

## Project proposal template

### Graduate School studentships

### March 2015

<i>Project title</i>	The meaning of health, well-being and fitness in chronic disease and its effect on self-rating		
<i>First Supervisor</i>	Professor <input type="text" value="▼"/>	<input type="text" value="Andrea Petroczi"/>	
<i>Second Supervisor</i>	<input type="text" value="Prof Declan Naughton"/>		
<i>School</i>	<input type="text" value="Life Sciences"/> <input type="text" value="▼"/>		
<i>Other member of supervisory team (no more than three KU supervisors in total)</i>	<input type="text" value="TBA"/>		
<i>Specific requirements beyond 2:1 degree</i>	<input type="text" value="First class honours degree in health psychology/public health; MSc in cognate areas and/or demonstrated strength or experience in experimental research is"/> <input type="text" value="▲"/> <input type="text" value="▼"/>		

**Project summary**  
**(max 4,000 characters)**

Empirical clinical and psychological studies, as well as global population surveys, often use a single question self-assessment of health where people are asked to rate their own health. It is considered to be a valid and reliable measure among those with no cognitive impairment whilst being a simple and easy to administer measure of general health. Less understood is the cognitive mechanism underlying self-rating and how respondent think of and define 'health' in the absence of a given definition. Following this approach, single question self-rated well-being and fitness may also be practically useful assessment tools for both research and clinical practice. Thus the aim of this project is to investigate the cognitive processes that determine self-rating in health, well-being and fitness among those living with chronic conditions (and in comparison with healthy); and their implications on the accuracy of self-rating and on self-managed care using mixed methodology.

