Volunteer/Course-Credits Interns Needed in the Exercise and Health Lab

Primary Location: 680 N Lake Shore Drive, Suite 1400, Chicago, IL

Position Description:
The Exercise and Health Lab at Northwestern University Feinberg School of Medicine is seeking highly-motivated and detail-oriented undergraduate, post-baccalaureate or graduate students to assist with several ongoing research projects. As an intern or research assistant, students will have the opportunity to engage with research study participants and learn about physical activity behavior change and cancer survivorship. The position is ideal for students who excel at interpersonal communication, have an interest in health outcomes and would like the opportunity to interact with research study participants.

Interns and research assistant will primarily contribute to the following studies, but will contribute to other projects on an as-needed basis:

**Fit2Thrive Physical Activity Promotion Trial for Breast Cancer Survivors:** The primary purpose of this study is to develop and test the feasibility and acceptability of a set of five social-cognitive theory-guided mHealth physical activity intervention components in breast cancer survivors. The effects of the intervention components on objectively-measured physical activity and self-reported quality of life indicators will also be examined. This study has two phases. In the first phase we will design the intervention components using a patient-centered approach. Input will be gathered from stakeholders including survivors, community partners and experts on the design and implementation of the 5 intervention components. The second phase of the study will involve testing the 5 intervention components in a 12-week intervention. This study is funded by the National Cancer Institute.

**Multi-site Adaptive Trial of a Technology-Based, EHR-Integrated Physical Activity Intervention in Breast and Endometrial Cancer Survivors:** The purpose of this study is to develop an effective and scalable physical activity intervention for breast and endometrial cancer survivors that will move from a one-size-fits-all approach to a dynamic, tailored approach for exercise promotion. All participants will be provided with a minimal 6 month activity promotion intervention (i.e. Fitbit integrated into the Electronic Medical Record). Participants will be evaluated throughout the 6 month study period. Those who are not meeting their physical activity goals, will be provided with additional intervention components. This study is a collaboration with the University of Wisconsin-Madison and is funded by the National Cancer Institute.

**Technology Supported Physical Activity Intervention for Metastatic Breast Cancer Patients (Fit2ThriveMB):** The purpose of this study is to test the effectiveness of a technology-supported intervention, Fit2ThriveMB, to promote physical activity in metastatic breast cancer patients. This is a two-arm randomized control trial (RCT) where participants are randomly assigned to one of two groups; Fit2ThriveMB (intervention group) or Healthy Lifestyle Waitlist Group (control group). Participants in the Fit2ThriveMB group will receive the Fit2ThriveMB mobile application and a Fitbit while participants in the Healthy Lifestyle Group will download the Cancer Coach app. Both groups will receive weekly study team support calls. This study is funded by the National Cancer Institute.

**The Impact of Mindfulness on Cognition and Perceived Exertion During Physical Activity:** The purpose of this study is to investigate the benefits of mindfulness during physical activity, rather than
in conjunction with physical activity. We will investigate whether mindfulness during physical activity influences ratings of perceived exertion and feel states during physical activity as well as affect and cognitive function following physical activity participation.

**Job responsibilities:**
Research assistants and interns are expected to contribute in many ways to our research projects. Typical responsibilities include the following:

- Attending group training sessions
- Conducting literature reviews
- Drafting intervention and recruitment documents
- Recruiting study participants on the phone and in-person
- Screening participants for study eligibility
- Data collection, entry and verification
- Attending project meetings
- Preparing progress reports for lab members and the PI
- Opportunity to assist with participant interviews, focus groups, webinars, or coaching depending on previous experience
- Highly motivated students may also have the opportunity to participate in data analysis and scientific abstract and manuscript preparation

**Qualifications:**

**Education:**
- These positions are open to all undergraduate and graduate students, and recent graduates, who are/were enrolled in an accredited educational program preferably studying: kinesiology, exercise science, nutrition, psychology, public health, biology, anthropology, medicine, communications, or a related field.
- Preference will be given to Junior, Senior or Post-baccalaureate students.
- Cumulative GPA greater than 3.0

**Experience:**
- Passion for health, fitness and wellness
- Strong public communication skills, both written and verbal
- Competency using Microsoft Word, Excel, PowerPoint and Outlook
- Strong organizational skills and attention to detail
- Willingness to work evenings and weekends when needed
- Prior research experience is not necessary, but will enhance the application

**Additional Information:**

**Application Deadline:** June 6th, 2019

**Anticipated Start Date:** At the beginning of the Northwestern University quarter (4/1/19)
- Preference will be given to candidates who can commit to a minimum of THREE quarters or TWO semesters.
- We are happy to work with students to satisfy specific requirements for course credit for your university
We can offer PSYCH 399 course credit to Northwestern University students. Please review the requirements here to determine if you qualify: https://www.psychology.northwestern.edu/undergraduate/research/research-for-course-credit.html#independentstudy

Schedule:

- **Volunteers**: 10 hours per week.
- **PSYCH 399**: A minimum of 8-10 hours per week, presentation and final paper will be required to fulfill course requirements
- Need to have availability during business hours and be willing to participate in early morning, evening and weekend data collection, if necessary.

**How to apply:** Email Dr. Siobhan Phillips (smphillips@northwestern.edu) and Susan Hood (susanchhood@northwestern.edu) with the following:

- Cover letter expressing interest in the position, qualifications and availability
- Resume/CV
- Unofficial academic transcripts including GPA
- Contact information for two references