

# Taren Sanders

ACADEMIC RESEARCHER & DATA SCIENTIST

Institute for Positive Psychology and Education, Australian Catholic University

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## Education

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### 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

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### 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

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Publications	Citations	h-Index	Mean Impact Factor	Funding
50	11674	31	9.9	> \$3.6 million

## Technical Skills

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### 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

# Selected Publications

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For a full list of publications see my full CV ([bit.ly/tarensanders](https://bit.ly/tarensanders)).

## PEER-REVIEWED PUBLICATIONS

1. 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  
615 citations | JIF: 93.7
2. **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  
109 citations | JIF: 22.3
3. 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
4. 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  
201 citations | JIF: 8.3
5. 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  
68 citations | JIF: 8.3
6. 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., Coppingier, 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  
80 citations | JIF: 11.8
7. 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
8. 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  
574 citations | JIF: 8.3
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. DOI: 10.1016/j.smrv.2020.101278  
98 citations | JIF: 11.2
10. **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  
214 citations | JIF: 5.6

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**Note:** In health and medicine the last author is considered the senior author.  
Citations from Google Scholar; JIF = Journal Impact Factor.