour change strategies can be implemented in practice among older adults and healthcare professionals.
- Complete any administrative tasks related to the research (e.g., data input and analysis)
- Produce a written report of the study findings
- Demonstrate specialist knowledge and understanding of the discipline to feed into the conduct of the research
- Contribute to the writing of scientific research papers and to publish the outcomes of research in high quality, peer-reviewed journals and trade articles
- Ensure good working relationships with all research partners, including external funding bodies
- Collaborate on research initiatives with colleagues to move forward the area of research
- Provide guidance to the co-investigators regarding the direction of the next steps of the research based on the findings of the research
- Manage own academic and administrative activities
- Contribute ideas for new research projects
- Always maintain confidentiality and ensure that intellectual property agreements are not violated
- Engage in training programmes in the University (or elsewhere) that are consistent with the needs and aspirations of the project and those of the School
- Undertake other duties as may be reasonably requested and that are commensurate with the nature and grade of the post

### Points to Note:

The purpose of this job description is to indicate the general level of duties and responsibility of the post. The detailed duties may vary from time to time without changing the general character or level of responsibility entailed.

### Special Conditions:

All staff have a statutory responsibility to take reasonable care of themselves, others and the environment and to prevent harm by their acts or omissions. All staff are therefore required to adhere to the University's Health, Safety and Environmental Policy & Procedures.

All staff should hold a duty and commitment to observing the University's Equality & Diversity policy and procedures at all times. Duties must be carried out in accordance with relevant Equality & Diversity legislation and University policies/procedures.

Successful completion of probation will be dependent on attendance at the University's mandatory courses which include Respecting Diversity and, where appropriate, Recruitment and Selection.

**Organisational Responsibility:**

Reports to Dr David Maidment (Chief Investigator)

## Person Specification

Your application will be reviewed with respect to meeting the essential and desirable criteria listed below. Your application will be reviewed against the essential and desirable criteria listed below. Applicants are strongly advised to explicitly state and evidence how they meet each of the essential (and desirable) criteria in their application. Stages of assessment are as follows:

- 1 – Application
- 2 – Test/Assessment Centre/Presentation
- 3 – Interview

### ESSENTIAL

Area	Criteria	Stage
<b>Experience</b>	A background in behaviour change	1,3
	Experience of conducting quantitative research	1,3
	Experience of analysing and interpreting quantitative and qualitative data	1,3
	Experience of working as part of a multidisciplinary team	1,3
<b>Skills and abilities</b>	Excellent communication skills and interpersonal skills	1,3
	Ability to work methodically	1,3
	Good time management	1,3
	Ability to work independently when required	1,3
	Competence in IT skills including software packages such as NVivo	1,3
	Ability to work as part of a team and to collaborate with others	1,3
<b>Training</b>	Demonstrate evidence of having undertaken further training	1,3
<b>Qualifications</b>	At least a 2:1 honours degree (or equivalent)	1
	PhD in a relevant area	1
<b>Other</b>	Commitment to observing the University's Equal Opportunities policy at all times	3

### DESIRABLE

Area	Criteria	Stage
<b>Experience</b>	Experience of public engagement and/or involvement in research	1,3
	Experience of working with older adults	1,3
	Good track record in research publications	1,3
	Experience of presenting research work at conferences	1,3
	Experience of collecting and analysing qualitative data for research projects	1,3

## Conditions of Service

This full-time post is offered on a fixed-term contract for 8-months with an immediate start, within the *Specialist & Supporting Academic (Research)* job family at Grade 6 (£33,966 - £44,263 per annum); starting salary to be confirmed on offer of appointment.

The appointment will be subject to the University's normal Terms and Conditions of Employment for staff employed at Grade 6 and above, details of which can be found [here](#).

The University is committed to enabling staff to maintain a healthy work-home balance and has a number of family-friendly policies which can be found [here](#).

The University offers a wide range of employee benefits which can be found [here](#).

We also offer an on-campus nursery with subsidised places, subsidised places at local holiday clubs and a childcare voucher scheme (further details are available at: <http://www.lboro.ac.uk/services/hr/a-z/childcare-information---page.html>)

In addition, the University is supportive, wherever possible, of flexible working arrangements. We also strive to create a culture that supports equality and celebrates diversity throughout the campus. The University holds a Bronze Athena SWAN award which recognises the importance of support for women at all stages of their academic career. For further information on Athena SWAN see <http://www.lboro.ac.uk/services/hr/athena-swan/>

Loughborough University is committed to allowing its employees to work **dynamically** with a combination of working on campus and remotely, where possible. This role has been identified as a role that could work dynamically and, if successful, the line manager will discuss these informal arrangements with you. Please note that there is a general expectation that the successful candidate will spend reasonable amounts of time working on the Loughborough campus (further information is available [here](#)).