
Developing and evaluating digital lifestyle interventions

Faculty:

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Project Description:

The student will join and work with researchers in the Physical Activity and Nutrition Determinants in Asia (PANDA) Research Programme. He/she will be involved in and conduct a series of digital health studies, focussing on the understanding and promotion of healthy movement and dietary behaviours in different populations. The student will conduct different studies, including validation, observational, and intervention studies. He/she will also have the opportunity to apply different methodologies (e.g. quantitative and qualitative), to identify and develop effective digital interventions utilizing smartphones and wearables.

For more information about PANDA, please visit <https://blog.nus.edu.sg/sphpanda/>