

Taren Sanders

ACADEMIC RESEARCHER & DATA SCIENTIST

Institute for Positive Psychology and Education, Australian Catholic University

☎ 0412 278 640 | ✉ Taren.Sanders@acu.edu.au | 📠 0000-0002-4504-6008 | 🌐 tarensanders | 🐦 tarensanders

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

2017–2021

- 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 Factor	Funding
39	1619	21	1.9	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: 2; JIF: 8.7; CNCI: 1.1

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: 25; JIF: 18.4; CNCI: 3.5

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: 14; JIF: 26.1; CNCI: 3.9

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: 31; JIF: 11.2; CNCI: 4.9

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: 53; JIF: 8.7; 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/10.1080/03075079.2023.2238006> | JIF: 4.2

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> | JIF: 8.7

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> | Citations: 2; JIF: 8.7; CNCI: 1.1

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: 3; JIF: 5; CNCI: 1.1

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/dev0001463> | JIF: 4

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

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

Citations from Web of Science; JIF = Journal Impact Factor; CNCI = Category Normalised Citation Index.

Advantages in Adolescent Subjective Well-Being. *Personality and Social Psychology Bulletin*, 014616722211256. <https://doi.org/10.1177/01461672221125619> | Citations: 3; JIF: 4; CNCI: 2.2

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: 8.7; CNCI: 0.9

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-Analysis. *Review of Educational Research*. <https://doi.org/10.3102/00346543211052329> | Citations: 7; JIF: 11.2; CNCI: 1.1

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: 4.6

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: 8; JIF: 11.2; 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: 11; JIF: 8.9; CNCI: 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: 6.2; 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), zsa219. <https://doi.org/10.1093/sleep/zsa219> | Citations: 3; JIF: 5.6; CNCI: 0.5

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: 11.8; CNCI: 0.9

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: 32; JIF: 4.1; CNCI: 8.6

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: 26; JIF: 3.2; 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: 6.6; 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: 24; JIF: 10.5; CNCI: 1.3

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: 25; JIF: 8.7; CNCI: 1.9

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: 3.4; CNCI: 1

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: 4.1; CNCI: 1.2

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: 41; JIF: 5.1; CNCI: 4

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: 29; JIF: 4.5; CNCI: 2.2

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\(18\)32225-6](https://doi.org/10.1016/S0140-6736(18)32225-6) NA

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: 4.4; 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: 4.6; CNCI: 0.9

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: 4.5; 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: 57; JIF: 8.7; 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: 53; JIF: 4.9; CNCI: 1.9

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: 3.7; 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: 5.1; CNCI: 2.6

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: 4.5; CNCI: 1

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. P., Pagano, R., Sherson, J., Congrave, J., & Lonsdale, C. (2023). An Umbrella Review of the Benefits and Risks Associated with Youths' Interactions with Electronic Screens. *Nature Human Behaviour*. | JIF: 29.9

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/10.1155/2015/194838> | JIF: 3.3

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

Research Funding

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

Awards

- 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)
- 2021 **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)