**Active and Healthy Ageing. (Ref. SoSS-2020-006)**

*Supervisory team: Prof. Alan Gow & Dr Lauren Potter*

As we age, we might experience changes in aspects of health and wellbeing. A healthy ageing approach is increasingly exploring how we might improve or maintain functional capacity, as well as considering how to reduce age-related decline. Growing evidence supports socially connected, physically active and mentally challenging lifestyles as beneficial for a range of outcomes. This studentship will consider how participation in novel, community-based activities might benefit the physical and/or psychological health of people aged 65+. Data from ~400 people, previously collected as part of intervention studies at the host lab, will form the basis of the project. The studentship will first explore the literature on activity participation and healthy ageing in advance of generating testable hypotheses within the available data. These might include, but are not limited to, exploring how personality and other individual differences might mediate or moderate the benefits of new activity participation for health and wellbeing.

*For informal enquiries, please contact Prof. Alan Gow (a.j.gow@hw.ac.uk)*

When submitting your application for this project area, please select the option ‘Psychology, PhD’ from the drop-down list on the online application system.