**2019 SHRS UQ Winter Research Project Description**

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| **Project title:** | Health behaviours in LGBTIAQ+ populations: a systematic review |
| **Project duration:** | * 4 weeks (24th June to 19th July) * 30-36 h/week |
| **Position/s available** | 1 |
| **Description:** | Behaviours such as physical activity participation, sports participation, sedentary behaviour and sleep have been identified to be associated with various health outcomes. Accordingly, relevant guidelines have been developed targeting these behaviours by governments worldwide as well as the World Health Organisation. Health-promoting factors have been highlighted as a priority in the process of understanding and addressing health disparities associated to sexual orientation by the US institute of Medicine  (National Research Council, 2011), and there have been calls for LGBTIQ+ specific research strategies in the area of health (e.g., Gorczynski & Brittain, 2016). Several countries and/or states have developed or are in the process of developing LGBTIQ+ focused action plans, particularly in the space of physical activity and sports participation (e.g., in the UK, Australia, etc.). Examining physical activity and sports participation of LGBTIQ+ individuals is critical as they often report negative experiences in physical activity contexts and several studies suggest that they are less likely to engage in physical activity and sport compared to cisgender individuals. Further, LGBTIQ+ individuals tend to experience higher rates of depression and anxiety than cisgender people, and health promoting behaviours have been demonstrated to positively influence such outcomes. While several studies have focused on physical activity and sport participation for LGBTIQ+ individuals, no systematic reviews have been conducted to synthesise study findings in this area and provide direction for future research. Sedentary behaviours and sleep behaviours have also been included in this review as secondary outcomes given their associations with health outcomes and calls for a focus on time use over a 24-hr period that involves behaviours along the movement continuum (i.e., physical activity, sedentary behaviour, sleep). |
| **Expected outcomes and deliverables:** | The selected scholar will gain skills in conducting a systematic literature review, which involves searching different databases, screening articles for inclusion, extracting information from articles, and evaluating the quality of articles. During this project, the student will be supervised by an multi-disciplinary team of supervisors from the Schools of Health and Rehabilitation Sciences and Human Movement and Nutrition Sciences. The student may also have the opportunity to generate presentations for local or national conferences, or work towards a paper for publication with the supervisors. Should they wish (and provided they have the appropriate clinical skills), the student will also have the opportunity to work with the team’s other scholar who will be conducting the winter scholarship titled “Evaluating Physical Activity and Sedentary Behaviour after Acquired Brain Injury in Laboratory and Free-Living Contexts”. |
| **Suitable for:** | This project would be suitable for 3rd year or 4th year UQ undergraduate students or first year Masters students with an interest in health behaviours. Students from the Schools of Health and Rehabilitation Sciences and Human Movement and Nutrition Sciences are preferred but students from other Schools and disciplines will be considered. |
| **Primary Supervisor:** | Dr Sjaan Gomersall (SHRS) and Dr Michalis Stylianou (HMNS) |
| **Further info:** | Please contact me at [s.gomersall1@uq.edu.au](mailto:s.gomersall1@uq.edu.au) to make a time to meet and discuss the scholarship and your suitability prior to applying.  Apply via [UQ Advantange](http://www.uq.edu.au/uqadvantage/wr-info-for-applicants) |