

PhD Position
REDUCING PARENTAL BURNOUT A MINDFULNESS AND COGNITIVE BEHAVIOUR THERAPY
RANDOMIZED CONTROLLED TRIAL

SECTOR : Higher Education Institution

LOCATION: France, Grenoble

RESEARCHER PROFILE:

□ *First stage researcher,*

INSTITUTION: Univ. Grenoble Alpes, University of Innovation

One of the major research-intensive French universities, Univ. Grenoble Alpes enjoys an international reputation in many scientific fields, as confirmed by international rankings. It benefits from the implementation of major European instruments (ESRF, ILL, EMBL, IRAM, EMFL*). The vibrant ecosystem, grounded on a close interaction between research, education and companies, has earned Grenoble to be ranked as the 5th most innovative city in the world. Surrounded by mountains, the campus benefits from a natural environment and a high quality of life and work environment. With 7000 foreign students and the annual visit of more than 8000 researchers from all over the world, Univ. Grenoble Alpes is an internationally engaged university.

A personalized Welcome Center for international students, PhDs and researchers facilitates your arrival and installation.

In 2016, Univ. Grenoble Alpes was labeled «Initiative of Excellence ». This label aims at the emergence of around ten French world class research universities. By joining Univ. Grenoble Alpes, you have the opportunity to conduct world-class research, and to contribute to the social and economic challenges of the 21st century ("sustainable planet and society", "health, well-being and technology", "understanding and supporting innovation: culture, technology, organizations" "Digital technology").

* ESRF (European Synchrotron Radiation Facility), ILL (Institut Laue-Langevin), IRAM (International Institute for Radio Astronomy), EMBL (European Molecular Biology Laboratory), EMFL (European Magnetic Field Laboratory)

Key figures:

- + 50,000 students including 7,000 international students
- 3,700 PhD students, 45% international
- 5,500 faculty members
- 180 different nationalities
- 1st city in France where it feels good to study and 5th city where it feels good to work
- ISSO: International Students & Scholars Office affiliated to EURAXESS

REFERENCES:

IDEX-ISP Project : PARENT-PREV

SUBJECT TITLE: **Reducing parental burnout: a mindfulness and cognitive behaviour therapy randomized controlled trial**

RESEARCH FIELD: Psychology

SCIENTIFIC DEPARTMENT (LABORATORY'S NAME): LIP/PC2S

DOCTORAL SCHOOL'S: SHPT

SUPERVISOR'S NAME: GAUCHET / SHANKLAND

SUBJECT DESCRIPTION:

The consequences of parental burnout justify on their own the pressing need to develop targeted and efficient interventions. Parental burnout has detrimental consequences for the parent (escape ideation and suicidal thoughts, increase in addictive behaviours, sleep disorders, health disorders), for the couple (increase in the frequency and intensity of conflicts) and for the child(ren) (it multiplies by ten the risk of neglectful and violent behaviour against the child(ren), while job burnout "only" multiplies it by two, and depression by three). Developing efficient interventions to treat parental burnout appears therefore crucial.

The main goal of the project is develop specific interventions to reduce parental burnout. We will compare two different evidence-based interventions: a tailored mindfulness based intervention and a cognitive behaviour stress management program. We will assess their effects, mechanisms of action, and compare their efficacy to a control group. A second goal is to determine which type of parents benefits most from each type of intervention.

ELIGIBILITY CRITERIA

Applicants must hold a Master's degree (or be about to earn one) or have a university degree equivalent to a European Master's (5-year duration),

Applicants will have to send an application letter in English and attach:

- Their last diploma
- Their CV
- A short presentation of their scientific project (2 to 3 pages max)
- Letters of recommendation are welcome.

Address to send their application: Aurelie.gauchet@univ-grenoble-alpes.fr; Rebecca.shankland@univ-grenoble-alpes.fr; ed-shpt@univ-grenoble-alpes.fr

SELECTION PROCESS

Application deadline: **21 June 2018** at 17:00 (CET)

Applications will be evaluated through a three-step process:

1. Eligibility check of applications in 22 June 2018
2. 1st round of selection: the applications will be evaluated by a Review Board in 26 June 2018. Results will be given in 27 June 2018.
3. 2nd round of selection: shortlisted candidates will be invited for an interview session in Grenoble on 5 July 2018. (if necessary)

TYPE of CONTRACT: temporary-3 years of doctoral contract

JOB STATUS: Full time

HOURS PER WEEK: 35

OFFER STARTING DATE: 01/09/2018

APPLICATION DEADLINE: 21/06/2018

Salary: between 1768.55 € and 2100 € brut per month (depending on complementary activity or not)

Funding providers : UGA and Swansea university