

## Project proposal template – Faculty studentships Summer 2014

<i>Project title</i>	Physical activity promotion: A mindfulness based approach	<i>Director of Study</i>	Dr Owen Spendiff
<i>Second Supervisor</i>	Dr Elizabeth Pummell	<i>School</i>	Life Sciences <input type="button" value="v"/>
<i>Other members of supervisory team</i>	Professor Andrea Petroczi	<i>Any requirements from applicant (eg degree in specific subject area)</i>	
<b>Project summary (max 1,000 characters)</b>			
<p>A lack of physical activity is endemic, and contributes to a variety of chronic health conditions. Behaviour change is complicated, and despite significant research, interventions capable of promoting sustained activity have not been identified. Typically, programmes suffer poor adherence and maintenance of behaviour.</p> <p>This project aims to explore a new avenue for physical activity intervention; using mindfulness. Such interventions have proven effective, for example with depression. Mindfulness promotes a greater awareness and acceptance of internal and external experiences. Individuals develop greater psychological flexibility, thus aiding persistence. As such, there is the potential for individuals to learn to resist the temptation to avoid activity and to facilitate behaviour change.</p> <p>Mindfulness is a multi-faceted concept and an exploration of the factors most predictive of behaviour change is required. The next phase will involve the adaptation of current mindfulness programmes for physical activity and the testing of the intervention. Psychological, physiological and behavioural outcomes will be measured to assess effectiveness.</p>			