

2 November 2017

Professor Jeremy K Nicholson
Head of Department of Surgery and Cancer
Director, MRC-NIHR National Phenome Centre

TO WHOM IT MAY CONCERN

Re: Wellbeing in Research Application

I am writing to give my strong support for the Department's application for a Clinical Lectureship through your Wellbeing in Research Programme.

This funding will provide core support for initial pilot and feasibility studies to establish a firm research platform, building on previous work undertaken in a number of projects in the department. I see this as an important area of research and this grant will allow the department to increase our portfolio and capacity in this important field. This work compliments the wider strategy in the Department and firmly aligns with the recently renewed Imperial CRUK Centre.

The Department is well placed to support an individual in this programme. We will provide space, resources and access to Imperial's outstanding mentoring programmes to nurture and train this individual to become a world-leader in that field.

Thank you for your consideration and we look forward to hearing from you.

Yours faithfully



Professor Jeremy K Nicholson
Head of Department

**The Lord Leonard and Lady Estelle Wolfson
Foundation Application for Funded
Lectureship**

Name of institution:	Imperial College London
Name of department:	Department of Surgery and Cancer
Name of department head:	Jeremy Nicholson
Name of administrative contact:	Karen Kerr
Contact address:	10 th Floor, QEQM Building, Praed Street. W2 1NY, London
Contact phone number:	07590250549
Contact email:	k.kerr@imperial.ac.uk
Start date:	October 2018
End date:	October 2021
Total value of grant requested: (£)	100,000

1. The Research Project

Please summarise the activities that you plan to undertake as part of the funded Lectureship. Indicate the timeliness and importance of the planned work, and place it in the context of current knowledge.

Max 300 words

Background

A key factor to maintaining health is choosing to take ownership through our behaviour and behaviour choices. This may be in form of lifestyle choices such as not smoking and taking exercise, but also by prioritising preventative and early detection strategies such as cancer screening. It is well recognised that physical, emotional and cognitive factors as well as factors contributing to subjective well being (SBW) play a role choosing to participate in preventative health behaviours.

People who are unduly overburdened by life stresses such as job security, health or financial concerns may be considered to have less 'slack' or bandwidth and are therefore prone to make unhealthy choices. Cancer screening participation is such a preventative health behaviour, and it has been shown that individuals of lower socio-economic status, which can act as an indicator of

	<p>life stresses, are consistently less likely to participate in cancer screening.</p> <p>Timeliness Cancer screening saves thousands of lives each year, but its effectiveness is limited by low participation rates. Despite the majority of the public believing that cancer screening is a good idea, participation in bowel and cervical screening falls significantly below national targets.(1-3) Furthermore breast and cervical screening rates have shown a concerning decline over the past five years. It is therefore very timely that we focus research efforts to better understand how such preventative behaviours can affect SWB and how the degree of SWB and other factors might influence participation in such screening programmes.</p> <p>Proposed work This lectureship will support a Clinical Academic Lecturer to study the interactions between SWB, socioeconomic status, life stress and personal attitudes towards preventative behaviours such as screening. The research will investigate how enabling individuals to engage with maintaining their health can improve SWB. The post-holders' research will help shape understanding of how preventative health behaviours might act as an indicator of subjective wellbeing and might be used as a vector for change to improve quality of life.</p>
<p>What are the specific objectives of the Lectureship? Max 200 words</p>	<p>Research Questions</p> <ol style="list-style-type: none"> 1. How do SWB, socioeconomic status, life stress and personal attitudes affect participation in health preventative activities? 2. Do health prevention behaviours such as participation in screening predict SWB scores? 3. Can interventions that address SWB, personal attitudes and barriers related to preventative behaviours affect participation rates? <p>Objectives</p>