



## China Scholarship Council – University Maastricht

### PhD Programme Application form

#### Basic information

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*- To be filled in by the prospective UM supervisors -*

#### 1. Information on prospective UM supervisors and Promotor

##### 1a. First Supervisor/promoter:

- Title(s), initial(s), first name, surname: Prof. dr. Hans H.C.M. SAVELBERG
- Research group: dept Nutrition and Movement Sciences, NUTRIM School for Nutrition and Translational Research in Metabolism
- Address for correspondence: P.O. box 616, 6200MD MAASTRICHT, The Netherlands
- Telephone: +31 43 38 81 392 +316 46 70 55 08
- E-mail: hans.savelberg@maastrichtuniversity.nl

##### 1b. Second Supervisor/copromoter:

- Title(s), initial(s), first name, surname: Dr. Brenda Berendsen
- Research group: dept Nutrition and Movement Sciences, NUTRIM School for Nutrition and Translational Research in Metabolism
- Address for correspondence: P.O. box 616, 6200MD MAASTRICHT, The Netherlands
- Telephone:
- E-mail: brenda.berendsen@maastrichtuniversity.nl

##### 1c. Promotor (if applicable): – see above

- Title(s), initial(s), first name, surname:
- Research group:
- Address for correspondence:
- Telephone:
- E-mail:

#### 2. Information on UM Faculty/ Department/ Institute/ School contact person:

*When the application is granted by both the CSC and UM, the contact person is responsible for the practical arrangements (i.e. assistance in obtaining a visa, finding accommodation, etc.) of the visit of the PhD candidate:*

- Initial(s), first name, surname:
- Research group:
- Address for correspondence:
- Telephone:
- E-mail:

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**- To be filled in by the applicant if already known -**

### **1. Information on the applicant**

- Initial(s), first name, surname: Yanqin WANG
- Male/female: Female
- Current work address:
  
- Telephone:
- E-mail: WeChat:
- Private address:

### **2. Details of applicant's home university**

*Note! A separate letter of recommendation by the supervisor or faculty dean of the home university is required.*

- Name of home university:
- Address:
- Telephone:
- E-mail:
- Website (if available):

### **3. Applicant's home university Master Thesis supervisor:**

- Title(s), initial(s), first name, surname:
- Address for correspondence:
  
- Telephone:
- E-mail: WeChat:

### **4. Research field(s)**

### **5. Title of research plan for CSC-UM PhD Programme**

Off To A Good Start: Enhancing student well-being with a package of healthy lifestyle initiatives (OTAGS)

## 6. Short summary of research plan (max. 250 words) (A full plan has to be submitted later)

**Background:** Starting tertiary education is typically accompanied by the adoption of lifestyle behaviors that are detrimental for well-being, such as less physical activity, more sedentary behavior, eating less fruit and more fast-food, changed sleeping patterns and drinking more alcohol. Behavior adopted at the start of a new life cycle tends to be sustained into adulthood. Despite evidence about effective lifestyle interventions, actual impact on student well-being is limited. A participatory approach boosts engagement, implementation and sustainability, to bridge the evidence-practice gap.

**Study objective:** We propose that students will be partners in selecting relevant lifestyle behaviors and suitable initiatives. Combined with evidence-based initiatives (EBIs), this will produce a package of sustainable EBIs, addressing various lifestyle behaviors, including physical activity, sedentary behavior, nutrition, alcohol, and sleep.

First-year students at Maastricht University will be invited to participate in one or several of these EBIs during their first 100 days, tailored to their choice and needs. Students' well-being and lifestyle will be compared after 100 days, and after a 100-day additional follow-up. The students' usage and experience of the initiatives will be analyzed qualitatively and quantitatively to inform long-term implementation of the initiatives.

After evaluation, the package of initiatives and participatory approach will be disseminated, permanently integrating a focus on student well-being in our bachelors' program, and enabling implementation at other institutions.

**Expected Results:** This project will produce a package of initiatives and an exemplary participatory approach improving long-term student well-being through healthier lifestyle choices in the first 100 days.

**Requirements:** Health Sciences, Biomedical Sciences

**Group's performance:** Publications: ; H-Index: ; number of citations .

## 7. Motivation for CSC-UM PhD application (max. 250 words)

### Applicant's Curriculum Vitae (if available)

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### 8. Personal details

#### Applicant

- Title(s), initial(s), first name, surname:

CSC-UM PhD programme start 1-9-2021

- Surname:

- Nationality: Chinese
- Date of Birth:
- Country and place of birth:

**9. Master's degree (if applicable)**

*Note! Add a copy of your Master's degree to your application*

University (211 or 985 if available):

Faculty/discipline:

City and country:

Date:

Grade average:

Title Master's thesis (if applicable):

Thesis grade: