

the RENEW lab

Researching Eating and Nutrition to Enhance Wellness

Principal Investigator:

- Nichole Kelly, PhD; Assistant Professor; Counseling Psychology and Human Services; Prevention Science

Project Description:

- The goal of the RENEW lab is to better understand the eating choices of children and adults. This information will help us devise programs to improve their eating habits and, in doing so, their health and well-being.
- Right now, we have several active studies in our lab, including: 1) developing and evaluating a workplace weight stigma intervention; 2) using data collected via smart phones to test theories for young men's disordered eating behaviors; 3) examining the link between children's cognitive functioning and their eating habits; and 4) evaluating a mindfulness-based intervention delivered to middle school students.

Potential Benefits to Research Assistants:

- Learn about individual, family, community and cultural factors associated with people's eating behaviors.
- Learn about biological factors – like body composition and heart rate variability – associated with people's eating behaviors.
- Gain valuable experience with clinical research – like how to recruit and retain research participants, the importance of keeping all study procedures standardized, etc.
- Learn about “gold standard” procedures for assessing body composition, eating behavior, and psychological functioning.
- This is an excellent opportunity for students interested in health, psychology, nutrition, and/or prevention science. Undergraduate research experience is vital for success with pursuing graduate school.

Student Time, Commitment and Requirements:

- Commit to a minimum of one full academic year (3 terms) in the RENEW lab (including the summer of 2019).
- Commit to a minimum of 6 hours of work per week.
- Demonstrate exceptional professionalism, organizational skills, communication and dependability. We work with busy families who are taking time out of their day to participate in our research study. It is critical that we are on-time, prepared and courteous.

Application Procedure:

- Email therenewlab@uoregon.edu
- In your email, please note: 1) when you are able to start; 2) what experiences you have working with children in personal, clinical or research settings; and 3) what you hope to gain from working on this project.
- Please also include your currently availability spanning 9am-8pm for both weekdays and weekends.
- Qualified applications will be contacted for a follow-up interview.

