

In the **Health Psychology** working group led by Prof. König there is the opportunity to apply for a

Research Internship

for a period of at least 3 months from January 2025 or later (full-time).

The internship is aimed at students of psychology, public health, sports sciences and related disciplines. The internship will focus on the following topic:

Are menstrual symptoms related to physical activity (PA) engagement via psychological processes?

Menstrual cycle symptoms (MS) comprise of a wide array of symptoms which go well beyond period pain (i.e., dysmenorrhea) and which occur throughout the different phases of the cycle (i.e., menstrual, premenstrual, intermenstrual): for example, menstruators may experience mood swings, irritability, constipation, difficulties concentrating, and general discomfort related to menstrual blood. These symptoms may represent barriers to PA engagement. Considering that women are on average 8% more inactive than men, and thus, have a poorer health status, understanding the role played by menstrual symptoms in influencing health behaviour engagement remains pivotal. In this project, we aim to generate a better understanding of the underlying psychological mechanisms of PA that may be influenced by MS using Ecological Momentary Assessments (EMA).

Your tasks:

- Support in the collection of empirical data (e.g., participant recruitment)
- Participation in data cleaning/ preprocessing and data analysis

Requirements:

- Interest in health psychology research with a focus on the menstrual cycle and physical activity
- Good knowledge of the MS Office package
- Good communication skills, flexibility and ability to work in a team
- English Language: professional proficiency
- Previous experience with EMA data preparation and analysis
- Good command of German or Italian are a bonus
- Full-time commitment

You are welcome to reach out to us for any queries. Please send your application including a motivation letter, your CV, and transcript of records in one PDF file to lucia.volpi@univie.ac.at no later than 13 October 2024. Applications will be reviewed on a rolling basis. We look forward to hearing from you!