Project Title: Fast versus slow weight loss: which is better?  

Code: BODEN1

Host School/Institute: The Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders  
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Project Type: Data Analysis, Survey, Literature Review, Clinical

Project Category: Nutrition, Obesity, Chronic Diseases/Illness, Eating disorders, Imaging

Project Keywords:  
1. Energy restriction  
2. Weight loss  
3. Appetite  
4. Body composition  
5. Eating behaviour

Project Description:  
Health professionals have long advocated ‘slow and steady’ weight loss. However, recent evidence shows benefits of fast weight loss for motivation and appetite control.

With funding from a project grant from the National Health & Medical Research Council of Australia, Associate Professor Amanda Salis and team are conducting a head-to-head comparison of the physical and psychological benefits or dangers of fast versus slow weight loss in obese postmenopausal women (the TEMPO Diet Trial: Type of Energy Manipulation for Promoting optimum metabolic health & body composition in Obesity). Amanda’s team is seeking a motivated Summer Research Scholar to participate in the TEMPO Diet Trial over the summer vacation.

Your work will be tailored to your expertise and interests, but could involve aspects of adult clinical obesity research such as conducting telephone screening interviews with potential participants, determining body composition and resting energy expenditure, chaperoning trial participants to specialised hospital departments for MRI scans, or assisting with occasional laboratory testing (e.g. hormone assays). You will have the opportunity to analyze a sub-set of the data collected from our trials in order to gain experience in the A to Z process of research, from participant recruitment, clinical testing, data collection, analysis and presentation.

Applications are invited from students in science, medicine or other health discipline (e.g. exercise physiology, nutrition & dietetics, nursing, pharmacy, physiotherapy, psychology, biochemistry, physiology etc.) Preference will be given to students interested in proceeding to Masters or PhD research with our team in 2016.