**UQ Winter Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Forecasting the long-term impact of working hours on mental health and well-being.** |
| **Project duration, hours of engagement & delivery mode** | Please outline the duration of the project:  ***Each scholar would be expected to work 20 hours per week for four weeks.***  How many positions would you like to offer?:  ***2 positions*** |
| **Description:** | This project examines how the amount of time people spend at work affects their mental health and wellbeing. More than half the world’s population currently work. At the same time, 15% of working aged adults live with a mental health condition. We know that mental health has far-reaching consequences on an individual’s ability to work, as well as their families, communities, and society at large. For example, 12 billion working days are lost every year to depression and anxiety predominantly from reduced productivity. Consistently long working hours is thought to lead to poorer mental health and wellbeing outcomes for many people across different jobs and countries. Therefore, the workplace and in particular the hours people work, is a critical means through which mental health can be protected and improved.  Our project has two concurrent streams of work:  First, we are synthesising all the available evidence describing long-term impacts of working hours on mental health. Here, we are using best practice systematic review methods. The scholars’ tasks may involve extracting, coding, and synthesising data from the studies identified through the systematic review search process. They may also be involved in building tables and/or infographics to communicate the results of the review.  Second, we are performing a meta-analysis on existing large-scale survey data from a range of countries globally. The scholars’ tasks may involve identifying and procuring large national panel survey data from the web, screening survey documentation for key measures, and comparing/contrasting measures of similar constructs across different surveys. |
| **Expected outcomes and deliverables:** | Scholars will develop solid foundational knowledge of research describing the relationship between working hours and mental health. Further, they will cultivate skills in conducting systematic literature reviews, working with data from large-scale surveys, and an understanding of what happens ‘behind the scenes’ during the research process. The research team will also provide mentoring from junior researchers each week for the duration of the scholarship. |
| **Suitable for:** | This project is open to applications from students with a background in psychology. The project is particularly suitable for students interested in PhD research or pursing Masters level study in Organisational Psychology. |
| **Primary Supervisor:** | Dr Timothy Ballard |
| **Further info:** | Prior to submitting an application, please contact Dr Timothy Ballard ([t.ballard@uq.edu.au](mailto:t.ballard@uq.edu.au)) to discuss the project. |