**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:** | **Self-Directed Ageism, Health and Wellbeing** |
| **Project duration is 4 weeks, what are the expected hours of engagement & delivery mode** | This project offers the opportunity for a 4-week winter research scholarship, that can be completed***either* on campus or remotely, depending on the student’s preference**. The successful applicant will be expected to complete up to 36 hours/week, with the option for any correspondence with the supervisor to be completed via zoom/email, or in person at UQ. |
| **Description:** | Ageism directed at older people is unique in two ways: it is socially condoned in a manner that other types of prejudice are not, and the animus is eventually self-directed. Self-directed ageism refers to the many ways in which ageist beliefs become increasingly self-relevant and internalised. Internalization of ageist stereotypes can be harmful in late adulthood; not only is self-directed ageism experienced more frequently than ageism from others, but it is more strongly linked to older adults’ health and wellbeing (Allen et al., 2022; Kang & Kim, 2022). However, important questions remain about the strength and specificity of these relationships. Therefore, the goal of this project is to provide the first meta-analysis of the relationships between self-directed ageism and important health and wellbeing outcomes.  To gain a clearer and more nuanced understanding of the interplay between self-directed ageism and health and wellbeing:   1. Self-directed ageism will not just be examined as a general construct but broken down into ageist beliefs and personal views on one’s own ageing (Henry et al., 2023). 2. Health and wellbeing will encompass physical, psychological and social indicators, that will be considered separately.     Answers to these questions will have important theoretical and practical implications. |
| **Expected outcomes and deliverables:** | As part of this project, the successful applicants will be working alongside the supervisor to contribute to the quality assessment/risk of bias component of this meta-analytic review. This is a great opportunity to be introduced to meta-analytic techniques, as well as to gain an understanding of the self-directed ageism literature. |
| **Suitable for:** | Suitable for 3rd or 4th year students with great attention to detail. |
| **Primary Supervisor:** | Prof. Julie Henry |
| **Further info:** | If you are interested in this position or would like to know more about this project please contact [julie.henry@uq.edu.au](mailto:julie.henry@uq.edu.au). |