

## RESEARCH ASSOCIATE in Digital Health Interventions

Job Ref: REQ260230

The **School of Sport Exercise and Health Sciences (SSEHS)** is a multi-disciplinary school committed to fostering a diverse and inclusive academic community. It upholds the highest standards of excellence in research, innovation, and pedagogy across the full spectrum of disciplines within sport, exercise, health and wellbeing.

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 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.

### 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 nine consecutive years (2017-2025, 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 Research and Innovation theme** utilises several disciplines to understand how sport engages individuals, communities and organisations and supports the enhancement of athletes' performance in competitive sport.
- **Health Research and Innovation theme** brings together research from multiple disciplines with the shared goal of enhancing health, promoting healthy living, and improving wellbeing across all stages of life and all communities.

The school's research and Innovation (R&I) themes articulate with the Universities core strategic themes: Sport, Health and Wellbeing; Vibrant and Inclusive Communities; and Climate Change and Net Zero. [Strategic themes | Creating Better Futures. Together | Loughborough University](#)

### Project Summary

The School of Sport, Exercise and Health Sciences at Loughborough University is delivering the ACTIVATE trial, a randomised controlled trial evaluating the effectiveness of a digital health intervention to improve physical activity and health outcomes in individuals with type 2 diabetes. The intervention integrates wearable technology, behavioural support, and financial incentives to promote sustained behaviour change. The project involves close collaboration with clinical and local authority partners and includes the collection and analysis of longitudinal behavioural and health data to assess intervention effectiveness and inform future scalable implementation.

### Job Description

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

**Job Purpose:** To develop and evaluate machine learning models designed to nudge people towards healthier habits

## **Job Duties**

- Assist in the day-to-day delivery of the ACTIVATE trial, a randomised controlled trial evaluating a digital health intervention in individuals with type 2 diabetes.
- Support the deployment and implementation of the digital health intervention, including participant onboarding, engagement and troubleshooting.
- Lead and support participant recruitment, screening and retention activities in collaboration with project partners.
- Conduct device-based measurement of physical activity using wearable devices (e.g. Axivity accelerometers) including device setup, distribution, data download and quality control.
- Maintain accurate and detailed study records, ensuring compliance with data management protocols, ethical standards, and regulatory requirements.
- Process, manage and undertake preliminary analysis of behaviour, clinical and device-based datasets.
- Coordinate data collection activities across multiple time points, ensuring adherence to study protocols.
- Liaise with clinical, local authority, and external partners to support smooth running of the trial.
- Contribute to the preparation of study documentation, including standard operating procedures, ethics applications and study reports.
- Assist in the dissemination of findings through high quality academic publications, conference presentations and stakeholder reports.
- Participate in project meeting and contribute to progress reporting to funders and collaborators.
- To attend, participate and/or represent the School/University/research project at meetings, seminars, conferences, and public forums.
- Develop internal networks.
- Develop external networks, for example with other active researchers and leading thinkers in the field.
- Develop links with external contacts such as other educational and research bodies, employers, professional bodies and other providers of funding and research initiatives to foster collaboration and generate income.
- To monitor and report on all Health, Safety and Environmental aspects of the research activities of the project(s) within their portfolio.
- Where appropriate and requested, contribute to teaching opportunities within the School.
- Contribute to the research culture and management within the School and, where appropriate, across the University.

## **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 outlined in the document.

## **Organisational Responsibility**

Reports to: Dr James Sanders, Lecturer in Digital Health

## Person Specification

Your application will be assessed based on the essential and desirable criteria listed below.

Applicants are strongly encouraged to explicitly demonstrate how they meet each essential (and desirable) criteria at the application stage. The criteria that you need to demonstrate in your application will be listed as Stage 1 in the table below.

Stages of assessment are as follows:

- 1 – Criteria measured within the Application
- 2 – Criteria measured at Test/Assessment Centre/Presentation
- 3 – Criteria measured at Interview

### ESSENTIAL

Area	Criteria	Stage	
<b>Experience</b>	Experience of working on health-related projects, ideally within clinical or public health settings	1,3	
	Experience of supporting or delivering behavioural interventions and/or randomised controlled trials	1,3	
	Experience of working with consumer wearable technologies (e.g. Fitbit) including device setup, participant onboarding, and troubleshooting technical issues.	1,3	
	Experience of using and supporting digital health applications (e.g. mobile health apps) within research and applied settings.	1,3	
	Experience of engaging with research participants (e.g. recruitment, onboarding, follow-up)	1,3	
	Experience of collecting device-based measures of physical activity or behavioural data (e.g. wearable devices such as accelerometers)	1,3	
	Experience of managing and maintaining high-quality research dataset and study records.	1,3	
	Experience of analysing and interpreting quantitative data (specifically time-series data)	1,3	
	Experience of presenting research work at conferences	1,3	
	Experience of working as part of a team	1,3	
	<b>Skills and abilities</b>	Excellent communication skills and interpersonal skills, including support participants with digital technologies	1,3
		Ability to work in a structured and methodical manner, with strong attention to detail	1,3
Excellent organisation and time management skills with the ability to manage multiple tasks and deadlines		1,3	
Ability to work independently when required, as well as part of a team		1,3	
Competence in IT skills including data input packages (including R, specifically GGIR package)		1,3	
Track record in research publications		1,3	
Strong record-keeping skills and commitment to data quality and research integrity		1,3	
Willing to travel to various locations to undertake data collection if needed and/or for collaboration purposes		1,3	
<b>Training</b>	Evidence of relevant training in research methods, data collection, or data analysis	1,3	

<b>Qualifications</b>	PhD (or at the point of completion) or equivalent research experience in a relevant discipline (e.g. digital health, behavioural science, public health)	1
<b>Other</b>	Commitment to observing the University's Equity, Diversity and Inclusion policy at all times	3

**Desirable Criteria:** These are skills, experience and competencies that are additional extras that may be used to narrow the pool down if we receive a high volume of applications that meet the essential criteria.

Area	Criteria	Stage
<b>Experience</b>	Experience of public engagement and/or involvement in research	1,3
	Experience of analysing qualitative interviews and conducting co-design workshops	1,3
	Experience of working with clinical populations, particularly individuals with type 2 diabetes	1,3
	Experience of working with longitudinal or time-series data	

## Conditions of Service

The appointment will be subject to the [University's Terms and Conditions of Employment](#) relevant to the job grade.

## Shared University Responsibilities

As a member of the Loughborough community, you are expected to:

- Take reasonable care of yourself, others and the environment, and to prevent harm by your acts or omissions. All staff are therefore required to adhere to the University's Health, Safety and Environmental Sustainability Policies & Procedures.
- Uphold and actively contribute to the [University's commitment to Equity, Diversity, and Inclusion](#), ensuring that all duties are carried out in alignment with this.

## Our Purpose, Vision, and Values

Our purpose, Vision and Values underpin all that we do and shape how we work together at Loughborough.

We're proud to promote our values: **Adventurous, Collaborative, Creative, Authentic** and **Responsible**. Our people bring these values to life every day, and they are central to the positive and supportive culture that makes Loughborough unique.

If you join us, you'll be encouraged to bring these values to life in your own work and contribute to the positive, supportive culture that makes Loughborough unique.

Read more about our [vision and values](#).

## Our Accreditations



We strive to create a culture that supports equity 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 career.



We are proud to be a [Race Equality Charter Member](#). The Charter aims to improve the representation, progression and success of all minority ethnic staff and students within higher education and address issues of racism within higher education institutions (HEIs).



We are proud to be a Disability Confident Employer and have adopted a proactive approach to employing disabled people and to creating a more diverse workforce. We ensure that our recruitment processes are inclusive and accessible. We guarantee to offer an interview to all applicants who have declared a disability, provided that the essential criteria for the role are met. We proactively anticipate and provide reasonable adjustments and support existing employees who acquire a disability or long-term condition to thrive in the workplace.



We are a real living wage employer, and our Living Wage Employer Mark shows our commitment to paying our staff according to the cost of living.



We are proud supporters of the [City of Sanctuary movement](#) and delighted to be recognised as a University of Sanctuary. This national network brings together, university staff, lecturers, academics, and students, who together work to make Higher Education institutions places of safety, solidarity and empowerment for people seeking sanctuary.



We are committed to addressing gender inequalities in science and to improving career progression for female academics. The School of Sport, Exercise and Health Sciences holds a [Silver Athena SWAN award](#) which recognises the importance of support for women at all stages of their career.

**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.**