

HABITWALK:

Understanding habit formation in physical activity behavior

For the **HABITWALK** project, we are looking for students to support the team on the following positions (start October/November 2022):

- a) Student Research Assistant position (20%) for six months;
- b) Internship (300 hours);
- c) Master thesis with project hours (240 hours);
- d) Internship + Master thesis with project hours (540 hours).

What is the project about?

The development of effective interventions targeting long-lasting change in physical activity is a public health priority. In this project, we will develop a smartphone app to increase physical activity by supporting the start and maintenance of daily physical activity routines. The content of the intervention will be mostly informed by the habit theory. In this project we will make use of different digital technologies such as electronic diaries and wearable devices to collect psychological (e.g., habit) and behavioral (e.g., physical activity) variables at daily resolution. As a result, we will collect and analyze intensive longitudinal data (aka time series) for each study participant.

Responsibilities

You will work in close collaboration with researchers in health psychology and a UX researcher. You will support the project in the various steps of planning, implementing and conducting the research project. This includes:

- Developing the study surveys
- Implementation of the content of the HABITWALK app in Qualtrics and on our technology platform
- Configuring and user testing the app HABITWALK
- Assisting with the creation of the ethics application
- Recruitment activities
- Study correspondence and monitoring
- Data preparation and analysis

We offer

The opportunity to gain experience in developing and testing digital interventions, which is now becoming one of the most appealing applications of behavioral sciences. You will be part of our motivated

team in an interdisciplinary, collaborative and open-minded environment. Regarding the remuneration for Student Research Assistant and intern positions:

- The 20% Student Research Assistant position will be remunerated according to the University of Bern regulations.
- The study related internship is unpaid.

Requirements

You are a student with a high interest in developing behavior change interventions, applying psychological theories to promote health behaviors, and playing around with digital technology. The ideal candidates are committed, proactive, flexible and able to work independently. The Student Research Assistant position is associated with higher expectations in terms of accountability and independent working.

Knowledge in programming/creating online questionnaires (i.e., Qualtrics) as well as previous experience in empirical research is a plus, but not strictly mandatory. If the candidate is applying for a master thesis position, an average knowledge of R is expected. The candidates are expected to work in English.

Workload

The workload varies according to the positions:

- 20% for Student Research Assistant
- 8-12 hours per week for the internship and project hours positions. Some degrees of flexibility are expected (e.g., take on more hours during the semester break and reduced workload during the semester).

Contacts

If interested, please send your complete application documents (letter of motivation, CV, references if available) preferably in a single PDF document to: dario.baretta@unibe.ch

If you have any questions, please contact the same email address.