

## Fuse PhD Studentship

<b>Proposed PhD project title:</b>	How to get research findings into practice in the changing landscape of public health
<b>Fuse research programme:</b>	<a href="#">Translational Research/Early Life and Adolescence</a>
<b>Lead Supervisor:</b>	Professor Dorothy Newbury-Birch, Professor of Alcohol and Public Health Research, Health and Social Care Institute, School of Health & Social Care, Teesside University
<b>Co-Supervisor:</b>	Professor Rosemary Rushmer, Professor in Knowledge Exchange & Public Health, Health and Social Care Institute, School of Health & Social Care, Teesside University, Dr Tracy Finch, Senior Lecturer in Psychology of Health Care, Institute of Health & Society, Newcastle University. Mr Les Tate, North Tyneside Council
<b>Training Location:</b>	Health and Social Care Institute, School of Health & Social Care, Teesside University,
<b>Duration:</b>	3 years full time, start before 1 <sup>st</sup> October 2015.
<b>Stipend:</b>	Estimated at £13,863 per annum in 2014/2015

### Scientific Rationale for proposed doctoral project

It is now well known that young people are much more vulnerable than adults to the adverse effects of alcohol due to a range of physical and psycho-social factors which often interact [1]. These adverse effects include: physiological factors resulting from a typically lower body mass and less efficient metabolism of alcohol [2]; neurological factors due to changes that occur in the developing adolescent brain after alcohol exposure [3]; cognitive factors due to psychoactive effects of alcohol which impair judgement and increase the likelihood of accidents and trauma [4]; and social factors which arise from a typically high-intensity drinking pattern which leads to intoxication and risk-taking behaviour [5]. Due to this extensive array of damage, the prevention of excessive drinking in young people is a global public health priority [6].

Secondary prevention activities i.e. targeting interventions at young people who are already drinking alcohol is likely to be a more effective strategy, since the intervention will have more salience for the individuals receiving them. Using an ongoing research study as a case study this PhD will explore how to get effective research findings into practice in the changing public health landscape and the school environment. The student would explore with school practitioners/ students/parents/policy makers and public health colleagues how to embed an alcohol intervention into routine school practice. Theories of implementation including Normalisation Process Theory will be explored and an implementation model to be used in practice will be developed and trialed.

### REFERENCES

1. Newbury-Birch D, Gilvarry E, McArdle P, Stewart S, Walker J, Lock C, Avery L, Jackson K, Beyer F, Brown N *et al*: The impact of alcohol consumption on young people: A review of reviews. In. London: Department of Children Schools and Families; 2009.

2. Zucker R, Donovan J, Masten A, Mattison M, Moss H: Developmental perspective on underage alcohol use. Developmental processes and mechanisms 0-10. *Alcohol Research and Health* 2009, 32(1):16-29.
3. Squeglia LM, Pulido C, Wetherill RR, Jacobus J, Brown GG, Tapert SF: Brain response to working memory over three years of adolescence: Influence of initiating heavy drinking. *Journal of Studies on Alcohol and Drugs* 2012, 73(5):749.
4. Rodham K, Brewer H, Mistral W, Stallard P: Adolescents' perception of risk and challenge: A qualitative study. *Journal of Adolescence* 2006, 29:261-272.
5. MacArthur G, Smith M, Melotti R, Heron J, Macleod J, Hickman M, Kipping R, Campbell R, Lewis G: Patterns of alcohol use and multiple risk behaviour by gender during early and late adolescence: the ALSPAC cohort. *Journal of Public Health* 2012, 34(Suppl 1):i20-i30.
6. Jernigan D: Global Status Report: Alcohol and Young People. In., vol. WHO/MSD/MSB/01.1. Geneva: World Health Organisation; 2001.

### **Person specification**

Candidates for studentships must hold qualifications at the level of, or equivalent to, a good honours degree from a UK academic institution (this should be a first or upper second class honours degree) and an MSc in a closely related subject. The MSc should be awarded at the merit level or above.

To be eligible for a full MRC studentship (stipend and university fees), candidates must be UK resident.

### **How to apply**

Closing date for applications is 12 noon Thursday 19<sup>th</sup> February and interviews will be held on Thursday 26<sup>th</sup> February. The successful applicant will be expected to start on 5<sup>th</sup> May.

**You can [apply online](#) for this opportunity.** Please use the PhD full-time application form, and state the studentship title and Director of Studies in the personal statement section.

### **Further information**

Please contact Professor Dorothy Newbury-Birch ([d.newbury-birch@tees.ac.uk](mailto:d.newbury-birch@tees.ac.uk)) for further details of the studentship or an informal discussion.