

Page 1 – General Information

Project code	TSSP04
Partner University	Teesside University
Faculty/School/Department/Research Centres	SSSHL
First supervisor Please provide name and weblink	Professor Dorothy Newbury-Birch. <a href="https://research.tees.ac.uk/en/persons/dorothy-newbury-birch">https://research.tees.ac.uk/en/persons/dorothy-newbury-birch</a>
Second supervisor Please provide name and weblink	Professor Louisa Ells. <a href="https://research.tees.ac.uk/en/persons/louisa-ells">https://research.tees.ac.uk/en/persons/louisa-ells</a>
Third supervisor Please provide name and weblink	Dr Miglena Campbell <a href="https://research.tees.ac.uk/en/persons/mia-campbell">https://research.tees.ac.uk/en/persons/mia-campbell</a>
Fourth (external) supervisor	
External/industrial supervisor	
Which of the supervisors listed above is an early-career-researcher	Dr Miglena Campbell
Contact details for project for informal applicant queries Email address	d.newbury-birch@tees.ac.uk
DTA Programme: Please delete as necessary which DTA programme this project relates to:	DTA Social Policy
Project title	An examination of the relationship between unhealthy weight and alcohol consumption in young women.



Co-funded by the Horizon 2020 programme of the European Union

This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 801604.

Page 2 – Project Description

<p><b>Scientific Excellence</b> (500 words)</p>	<p>This multidisciplinary PhD will add to the growing work around the links between alcohol and health lifestyles/weight and will be led by two internationally renowned academics in the field (Newbury-Birch and Ells).</p> <p>Professor Newbury-Birch has led and been involved in a number of national randomised controlled trials looking at the effectiveness of alcohol interventions on young people in the high school setting. She has over £14 million of research funding and has published nearly 100 journal articles. She sits on the NICE advisory board for the guidelines on alcohol interventions in the school setting as an expert in the field and has been involved in developing alcohol screening tools for the youth justice board. She is an expert in co-production work in the development and carrying out of research, especially with young people.</p> <p>Professor Ellis is specialist advisor to Public Health England, an invited expert for the NICE Centre for Guidelines, and sits on the European Association for the Study of Obesity Nutrition working group.</p> <p>Professor Ells has specialised in obesity research for the past two decades, working across academia, policy and practice, having previously worked at the North East Public Health Observatory and was a founding member of the National Obesity Observatory (now part of Public Health England). She runs an applied research group at Teesside, finding research solutions to address real world problems. She has a particular interest in co-production, undertaking systematic reviews and service evaluations, and developing digital and creative tools to support weight management and public health. She has worked on projects with a combined income exceeding £1million, and has a strong publication record and established</p>
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	<p>network of international collaborations spanning Europe, USA and Australia.</p> <p>Dr Miglena Campbell is a Lecturer in Psychology at Teesside University. Her expertise is in the development and evaluation of complex psychosocial interventions Behavior Change Health Psychology. She received her PhD in Health Psychology in 2017 from Northumbria University. Her post doctoral research work looked at weight management which has been published. She is a research coordinator of the Altered Eating Research Network <a href="https://research.ncl.ac.uk/alteredeating/people/">https://research.ncl.ac.uk/alteredeating/people/</a>.</p>
<p><b>Aim (400 words)</b></p>	<p>Alcohol consumption at a young age is associated with a number of detrimental outcomes. These include physical and mental health issues, an impact on brain development, and an increased risk of accidents and injury. Other adverse effects include increased risk of mortality from accidents and suicide. Additional negative consequences include longer-term impact on brain development, liver damage, and changes in hormones vital for organ development and growth. Short term impacts can also arise from alcohol use in young people, including regretted sexual activity, self-harming, alcohol poisoning, drink driving, and criminal behaviour. It can also lead to weight loss, appetite changes, sleep disturbance, depression, and an impact on school performance. There is some evidence to show that for some young people, and in particular young women decisions are made to drink rather than eat because of the calorie intake. This is often referred to as Boozarexia</p> <p>Obesity is a common problem in the UK that's estimated to affect around 25% of adults and 20% of children aged 10-11. Obesity is generally caused by consuming more calories, particularly those in fatty and sugary foods, than</p>



	<p>you burn off through physical activity. The excess energy is stored by the body as fat.</p> <p>Obesity is an increasingly common problem because for many people modern living involves eating excessive amounts of cheap, high-calorie food and spending a lot of time sitting down, at desks, on sofas or in cars.</p> <p>The aim of this PhD is to use a mixed methods approach to examine the link between unhealthy weight and alcohol consumption in young women aged 14-16. Co-production of the final research aims and methods are to be established through co-production with young people. The proposed draft objectives of the study are:</p> <ol style="list-style-type: none"> <li>1. To carry out a systematic review of the international literature around alcohol consumption and unhealthy weight with particular reference to young women aged 14-24. If possible, information related to girls aged 14-16 will be extracted.</li> <li>2. To carry out secondary analysis of quantitative data from two previous studies around lifestyles in young people aged 14-16 carried out in the UK (SIPS JR-HIGH PILOT and SIPS JR-HIGH RCT) examining the links between healthy behaviours and alcohol consumption.</li> <li>3. To carry out interviews/focus groups with young women aged 14-16 around unhealthy weight and alcohol consumption and other lifestyle variables</li> <li>4. To triangulate the results and develop some recommendations for practice and early intervention.</li> </ol>
<p><b>Strategic Relevance (300 words)</b></p>	<p>This PhD has direct strategic relevance to work in the UK around unhealthy lifestyles. That is national work around obesity and alcohol use amongst young people that both Newbury-Birch and Ells are involved in. By looking at this topic in a multi-disciplinary way and by including young people in the development of the research and</p>



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	interpretation of the findings it could have impact at an individual and societal level.
<b>Interdisciplinarity and fit with DTA3</b>	This work brings together alcohol research (Newbury-Birch) and obesity (Ells) research to look at this important issue.
<b>Industrial Relevance (300 words)</b>	There may be opportunities for the student to have short placements with colleagues in the UK and in Europe.
<b>Economic and Societal Impact (300 words)</b>	The economic and societal impact of both excess drinking and obesity are far reaching and are two of the key areas where change is needed in the UK and the rest of the world. Alcohol related costs are estimated at between £27 and £52 billion per year with costs of obesity are estimated at around £27 billion per year. Both of which are expected to increase year on year. These costs are taken up by NHS services as well as lost productivity, criminal justice costs and costs related to family issues. By finding effective interventions at an early age it is possible that these costs can be reduced and that people can live longer and healthy lives.





Page 3 – Admission Requirements

Specific Admission Requirements	
Minimum IELTS score	

