

Taren Sanders

ACADEMIC RESEARCHER & DATA SCIENTIST

Institute for Positive Psychology and Education, Australian Catholic University

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Education

Doctor of Philosophy

WESTERN SYDNEY UNIVERSITY

2016

- Thesis: Investigating associations between neighbourhood green space and weight status: A longitudinal study of Australian children aged 4 to 13 years old.

Master of Data Science (Applied)

ADELAIDE UNIVERSITY

2022

Bachelor of Health Science (Honours; First Class)

WESTERN SYDNEY UNIVERSITY

2012

- Thesis: Measuring adolescent boys' physical activity: Bout length and the influence of accelerometer epoch length.

Bachelor of Health Science (PDHPE)

WESTERN SYDNEY UNIVERSITY

2011

Employment History

Associate Professor

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2025–Current

Program Leader

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2021–Current

Deputy Program Leader

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2017–2021

Senior Research Fellow

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2023–2024

Research Fellow

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2020–2022

Associate Research Fellow

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2016–2020

Research Summary

Publications	Citations	h-Index	Mean Impact Factor	Funding
50	11586	31	9.9	> \$1.8 million

Technical Skills

Programming Languages

- R
- Python
- Stata
- Julia

Software Development

- R packages
- Python packages

Statistical Methods

- Machine learning
- Multilevel modelling
- Intervention evaluation
- Meta-analyses

Research Methods

- Study design
- Intervention development
- Ethics and recruitment

Publications

PEER-REVIEWED PUBLICATIONS

1. Allen, K.-A., Crawford, J., **Sanders, T.**, Bozorg, B., & Saunders, C. (2025). Belonging beyond crisis: Predictors are stable in higher education, despite a pandemic. *Higher Education*. DOI: 10.1007/s10734-025-01549-2
0 citations | JIF: 4.6
2. Lubans, D. R., Shields, N., Eather, N., Smith, J. J., Noetel, M., Hillman, C. H., Lonsdale, C., Oldmeadow, C., Stuart, A., Kennedy, S. G., Boyer, J., Comis, P., Roche, L., **Sanders, T.**, Finn, T., & Leahy, A. A. (2025). Scalable physical activity intervention for youth with disability: Burn 2 Learn adapted cluster randomized controlled trial. *International Journal of Behavioral Nutrition and Physical Activity*, 22(1), 125. DOI: 10.1186/s12966-025-01829-1
0 citations | JIF: 5.6
3. Gordon, C. S., Ferber, K., Notley, T., Rodgers, R. F., Bradshaw, E., Basarkod, G., Anderson, J., McLean, S. A., Mizzi, S., Jarman, H. K., Dickson, J., **Sanders, T.**, Slater, A., Pearson, E., & Dicke, T. (2025). The relationship between media literacy and well-being: A systematic review and meta-analysis. *Educational Research Review*, 49, 100731. DOI: 10.1016/j.edurev.2025.100731
2 citations | JIF: 10.6
4. Noetel, M., **Sanders, T.**, Tracey, D., Lubans, D. R., Temple, V. A., Bennie, A., Conigrave, J., Babic, M., Booker, B., Pagano, R., Boyer, J., & Lonsdale, C. (2025). Effects of a school-based physical activity intervention on children with intellectual disability: A cluster randomized trial. *International Journal of Behavioral Nutrition and Physical Activity*, 22(1), 103. DOI: 10.1186/s12966-025-01798-5
1 citations | JIF: 5.6
5. Vasconcellos, R. P., **Sanders, T.**, Lonsdale, C., Parker, P., Conigrave, J., Tang, S., Del Pozo Cruz, B., Biddle, S. J. H., Taylor, R., Innes-Hughes, C., Salmela-Aro, K., Vasconcellos, D., Wilhite, K., Tremaine, E., Booker, B., & Noetel, M. (2025). Electronic screen use and children's socioemotional problems: A systematic review and meta-analysis of longitudinal studies. *Psychological Bulletin*, 151(5), 513–543. DOI: 10.1037/bul0000468
24 citations | JIF: 17.3
6. Gába, A., Hartwig, T. B., Jašková, P., **Sanders, T.**, Dygrýn, J., Vencálek, O., Antczak, D., Conigrave, J., Parker, P., Del Pozo Cruz, B., Fairclough, S. J., Halson, S., Hron, K., Noetel, M., Ávila-García, M., Cabanas-Sánchez, V., Cavero-Redondo, I., Curtis, R. G., Da Costa, B. G. G., ... Lonsdale, C. (2025). Reallocating Time Between 24-h Movement Behaviors for Obesity Management Across the Lifespan: A Pooled Data Meta-Analysis of More Than 9800 Participants from Seven Countries. *Sports Medicine*, 55(3), 641–654. DOI: 10.1007/s40279-024-02148-4
6 citations | JIF: 9.3
7. Wilhite, K., Noetel, M., Del Pozo Cruz, B., Lonsdale, C., & **Sanders, T.** (2025). Movement Mediates the Relationship Between Socioeconomic Position and Socioemotional Outcomes in Youth. *Journal of Physical Activity and Health*, 22(2), 224–234. DOI: 10.1123/jpah.2024-0114
0 citations | JIF: 2.9
8. Van Doren, N., Compernolle, S., Bouteren, A., Haerens, L., Hesters, L., **Sanders, T.**, Slembrouck, M., & De Cocker, K. (2024). How is observed (de)motivating teaching associated with student motivation and device-based physical activity during physical education? *European Physical Education Review*. DOI: 10.1177/1356336X241289911
12 citations | JIF: 2.6
9. Verswijveren, S. J. J. M., Hesketh, K. D., Ridgers, N. D., Gusi, N., Timperio, A., Mazzoli, E., Arundell, L., Barnett, L. M., **Sanders, T.**, Lubans, D., Telford, A., Contardo Ayala, A. M., Bauman, A., Wilhite, K., & Salmon, J. (2024). Cross-sectional associations of movement behaviour compositions with health-related quality of life in Australian children. *Mental Health and Physical Activity*, 27, 100619. DOI: 10.1016/j.mhp.2024.100619
2 citations | JIF: 2.3
10. Crawford, J., Allen, K.-A., **Sanders, T.**, Baumeister, R., Parker, P., Saunders, C., & Tice, D. (2024). Sense of belonging in higher education students: An Australian longitudinal study from 2013 to 2019. *Studies in Higher Education*, 49(3), 395–409. DOI: 10.1080/03075079.2023.2238006
123 citations | JIF: 3.7
11. Noetel, M., **Sanders, T.**, Gallardo-Gómez, D., Taylor, P., Del Pozo Cruz, B., Van Den Hoek, D., Smith, J. J., Mahoney, J., Spathis, J., Moresi, M., Pagano, R., Pagano, L., Vasconcellos, R., Arnott, H., Varley, B., Parker, P., Biddle, S., & Lonsdale, C. (2024). Effect of exercise for depression: Systematic review and network meta-analysis of randomised controlled trials. *BMJ*, e075847. DOI: 10.1136/bmj-2023-075847
597 citations | JIF: 93.7

Note: In health and medicine the last author is considered the senior author.

Citations from Google Scholar; JIF = Journal Impact Factor.

12. Guo, J., Basarkod, G., Perales, F., Parker, P. D., Marsh, H. W., Donald, J., Dicke, T., Sahdra, B. K., Ciarrochi, J., Hu, X., Lonsdale, C., **Sanders, T.**, & Del Pozo Cruz, B. (2024). The Equality Paradox: Gender Equality Intensifies Male Advantages in Adolescent Subjective Well-Being. *Personality and Social Psychology Bulletin*, 50(1), 147–164. DOI: 10.1177/01461672221125619
40 citations | JIF: 3.4
13. **Sanders, T.**, Noetel, M., Parker, P., Del Pozo Cruz, B., Biddle, S., Ronto, R., Hulteen, R., Parker, R., Thomas, G., De Cocker, K., Salmon, J., Hesketh, K., Weeks, N., Arnott, H., Devine, E., Vasconcellos, R., Pagano, R., Sherson, J., Conigrave, J., & Lonsdale, C. (2023). An umbrella review of the benefits and risks associated with youths' interactions with electronic screens. *Nature Human Behaviour*, 8(1), 82–99. DOI: 10.1038/s41562-023-01712-8
108 citations | JIF: 22.3
14. Koorts, H., Timperio, A., Lonsdale, C., Ridgers, N. D., Lubans, D. R., Della Gatta, J., Bauman, A., Telford, A., Barnett, L., Lamb, K. E., Lander, N., Lai, S. K., **Sanders, T.**, Arundell, L., Brown, H., Wilhite, K., & Salmon, J. (2023). Scaling up a school-based intervention to increase physical activity and reduce sedentary behaviour in children: Protocol of the TransformUs hybrid effectiveness-implementation trial. *BMJ Open*, 13(10), e078410. DOI: 10.1136/bmjopen-2023-078410
12 citations | JIF: 2.4
15. Wilhite, K., Del Pozo Cruz, B., Noetel, M., Lonsdale, C., Ridgers, N. D., Maher, C., Bradshaw, E., & **Sanders, T.** (2023). Socioeconomic position as a predictor of youth's movement trajectory profiles between ages 10 and 14 years. *International Journal of Behavioral Nutrition and Physical Activity*, 20(1), 88. DOI: 10.1186/s12966-023-01491-5
10 citations | JIF: 5.6
16. Wilhite, K., Booker, B., Huang, B.-H., Antczak, D., Corbett, L., Parker, P., Noetel, M., Rissel, C., Lonsdale, C., Del Pozo Cruz, B., & **Sanders, T.** (2023). Combinations of Physical Activity, Sedentary Behavior, and Sleep Duration and Their Associations With Physical, Psychological, and Educational Outcomes in Children and Adolescents: A Systematic Review. *American Journal of Epidemiology*, 192(4), 665–679. DOI: 10.1093/aje/kwac212
195 citations | JIF: 5
17. Downing, K. L., del Pozo Cruz, B., **Sanders, T.**, Zheng, M., Hnatiuk, J. A., Salmon, J., & Hesketh, K. D. (2022). Outdoor time, screen time and sleep reported across early childhood: Concurrent trajectories and maternal predictors. *International Journal of Behavioral Nutrition and Physical Activity*, 19(1), 160. DOI: 10.1186/s12966-022-01386-x
15 citations | JIF: 5.6
18. Lubans, D. R., **Sanders, T.**, Noetel, M., Parker, P., McKay, H., Morgan, P., Salmon, J., Kirwan, M., Bennie, A., Peralta, L., Cinelli, R., Moodie, M., Hartwig, T., Boyer, J., Kennedy, S. G., Plotnikoff, R. C., Hansen, V., Vasconcellos, D., Lee, J., ... Lonsdale, C. (2022). Scale-up of the Internet-based Professional Learning to help teachers promote Activity in Youth (iPLAY) intervention: A hybrid type 3 implementation-effectiveness trial. *International Journal of Behavioral Nutrition and Physical Activity*, 19(1), 141. DOI: 10.1186/s12966-022-01371-4
6 citations | JIF: 5.6
19. Parker, P., **Sanders, T.**, Anders, J., Shure, N., Jerrim, J., Noetel, M., Parker, R., Ciarrochi, J., & Marsh, H. (2022). School socioeconomic status context and social adjustment in children. *Developmental Psychology*, 59(1), 15–29. DOI: 10.1037/dev0001463
18 citations | JIF: 3.1
20. Noetel, M., Griffith, S., Delaney, O., Harris, N. R., **Sanders, T.**, Parker, P., Del Pozo Cruz, B., & Lonsdale, C. (2022). Multimedia Design for Learning: An Overview of Reviews With Meta-Meta-Analysis. *Review of Educational Research*, 92(3), 413–454. DOI: 10.3102/00346543211052329
198 citations | JIF: 8.3
21. Antczak, D., Lonsdale, C., del Pozo Cruz, B., Parker, P., & **Sanders, T.** (2021). Reliability of GENEActiv accelerometers to estimate sleep, physical activity, and sedentary time in children. *International Journal of Behavioral Nutrition and Physical Activity*, 18(1), 73. DOI: 10.1186/s12966-021-01143-6
54 citations | JIF: 5.6
22. Parker, P. D., **Sanders, T.**, Anders, J., Parker, R. B., & Duineveld, J. J. (2021). Maternal Judgments of Child Numeracy and Reading Ability Predict Gains in Academic Achievement and Interest. *Child Development*, 92(5), 2020–2034. DOI: 10.1111/cdev.13573
6 citations | JIF: 3.9
23. Lee, J., **Sanders, T.**, Antczak, D., Parker, R., Noetel, M., Parker, P., & Lonsdale, C. (2021). Influences on User Engagement in Online Professional Learning: A Narrative Synthesis and Meta-Analysis. *Review of Educational Research*, 91(4), 518–576. DOI: 10.3102/0034654321997918

- 67 citations | JIF: 8.3
24. Hartwig, T. B., **Sanders, T.**, Vasconcellos, D., Noetel, M., Parker, P. D., Lubans, D. R., Andrade, S., Ávila-García, M., Bartholomew, J., Belton, S., Brooks, N. E., Bugge, A., Cavero-Redondo, I., Christiansen, L. B., Cohen, K., Coppinger, T., Dyrstad, S., Errisuriz, V., Fairclough, S., ... del Pozo Cruz, B. (2021). School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: An individual participant pooled analysis of 20 controlled trials. *British Journal of Sports Medicine*, 55(13), 721–729. DOI: 10.1136/bjsports-2020-102740
79 citations | JIF: 11.8
25. Kennedy, S. G., **Sanders, T.**, Estabrooks, P. A., Smith, J. J., Lonsdale, C., Foster, C., & Lubans, D. R. (2021). Implementation at-scale of school-based physical activity interventions: A systematic review utilizing the RE-AIM framework. *Obesity Reviews*, 22(7). DOI: 10.1111/obr.13184
54 citations | JIF: 8
26. Lonsdale, C., **Sanders, T.**, Parker, P., Noetel, M., Hartwig, T., Vasconcellos, D., Lee, J., Antczak, D., Kirwan, M., Morgan, P., Salmon, J., Moodie, M., McKay, H., Bennie, A., Plotnikoff, R. C., Cinelli, R., Greene, D., Peralta, L., Cliff, D., ... Lubans, D. R. (2021). Effect of a Scalable School-Based Intervention on Cardiorespiratory Fitness in Children: A Cluster Randomized Clinical Trial. *JAMA Pediatrics*, 175(7), 680. DOI: 10.1001/jamapediatrics.2021.0417
39 citations | JIF: 24.7
27. Parker, P., **Sanders, T.**, Anders, J., Sahdra, B., Shure, N., Jerrim, J., & Cull, N. (2021). Does school average achievement explain the effect of socioeconomic status on math and reading interest? A test of the Information Distortion Model. *Learning and Instruction*, 73, 101432. DOI: 10.1016/j.learninstruc.2020.101432
13 citations | JIF: 4.7
28. Antczak, D., **Sanders, T.**, del Pozo Cruz, B., Parker, P., & Lonsdale, C. (2021). Day-to-day and longer-term longitudinal associations between physical activity, sedentary behavior, and sleep in children. *Sleep*, 44(4), zsaa219. DOI: 10.1093/sleep/zsaa219
24 citations | JIF: 5.3
29. Noetel, M., Griffith, S., Delaney, O., **Sanders, T.**, Parker, P., del Pozo Cruz, B., & Lonsdale, C. (2021). Video Improves Learning in Higher Education: A Systematic Review. *Review of Educational Research*, 91(2), 204–236. DOI: 10.3102/0034654321990713
560 citations | JIF: 8.3
30. del Pozo Cruz, B., Hartwig, T. B., **Sanders, T.**, Noetel, M., Parker, P., Antczak, D., Lee, J., Lubans, D. R., Bauman, A., Cerin, E., & Lonsdale, C. (2021). The effects of the Australian bushfires on physical activity in children. *Environment International*, 146, 106214. DOI: 10.1016/j.envint.2020.106214
24 citations | JIF: 10.3
31. Vella, S. A., Swann, C., Batterham, M., Boydell, K. M., Eckermann, S., Ferguson, H., Fogarty, A., Hurley, D., Liddle, S. K., Lonsdale, C., Miller, A., Noetel, M., Okely, A. D., **Sanders, T.**, Schweickle, M. J., Telenta, J., & Deane, F. P. (2021). An Intervention for Mental Health Literacy and Resilience in Organized Sports. *Medicine & Science in Sports & Exercise*, 53(1), 139–149. DOI: 10.1249/MSS.0000000000002433
133 citations | JIF: 4.1
32. Ronto, R., Rathi, N., Worsley, A., **Sanders, T.**, Lonsdale, C., & Wolfenden, L. (2020). Enablers and barriers to implementation of and compliance with school-based healthy food and beverage policies: A systematic literature review and meta-synthesis. *Public Health Nutrition*, 23(15), 2840–2855. DOI: 10.1017/S1368980019004865
109 citations | JIF: 3
33. Alfonso-Rosa, R. M., García-Hermoso, A., **Sanders, T.**, Parker, P., Oriol-Granado, X., Arnott, H., & del Pozo Cruz, B. (2020). Lifestyle behaviors predict adolescents bullying victimization in low and middle-income countries. *Journal of Affective Disorders*, 273, 364–374. DOI: 10.1016/j.jad.2020.04.065
33 citations | JIF: 4.9
34. Antczak, D., Lonsdale, C., Lee, J., Hilland, T., Duncan, M. J., del Pozo Cruz, B., Hulteen, R. M., Parker, P. D., & **Sanders, T.** (2020). Physical activity and sleep are inconsistently related in healthy children: A systematic review and meta-analysis. *Sleep Medicine Reviews*, 51, 101278. DOI: 10.1016/j.smrv.2020.101278
97 citations | JIF: 11.2
35. del Pozo-Cruz, B., Perales, F., Parker, P., Lonsdale, C., Noetel, M., Hesketh, K. D., & **Sanders, T.** (2019). Joint physical-activity/screen-time trajectories during early childhood: Socio-demographic predictors and consequences on health-related quality-of-life and socio-emotional outcomes. *International Journal of Behavioral Nutrition and Physical Activity*, 16(1), 55. DOI: 10.1186/s12966-019-0816-3
81 citations | JIF: 5.6
36. **Sanders, T.**, Parker, P. D., del Pozo-Cruz, B., Noetel, M., & Lonsdale, C. (2019). Type of screen time moderates

- effects on outcomes in 4013 children: Evidence from the Longitudinal Study of Australian Children. *International Journal of Behavioral Nutrition and Physical Activity*, 16(1), 117. DOI: 10.1186/s12966-019-0881-7
213 citations | JIF: 5.6
37. Vella, S. A., Swann, C., Boydell, K. M., Eckermann, S., Fogarty, A., Hurley, D., Liddle, S. K., Lonsdale, C., **Sanders, T.**, Schweickle, M. J., Telenta, J., & Deane, F. P. (2019). Sports-based mental health promotion in Australia: Formative evaluation. *Psychology of Sport and Exercise*, 45, 101560. DOI: 10.1016/j.psychsport.2019.101560
34 citations | JIF: 3.1
38. Hartwig, T. B., del Pozo-Cruz, B., White, R. L., **Sanders, T.**, Kirwan, M., Parker, P. D., Vasconcellos, D., Lee, J., Owen, K. B., Antczak, D., Lubans, D. R., & Lonsdale, C. (2019). A monitoring system to provide feedback on student physical activity during physical education lessons. *Scandinavian Journal of Medicine & Science in Sports*, 29(9), 1305–1312. DOI: 10.1111/sms.13438
31 citations | JIF: 3.5
39. Costigan, S. A., Lubans, D. R., Lonsdale, C., **Sanders, T.**, & del Pozo Cruz, B. (2019). Associations between physical activity intensity and well-being in adolescents. *Preventive Medicine*, 125, 55–61. DOI: 10.1016/j.ypmed.2019.05.009
158 citations | JIF: 4.3
40. Vella, S. A., Swann, C., Batterham, M., Boydell, K. M., Eckermann, S., Fogarty, A., Hurley, D., Liddle, S. K., Lonsdale, C., Miller, A., Noetel, M., Okely, A. D., **Sanders, T.**, Telenta, J., & Deane, F. P. (2018). Ahead of the game protocol: A multi-component, community sport-based program targeting prevention, promotion and early intervention for mental health among adolescent males. *BMC Public Health*, 18(1), 390. DOI: 10.1186/s12889-018-5319-7
110 citations | JIF: 3.5
41. Stanaway, J. D., Afshin, A., Gakidou, E., Lim, S. S., Abate, D., Abate, K. H., Abbafati, C., Abbasi, N., Abbastabar, H., Abd-Allah, F., Abdela, J., Abdelalim, A., Abdollahpour, I., Abdulkader, R. S., Abebe, M., Abebe, Z., Abera, S. F., Abil, O. Z., Abraha, H. N., ... Murray, C. J. L. (2018). Global, regional, and national comparative risk assessment of 84 behavioural, environmental and occupational, and metabolic risks or clusters of risks for 195 countries and territories, 1990–2017: A systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, 392(10159), 1923–1994. DOI: 10.1016/S0140-6736(18)32225-6
7348 citations | JIF: 98.4
42. Nooijen, C. F. J., Del Pozo-Cruz, B., Nyberg, G., **Sanders, T.**, Galanti, M. R., & Forsell, Y. (2018). Are changes in occupational physical activity level compensated by changes in exercise behavior? *European Journal of Public Health*, 28(5), 940–943. DOI: 10.1093/eurpub/cky007
38 citations | JIF: 3.7
43. MacMillan, F., George, E., Feng, X., Merom, D., Bennie, A., Cook, A., **Sanders, T.**, Dwyer, G., Pang, B., Guaglano, J., Kolt, G., & Astell-Burt, T. (2018). Do Natural Experiments of Changes in Neighborhood Built Environment Impact Physical Activity and Diet? A Systematic Review. *International Journal of Environmental Research and Public Health*, 15(2), 217. DOI: 10.3390/ijerph15020217
107 citations | JIF: 4.6
44. Lonsdale, C., **Sanders, T.**, Cohen, K. E., Parker, P., Noetel, M., Hartwig, T., Vasconcellos, D., Kirwan, M., Morgan, P., Salmon, J., Moodie, M., McKay, H., Bennie, A., Plotnikoff, R., Cinelli, R. L., Greene, D., Peralta, L. R., Cliff, D. P., Kolt, G. S., ... Lubans, D. R. (2016). Scaling-up an efficacious school-based physical activity intervention: Study protocol for the “Internet-based Professional Learning to help teachers support Activity in Youth” (iPLAY) cluster randomized controlled trial and scale-up implementation evaluation. *BMC Public Health*, 16(1), 873. DOI: 10.1186/s12889-016-3243-2
69 citations | JIF: 3.5
45. **Sanders, T.**, Feng, X., Fahey, P. P., Lonsdale, C., & Astell-Burt, T. (2015). The influence of neighbourhood green space on children’s physical activity and screen time: Findings from the longitudinal study of Australian children. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1), 126. DOI: 10.1186/s12966-015-0288-z
143 citations | JIF: 5.6
46. **Sanders, T.**, Feng, X., Fahey, P. P., Lonsdale, C., & Astell-Burt, T. (2015). Greener neighbourhoods, slimmer children? Evidence from 4423 participants aged 6 to 13 years in the Longitudinal Study of Australian children. *International Journal of Obesity*, 39(8), 1224–1229. DOI: 10.1038/ijo.2015.69
109 citations | JIF: 4.2
47. **Sanders, T.**, Feng, X., Fahey, P. P., Lonsdale, C., & Astell-Burt, T. (2015). Green Space and Child Weight Status: Does Outcome Measurement Matter? Evidence from an Australian Longitudinal Study. *Journal of Obesity*, 2015, 1–8. DOI: 10.1155/2015/194838
14 citations | JIF: 3.8

48. **Sanders, T.**, Cliff, D. P., & Lonsdale, C. (2014). Measuring Adolescent Boys' Physical Activity: Bout Length and the Influence of Accelerometer Epoch Length. *PLoS ONE*, 9(3), e92040. DOI: 10.1371/journal.pone.0092040
106 citations | JIF: 2.9
49. Lonsdale, C., Rosenkranz, R. R., **Sanders, T.**, Peralta, L. R., Bennie, A., Jackson, B., Taylor, I. M., & Lubans, D. R. (2013). A cluster randomized controlled trial of strategies to increase adolescents' physical activity and motivation in physical education: Results of the Motivating Active Learning in Physical Education (MALP) trial. *Preventive Medicine*, 57(5), 696–702. DOI: 10.1016/j.ypmed.2013.09.003
183 citations | JIF: 4.3
50. Rosenkranz, R. R., Lubans, D. R., Peralta, L. R., Bennie, A., **Sanders, T.**, & Lonsdale, C. (2012). A cluster-randomized controlled trial of strategies to increase adolescents' physical activity and motivation during physical education lessons: The Motivating Active Learning in Physical Education (MALP) trial. *BMC Public Health*, 12(1), 834. DOI: 10.1186/1471-2458-12-834
89 citations | JIF: 3.5

BOOK CHAPTERS

- Parker, P., Guo, J., & **Sanders, T.** (2019). Socioeconomic Inequality and Student Outcomes in Australia. In L. Volante, S. V. Schnepf, J. Jerrim, & D. A. Klinger (Eds.), *Socioeconomic Inequality and Student Outcomes: Cross-National Trends, Policies, and Practices* (pp. 189–204). Springer Singapore. DOI: 10.1007/978-981-13-9863-6_11

Students

DOCTOR OF PHILOSOPHY

2016–2020 Jane Lee	Assistant Supervisor
2016–2021 Devan Antczak	Assistant Supervisor
2019–2022 Katrina Wilhite	Principal Supervisor
2020–2024 Bridget Booker	Principal Supervisor
2020– Roberta Vasconcellos	Principal Supervisor
2021– Ella Tremaine	Principal Supervisor
2022– Anum Urooj	Principal Supervisor
2024– Holly Hliounakis	Principal Supervisor
2024– Jamie Sherson	Principal Supervisor
2024– Nigusie Aylie	Principal Supervisor
2025– Sheeba Shahzadi	Principal Supervisor
2025– Ayshehim Belew	Principal Supervisor

MASTER OF PSYCHOLOGY

2025–2025 Aileen Lim	Principal Supervisor
2025–2025 Jenna Mace	Principal Supervisor
2025–2025 Kate Sutton	Principal Supervisor
2025–2025 Rachel Keane	Principal Supervisor

HONOURS

2019–2019 Bridget Booker	Principal Supervisor
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Research Funding

NSW Department of Education

CHIEF INVESTIGATOR (LEAD) — SCREEN USE AND ADDICTION RESEARCH FUND \$341,307

SEEING THE BIGGER PICTURE: EXPLORING CHILDREN'S SCREEN TIME AND OUTCOMES THROUGH COLLABORATIVE DATA ANALYSIS 2025–2026

NSW Department of Education

CHIEF INVESTIGATOR — SCREEN USE AND ADDICTION RESEARCH FUND \$416,545

EFFECTS OF RECREATIONAL SCREEN USE ON THE MENTAL AND PHYSICAL HEALTH OF AUSTRALIAN HIGH SCHOOL STUDENTS: WHEN DOES SCREEN USE BECOME PROBLEMATIC, WHO IS MOST AT RISK AND WHY? 2025–2026

Australian Research Council	\$658,544
CHIEF INVESTIGATOR — DISCOVERY PROJECT DP200101912	2020–2023
SQUARE EYES OR ALL LIES? UNDERSTANDING CHILDREN'S EXPOSURE TO SCREENS.	
Australian Catholic University	\$21,597
CHIEF INVESTIGATOR (LEAD) — TRANSLATE4IMPACT	
RAISING AWARENESS OF THE RISKS AND BENEFITS OF CHILDREN'S INTERACTIONS WITH ELECTRONIC SCREENS TO PARENTS	2023–2023
AND POLICYMAKERS	
Catholic Schools New South Wales	\$76,333
CHIEF INVESTIGATOR	2021–2022
AUSTRALIAN PRINCIPAL HEALTH AND WELLBEING	
NSW Department of Education	\$20,000
CHIEF INVESTIGATOR	2019–2020
IPLAY FOR INCLUSION	
Sport Australia	\$248,802
CHIEF INVESTIGATOR — ‘MOVE IT Aus’ PARTICIPATION GRANT PROGRAM	2019–2020
IPLAY FOR INCLUSION	
Australian Sports Commission	\$54,546
CHIEF INVESTIGATOR	2019–2019
IPLAY SPORTING SCHOOLS PILOT PROJECT	
Australian Catholic University	\$7,865
CHIEF INVESTIGATOR (LEAD) — FACULTY OF HEALTH SCIENCES RESEARCH PROJECT GRANT SCHEME	2018–2018
INVESTIGATING THE CORRELATES OF CHILDREN’S SCREEN TIME	
NSW Department of Education	\$11,500
CHIEF INVESTIGATOR	2018–2018
IPLAY NUTRITION PROOF-OF-CONCEPT MODULE	

Teaching

Lecturer in Charge

AUSTRALIAN CATHOLIC UNIVERSITY

- Applications of Psychology
- Research Methods

Guest Lecturer

WESTERN SYDNEY UNIVERSITY

- Population Health and Society

Tutor

WESTERN SYDNEY UNIVERSITY

- Applied Exercise Science for Personal Trainers and Coaches
- Foundations of Research and Evidence Based Practice

Marker

WESTERN SYDNEY UNIVERSITY

- Fundamentals of Exercise Science
- Sport and Exercise Psychology
- Disease Prevention and Control
- Urban Environment
- Aquatic Sports

Awards

2022	Vice-Chancellor's Staff Excellence Award: Excellence in Research and Research Partnership Australian Catholic University. Team Award (Principals Project)
2021	Excellence and Innovation in Public Health Education and Research Council of Academic Public Health Institutions Australasia. Team Award (iPLAY Project)
2021	Vice-Chancellor's Staff Excellence Award: Excellence in Research and Research Partnership Australian Catholic University. Team Award (iPLAY Project)
2017	ACU Discipline Winner and National Finalist 5 Minute Research Pitch.
2013	Australian Postgraduate Award Western Sydney University. \$105,000AUD plus tuition fees.

Invited Talks

2018	Australian Council for Health, Physical Education and Recreation. Keynote Lecture: Evidence-Based School Physical Activity Programs. K-6 Physical Activity and Health Conference
2021	ResBaz Sydney. Keystory: How We Do Reproducible Research.

Conference Presentations

(Presenting author presentations listed only)

1. Lonsdale, C., Lubans, D., Noetel, M., & **Sanders, T.** (2019). Scaling-up an Efficacious Comprehensive School-based Physical Activity Intervention: Development, Evaluation and Dissemination of the iPLAY Program. *Sports Medicine Australia*.
2. **Sanders, T.**, Parker, P. D., Del Pozo-Cruz, B., Noetel, M., & Lonsdale, C. (2019). Content of Screen Time Moderates the Effects of Exposure on Physical Health, Psychological and Educational Outcomes in a Longitudinal Study of 4,013 Children. *International Society for Behavioral Nutrition and Physical Activity*.
3. **Sanders, T.**, Lonsdale, C., & Del Pozo-Cruz, B. (2018). Sleep quality mediates the relationship between screen time and depression in adults: A cross-sectional study of the NHANES 2005-2006 cycle. *International Society for Behavioral Nutrition and Physical Activity*.
4. **Sanders, T.**, Feng, X., Fahey, P. P., Lonsdale, C., & Astell-Burt, T. (2017). Neighbourhood Green Space and Children's Enjoyment of Physical Activity: Evidence from the Longitudinal Study of Australian Children. *SELF Conference*.
5. **Sanders, T.**, Feng, X., Fahey, P. P., Lonsdale, C., & Astell-Burt, T. (2016). Does Physical Activity Explain the Relationship Between Green Space and Children's BMI? Mediation Analyses from the Longitudinal Study of Australian Children. *International Society for Physical Activity and Health*.
6. **Sanders, T.**, Feng, X., Fahey, P. P., Lonsdale, C., & Astell-Burt, T. (2015). The Longitudinal Influence of Neighbourhood Green Space on Children's Physical Activity, Screen Time, and Body Mass Index. *International Society for Behavioral Nutrition and Physical Activity*.

Selected Software

For a complete list of the software I have developed or contributed to, please see my Github page.

R PACKAGES

cloudstoR

[CRAN Link](#)

PROVIDES PROGRAMMATIC ACCESS TO AARNET'S CLOUDSTOR CLOUD STORAGE SERVICE

- Author and Maintainer.
- Available on CRAN - approx 400 downloads per month.

sleepIPD

[GitHub Link](#)

A STANDARDISED METHOD FOR REPROCESSING ACCELEROMETRY DATA FOR A VERY LARGE SLEEP AND PHYSICAL ACTIVITY POOLED ANALYSIS

- Author and Maintainer.
- Used by teams all over the world to reprocess data exactly as required for our study.

gt3x2csv

[GitHub Link](#)

CONVERT ACTIGRAPH GT3X FILES TO CSV, IN A FRACTION OF THE TIME

- Author and Maintainer.
- Approximately 7x faster than using the proprietary software.

PYTHON PACKAGES

- Author and Maintainer.
- Working version available, still in development.

Service

University Service

INSTITUTIONAL SERVICE

- ACU AI Council
- ACU Data Analytics Council (as delegate for the Provost)
- Faculty of Health Sciences Research Methods Consultancy
- IPPE Theme Leader: Knowledge Creation
- IPPE Executive Management Committee

Guest Journal Reviewer

PROVIDING PEER-REVIEW SUPPORT FOR JOURNALS

- American Journal of Preventive Medicine
- BMC Public Health
- BMJ Open
- Child Development
- Computers in Human Behavior
- Computers in Human Behavior Reports
- Cyberpsychology, Behavior, and Social Networking
- Frontiers in Psychology
- Health and Place
- Health Education Journal
- International Journal of Behavioral Nutrition and Physical Activity
- International Journal of Environmental Research and Public Health
- International Journal of Obesity
- Journal of Adolescent Health
- Journal of Applied Sport Psychology
- Journal of Contextual Behavior
- Journal of Science and Medicine in Sport
- Learning and Individual Differences
- Medicine & Science in Sports & Exercise
- Motivation and Emotion
- Nature Human Behaviour
- Obesity Reviews
- Pediatric Obesity
- Pediatrics
- PLoS One
- Prevention Science
- Preventive Medicine
- Psychological Medicine
- Psychology of Sport & Exercise
- Science of The Total Environment
- Scientific Reviews
- Social Psychiatry and Psychiatric Epidemiology

Invited Grant Reviewer

PROVIDING PEER-REVIEW SUPPORT FOR GRANT AGENCIES

- Australian Research Council (ARC)
- National Health and Medical Research Council (NHMRC)
- The Netherlands Organisation for Scientific Research (NWO)
- Austrian Science Foundation
- TrygFonden Foundation (Denmark)

Self-Development

- 2012 **Multilevel Modeling Master Class.** University of Western Sydney
- 2013 **Social Epidemiology Short Course.** University of Otago, New Zealand
- 2016 **Physical Activity and Public Health Postdoctoral Research Course.** University of South Carolina, USA
- 2016 **Clinical Trials Master Class.** NHMRC Trials Center, University of Sydney