

# 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 UNIVERSITY2016

- 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 UNIVERSITY2022

### Bachelor of Health Science (Honours; First Class)

WESTERN SYDNEY UNIVERSITY2012

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

### Bachelor of Health Science (PDHPE)

WESTERN SYDNEY UNIVERSITY2011

## Employment History

### Associate Professor

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY2025–Current

### Program Leader

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY2021–Current

### Deputy Program Leader

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY2017–2021

### Senior Research Fellow

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY2023–2024

### Research Fellow

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY2020–2022

### Associate Research Fellow

INSTITUTE FOR POSITIVE PSYCHOLOGY AND EDUCATION, AUSTRALIAN CATHOLIC UNIVERSITY2016–2020

## Research Summary

| Publications | Citations | h-Index | Mean Impact Factor | Funding         |
|--------------|-----------|---------|--------------------|-----------------|
| 46           | 9673      | 29      | 10.2               | > \$1.8 million |

## Technical Skills

| Programming Languages  | Software Development   | Statistical Methods   | Research Methods   |
|--|--|---|--|
| <ul style="list-style-type: none"><li>· R</li><li>· Python</li><li>· Stata</li><li>· Julia</li></ul> | <ul style="list-style-type: none"><li>· R packages</li><li>· Python packages</li></ul> | <ul style="list-style-type: none"><li>· Machine learning</li><li>· Multilevel modelling</li><li>· Intervention evaluation</li><li>· Meta-analyses</li></ul> | <ul style="list-style-type: none"><li>· Study design</li><li>· Intervention development</li><li>· Ethics and recruitment</li></ul> |

## PEER-REVIEWED PUBLICATIONS

1. Vasconcellos, R. P., **Sanders, T.**, Lonsdale, C., Parker, P., Conigrave, J., Tang, S., del Pozo Cruz, B., Biddle, S. J. H., Taylor, R., Salmela-Aro, K., Innes-Hughes, C., Vasconcellos, D., Wilhite, K., Tremaine, E., Booker, B., & Noetel, M. (2025). Electronic screen use and children's socio-emotional problems: A systematic review and meta-analysis of longitudinal studies. *Psychological Bulletin*. In Press
2. 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., Caverro-Redondo, I., Curtis, R. G., Da Costa, B. G. G., ... Lonsdale, C. (2024). Reallocation 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*. DOI: 10.1007/s40279-024-02148-4  
1 citations | JIF: 9.3
3. Van Doren, N., Compennolle, S., Bouten, 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  
1 citations | JIF: 2.6
4. Verswijveren, S. Jjm., 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*, 100619. DOI: 10.1016/j.mhpa.2024.100619  
0 citations | JIF: 2.3
5. 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  
230 citations | JIF: 93.7
6. 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  
32 citations | JIF: 3.4
7. Wilhite, K., Noetel, M., Del Pozo Cruz, B., Lonsdale, C., & **Sanders, T.** (2024). Movement Mediates the Relationship Between Socioeconomic Position and Socioemotional Outcomes in Youth. *Journal of Physical Activity and Health*, 1–11. DOI: 10.1123/jpah.2024-0114  
WOS:001361783500001 scopus\_id:85215859675 scholar\_id:35r97b3x0nAC
8. **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  
57 citations | JIF: 22.3
9. 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  
4 citations | JIF: 2.4
10. 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. DOI: 10.1080/03075079.2023.2238006  
53 citations | JIF: 3.7
11. 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

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

Citations from Google Scholar; JIF = Journal Impact Factor.

- 14 years. *International Journal of Behavioral Nutrition and Physical Activity*, 20(1), 88. DOI: 10.1186/s12966-023-01491-5  
5 citations | JIF: 5.6
12. 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  
7 citations | JIF: 5.6
  13. 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
  14. 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. DOI: 10.1093/aje/kwac212  
109 citations | JIF: 5
  15. 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  
12 citations | JIF: 3.1
  16. 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  
36 citations | JIF: 5.6
  17. 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*. DOI: 10.3102/00346543211052329  
123 citations | JIF: 8.3
  18. 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  
5 citations | JIF: 3.9
  19. 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  
50 citations | JIF: 8.3
  20. 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., Cop-pinger, 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  
66 citations | JIF: 11.8
  21. 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  
40 citations | JIF: 8
  22. 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  
32 citations | JIF: 24.7
  23. 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  
11 citations | JIF: 4.7
24. 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. DOI: 10.1093/sleep/zsaa219  
22 citations | JIF: 5.3
  25. 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  
379 citations | JIF: 8.3
  26. 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  
25 citations | JIF: 10.3
  27. 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  
107 citations | JIF: 4.1
  28. Ronto, R., Rath, 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  
81 citations | JIF: 3
  29. 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  
29 citations | JIF: 4.9
  30. 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.smr.2020.101278  
78 citations | JIF: 11.2
  31. 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  
75 citations | JIF: 5.6
  32. **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  
169 citations | JIF: 5.6
  33. 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  
29 citations | JIF: 3.1
  34. 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
  35. 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  
134 citations | JIF: 4.3
  36. 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  
99 citations | JIF: 3.5
37. 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  
6679 citations | JIF: 98.4
  38. 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  
36 citations | JIF: 3.7
  39. 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. DOI: 10.3390/ijerph15020217  
97 citations | JIF: 4.6
  40. 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  
68 citations | JIF: 3.5
  41. **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  
134 citations | JIF: 5.6
  42. **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  
105 citations | JIF: 4.2
  43. **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  
13 citations | JIF: 3.8
  44. **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  
102 citations | JIF: 2.9
  45. 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  
172 citations | JIF: 4.3
  46. 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  
87 citations | JIF: 3.5

## BOOK CHAPTERS

1. 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 Antcazk        | 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 |

## MASTER OF PSYCHOLOGY

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

## HONOURS

|           |                |                      |
|-----------|----------------|----------------------|
| 2019–2019 | Bridget Booker | Principal Supervisor |
|-----------|----------------|----------------------|

# Research Funding

|  |           |
|--|-----------|
| <b>NSW Department of Education</b>   | \$341,307 |
| CHIEF INVESTIGATOR (LEAD) — SCREEN USE AND ADDICTION RESEARCH FUND   |           |
| SEEING THE BIGGER PICTURE: EXPLORING CHILDREN’S SCREEN TIME AND OUTCOMES THROUGH COLLABORATIVE DATA ANALYSIS   | 2025–2026 |
| <b>NSW Department of Education</b>   | \$416,545 |
| CHIEF INVESTIGATOR — SCREEN USE AND ADDICTION RESEARCH FUND  |           |
| 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 |
| <b>Australian Research Council</b>   | \$658,544 |
| CHIEF INVESTIGATOR — DISCOVERY PROJECT DP200101912   |           |
| SQUARE EYES OR ALL LIES? UNDERSTANDING CHILDREN’S EXPOSURE TO SCREENS.   | 2020–2023 |
| <b>Australian Catholic University</b>  | \$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 |
| <b>Catholic Schools New South Wales</b>  | \$76,333  |
| CHIEF INVESTIGATOR   |           |
| AUSTRALIAN PRINCIPAL HEALTH AND WELLBEING  | 2021–2022 |
| <b>NSW Department of Education</b>   | \$20,000  |
| CHIEF INVESTIGATOR   |           |
| IPLAY FOR INCLUSION  | 2019–2020 |
| <b>Sport Australia</b>   | \$248,802 |
| CHIEF INVESTIGATOR — ‘MOVE IT AUS’ PARTICIPATION GRANT PROGRAM   |           |
| IPLAY FOR INCLUSION  | 2019–2020 |
| <b>Australian Sports Commission</b>  | \$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

# Teaching

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## 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

## Tutor

WESTERN SYDNEY UNIVERSITY

- 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

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- 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

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- 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

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(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

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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

#### faceblurring

[Github Link](#)

AN IMPLEMENTATION OF A FACE DETECTION MODEL USED TO PROTECT PRIVACY IN AN ARC PROJECT

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

## Service

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### 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

- BMC Public Health
- BMJ Open
- Child Development
- Computers in Human Behavior
- 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
- Journal of Adolescent Health
- Journal of Applied Sport Psychology
- Journal of Contextual Behavior
- Journal of Science and Medicine in Sport
- Journal of Sport Sciences
- Learning and Individual Differences
- Motivation and Emotion
- 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

## Self-Development

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- 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