

**Organisation/Company:** Faculty of Psychology, Education and Sport Sciences (FPCEE)  
Blanquerna – Universitat Ramon Llull

**Research field:** Sports Science and Health

**Researcher profile:** First Stage Researcher (R1)

**Location:** Barcelona, Spain

**Type of contract:** 4-year temporary

**Job status:** full-time

**Hours per week:** 37

### **Offer description**

The Faculty of Psychology, Education and Sport Science Blanquerna, Ramon Llull University (Barcelona) offers:

### **PREDOCTORAL FELLOWSHIP/CONTRACT FPI**

from the *Plan Estatal de Investigación Científica y Técnica y de Innovación* del *Ministerio de Ciencia e Innovación*

to undertake a PhD thesis in the framework of the funded project: engAGE - Effects of an immersive technology-based intergenerational intervention to improve movement patterns in older adults: co-creation and a randomised controlled trial.

### **Brief summary of the engAGE project**

The overall objectives of the project are divided into two phases:

#### Phase 1:

Co-create an intergenerational intervention based on technology solutions to improve movement patterns [reduce sedentary behaviour (SB) and increase physical activity (PA) levels] of community-dwelling older adults (recruited from day care and community centres) (65 years and older), and people living permanently in nursing homes. Tailored to each setting, interventions will be designed together with end-users, family members, primary and secondary school students, health professionals, health management professionals, technology experts, primary and secondary education professionals (teachers), and sport science specialists to reduce SB and increase PA levels of older adults through participatory action research methodology, specifically co-creation.

We also aim to explore the added value of immersive technology to increase and enhance uptake, adherence, and sustainability of an intervention to improve movement patterns in the older adult population, with special considerations to each target group (community-dwelling and care home residents).

## Phase 2:

To evaluate the effects of the intervention programs, tailored to each setting (community-dwelling and nursing home residents), co-created in Phase 1 on the movement patterns (time in SB, time in mentally active and passive SB, standing time, walking time, number of steps, number and time of transitions) of older adults (65 years and older) in each population subgroup in the short (end of intervention), medium and long term (with 6 and 12 months post-intervention follow-up, respectively), by means of a randomised controlled clinical trial. As secondary objectives, we intend to evaluate the effects of the intervention programs on functionality/dependence, loneliness and social isolation, physical function, urinary incontinence, body composition, health-related quality of life, depression, and anxiety, as well as their cost-utility.

## **Tasks to conduct during the fellowship**

- Apply research in a vulnerable population, working in day care and community centres, with a mixture of end-users, academics, professionals and policy-makers.
- Work as a team member in an interdisciplinary and international team.
- Manage and conduct a co-creation process that will help them achieve communication abilities.
- Organize and conduct data collection in phase 2 (RCT) enhancing their leadership skills.
- Acquire skills on data analysis.
- Incorporate technology-friendly tools for the older adults.
- Participate in the research team activities, and this could enable them plan and conduct new studies.
- Prepare some lectures in one specific module of the Sport Sciences degree.
- Conduct a PhD by a compendium of publications and as a result of their publications in international peer-reviewed and prestigious SCI/SSCI journals, their academic profile will be enhanced.

**We are looking for** a responsible, hard-working person with previous experience in research and academic/scientific writing, a team player, fluent in Catalan, Spanish and English, and with a Sport Sciences and/or Movement and Health background.

Eligibility criteria: Degree in Sport Sciences, Physiotherapy or similar.

If you are interested to do a doctoral thesis, motivated for this research, send your detailed curriculum vitae and academic record to:

oficinarecercafpcce@blanquerna.url.edu

## **More information**

**Duration:** 4 years

**Salary** (subject to change):

1 year: 21.923€

2 year: 23.137€

3 year: 28.575€

4 year: 28.575€

Expenses derived from research stays and enrollment in doctoral studies: 6.860€

### **Selection process**

A board of two researchers will review all applications and the best ranked three applicants will be selected for a face-to-face interview. The ranking of each applicant will follow the punctuation showed below, as mandated by the fellowship rules stated by the *Ministerio de Ciencia e Innovación*:

#### Criterion 1

Research-based and scientific trajectory (up to 50 points)

- 1a. Scientific-technical contributions (up to 45 points)
- 1b. Mobility and internationalization (up to 5 points)

#### Criterion 2

Suitability of the candidate to the research activities to be developed (up to 50 points)

- 2a. Background and topic expertise (up to 15 points)
- 2b. Academic writing experience (up to 10 points)
- 2c. Catalan, Spanish, and English language skills (up to 15 points)
- 2d. Soft skills (up to 10 points)

**Application deadline:** 8<sup>th</sup> November 2023, at 14h CET.