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 _____

Program Leader

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2021-Current

- · Drive the strategic direction and focus of the research program
- Support academic and professional staff, as well as higher-degree students, within the program
- · Provide input as a member of the Institute Executive Management Committee on Institute priorities, and advocate for my research program
- · Developed and implemented new project management processes, including making agile management strategies standard practice.

Deputy Program Leader

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2017-2023

• Supported Program Leader to manage the research program

Research Fellow

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY

2016-Current

- · Conduct original, high-impact, and translational research in the areas of health, education, and psychology.
- Oversee the development, evaluation, and management of multiple large-scale school-based research projects (e.g., iPLAY; 180 schools).
- · Conduct analyses of primary and secondary data, and provided statistical support to colleagues including statistics workshops.
- · Work with industry partners (NSW Department of Education, NSW Health, Sport Australia) to provide project updates and seek input.
- Author academic and non-academic outputs, including journal articles, grant applications, stakeholder reports, and data visualisations.
- · Mentor doctoral and honours students, including reviewing and evaluating their analyses and writing.

Research Summary _____

Publications	Citations	h-Index	Mean CNCI	Mean Impact	Funding
38	1572	21	1.9	Factor 7.9	>\$1 million

Technical Skills _____

Programming Languages

R, Python, Stata, Julia

Software Development

R PACKAGES (INCLUDING CRAN SUBMISSION), PYTHON PACKAGES

Statistical Methods

MACHINE LEARNING, MULTILEVEL MODELLING, INTERVENTION EVALUATION, META-ANALYSES

Research Methods

STUDY DESIGN, INTERVENTION DEVELOPMENT, ETHICS AND RECRUITMENT

Selected Publications

TOP FIVE PUBLICATIONS

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. https://doi.org/10.1186/s12966-022-01371-4 | Citations: 1; JIF: 8.9; CNCI: 0.7

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. https://doi.org/10.1136/bjsports-2020-102740 | Citations: 21; JIF: 18.5; CNCI: 3.4

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. https://doi.org/10.1001/jamapediatrics. 2021.0417 | Citations: 12; JIF: 26.8; CNCI: 3.7

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. https://doi.org/10.3102/0034654321990713 | Citations: 28; JIF: 13.6; CNCI: 5

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. https://doi.org/10.1186/s12966-019-0881-7 | Citations: 51; JIF: 8.9; CNCI: 4

OTHER PEER-REVIEWED PUBLICATIONS

Crawford, J., Allen, K.-A., **Sanders, T.**, Baumeister, R., Parker, P., Saunders, C., & Tice, D. (2023). Sense of belonging in higher education students: An Australian longitudinal study from 2013 to 2019. *Studies in Higher Education*, 1–15. https://doi.org/10.1080/03075079.2023.2238006NA

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. https://doi.org/10.1186/s12966-023-01491-5

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. https://doi.org/10.1186/s12966-022-01386-x | JIF: 8.9

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.** (2022). 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*, kwac212. https://doi.org/10.1093/aje/kwac212 | Citations: 2; JIF: NA; CNCI: 1

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*. https://doi.org/10.1037/dev0001463WOS:000877778800001

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. (2022). The Equality Paradox: Gender Equality Intensifies Male Advantages in Adolescent Subjective Well-Being. *Personality and Social Psychology Bulletin*, 014616722211256. https://doi.org/10.1177/01461672221125619 | Citations: 3; JIF: NA; CNCI: 2.9

- 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. https://doi.org/10.1186/s12966-021-01143-6 | Citations: 5; JIF: 8.9; CNCI: 1.1
- Noetel, M., Griffith, S., Delaney, O., Harris, N. R., **Sanders, T.**, Parker, P., del Pozo Cruz, B., & Lonsdale, C. (2021). Multimedia Design for Learning: An Overview of Reviews With Meta-Meta-Analysis. *Review of Educational Research*. https://doi.org/10.3102/00346543211052329 | Citations: 3; JIF: 13.6; CNCI: 0.5
- 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. https://doi.org/10.1111/cdev.13573 | JIF: 5.7
- 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. https://doi.org/10.3102/0034654321997918 | Citations: 7; JIF: 13.6; CNCI: 2.8
- 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). https://doi.org/10.1111/obr.13184 | Citations: 10; JIF: 10.9; CNCI: 1.1
- 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. https://doi.org/10.1016/j.learninstruc.2020.101432 | Citations: 1; JIF: 6.6; CNCI: 0.3
- 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. https://doi.org/10.1093/sleep/zsaa219WOS:000649381900005
- 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. https://doi.org/10.1016/j.envint.2020.106214 | Citations: 8; JIF: 13.4; CNCI: 1
- 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. https://doi.org/10.1249/MSS.0000000000002433 | Citations: 29; JIF: 6.3; CNCI: 8.7
- 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. https://doi.org/10.1017/S1368980019004865 | Citations: 24; JIF: 4; CNCI: 1.2
- 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. https://doi.org/10.1016/j.jad.2020.04.065 | Citations: 9; JIF: 4.8; CNCI: 0.9
- 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. https://doi.org/10.1016/j.smrv.2020.101278 | Citations: 20; JIF: 11.6; CNCI: 1.2
- 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. https://doi.org/10.1186/s12966-019-0816-3 | Citations: 22; JIF: 8.9; CNCI: 1.7
- 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. https://doi.org/10.1016/j.psychsport.2019. 101560 | Citations: 11; JIF: 2.8; CNCI: 1.1

3

- 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. https://doi.org/10.1111/sms.13438 | Citations: 12; JIF: 3.3; CNCI: 1.3
- 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. https://doi.org/10.1016/j.ypmed.2019.05.009 | Citations: 40; JIF: 3.8; CNCI: 4.1
- 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. https://doi.org/10.1186/s12889-018-5319-7 | Citations: 28; JIF: 2.6; CNCI: 2.3
- 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: A systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, *392*(10159), 1923–1994. https://doi.org/10.1016/S0140-6736(18)32225-6NA
- 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. https://doi.org/10.1093/eurpub/cky007 | Citations: 15; JIF: 2.2; CNCI: 1.2
- MacMillan, F., George, E., Feng, X., Merom, D., Bennie, A., Cook, A., **Sanders, T.**, Dwyer, G., Pang, B., Guagliano, 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. https://doi.org/10.3390/ijerph15020217 | Citations: 42; JIF: 2.5; CNCI: 1
- 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. https://doi.org/10.1186/s12889-016-3243-2 | Citations: 18; JIF: 2.6; CNCI: 1
- **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. https://doi.org/10.1186/s12966-015-0288-z| Citations: 56; JIF: 8.9; CNCI: 2.5
- **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. https://doi.org/10.1038/ijo.2015.69 | Citations: 51; JIF: 5.3; CNCI: 1.9
- **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. https://doi.org/10.1155/2015/194838WOS:000214759900005
- **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. https://doi.org/10.1371/journal.pone. 0092040 | Citations: 43; JIF: 3.2; CNCI: 1.9
- 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. https://doi.org/10.1016/j.ypmed.2013.09.003 | Citations: 59; JIF: 3.8; CNCI: 2.7
- 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. https://doi.org/10.1186/1471-2458-12-834 | Citations: 24; JIF: 2.6; CNCI: 1

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. https://doi.org/10.1007/978–981–13–9863–6_11

Doctor of Philosophy	
2016–2020 Jane Lee	Assistant Supervisc
2016–2021 Devan Antcazk	Assistant Superviso
2019–2022 Katrina Wilhite	Principal Superviso
2020- Bridget Booker	Principal Superviso
2020– Roberta Vasconcellos	Co-superviso
2021 – Ella Tremaine	Principal Superviso
2022- Anum Urooj	Principal Supervisc
Honours	
2019–2019 Bridget Booker	Principal Supervisc
Research Funding	
Australian Research Council	\$658,54
CHIEF INVESTIGATOR — DISCOVERY PROJECT DP200101912	2020–202
Square Eyes or All Lies? Understanding Children's Exposure to Screens.	2020 202
Australian Catholic University	\$21,59
Chief Investigator (Lead) — Translate4Impact	
RAISING AWARENESS OF THE RISKS AND BENEFITS OF CHILDREN'S INTERACTIONS WITH ELECTRONIC SCREENS TO PARENTS	2023–202
AND POLICYMAKERS	
Catholic Schools New South Wales	\$76,33
Chief Investigator	2021–202
AUSTRALIAN PRINCIPAL HEALTH AND WELLBEING	
NSW Department of Education	\$20,00
CHIEF INVESTIGATOR	2019–202
IPLAY FOR INCLUSION	
Sport Australia	\$248,80
CHIEF INVESTIGATOR — 'MOVE IT AUS' PARTICIPATION GRANT PROGRAM	2019–202
IPLAY FOR INCLUSION	4
Australian Sports Commission	\$54,54
CHIEF INVESTIGATOR IPLAY SPORTING SCHOOLS PILOT PROJECT	2019-201
	47.00
Australian Catholic University	\$7,86
CHIEF INVESTIGATOR (LEAD) — FACULTY OF HEALTH SCIENCES RESEARCH PROJECT GRANT SCHEME INVESTIGATING THE CORRELATES OF CHILDREN'S SCREEN TIME	2018-201
	Ć11 F
NSW Department of Education	\$11,50
CHIEF INVESTIGATOR IPLAY NUTRITION PROOF-OF-CONCEPT MODULE	2018-201

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