

## Template for SPCR internship projects 2026

<b>Name &amp; email supervisor(s):</b> Dr Emma Cockcroft; e.j.cockcroft@exeter.ac.uk
<b>Name &amp; email of reviewer(s) for applicants applying to undertake this internship project:</b>  <a href="mailto:s.t.j.mcdonagh@exeter.ac.uk">s.t.j.mcdonagh@exeter.ac.uk</a> Other TBC
<b>Length and dates of internship:</b>  4 weeks; start date flexible.
<b>Host department:</b> Exeter Collaboration for Academic Primary Care, University of Exeter
<b>How will the internship be conducted:</b>  <input checked="" type="checkbox"/> In person at the university <input type="checkbox"/> Virtual/ from home <input type="checkbox"/> Both are possible, depending on preference of student
<b>Title internship project:</b>  ISPA-T1D: Improving Support for Physical Activity in Type 1 Diabetes
<b>Summary of the internship project:</b> <i>(max 250 words, can include hyperlinks to further information)</i>  This internship project sits within a wider programme, Improving Support for Physical Activity in Type 1 Diabetes (T1D). The specific focus is analysis and write-up of qualitative data on stakeholder perspectives to inform the development and real-world implementation of physical activity support for adolescents with T1D. Adolescence is a critical period for developing lifelong activity habits, yet many adolescents with T1D do not achieve the recommended 60 minutes of moderate-intensity physical activity per day. Despite clear physical and psychological benefits, including improved cardiovascular health, self-esteem and glycaemic control, participation is limited by barriers such as fear of hypoglycaemia, the complexity of managing diabetes around exercise, and limited confidence or knowledge among parents, healthcare professionals and coaches. The project will draw on existing semi-structured interviews with adolescents with T1D, their parents, sports coaches and healthcare professionals. Data will be analysed using reflexive thematic analysis to identify key barriers, facilitators and stakeholder needs for effective physical activity support. Findings will directly inform the design of an evidence-based, stakeholder-informed intervention to promote safe, sustainable physical activity in adolescents with T1D. The intern will work within a multidisciplinary research team and will have opportunities to contribute to the wider programme, which may include: content analysis of school-based policies for T1D; pilot testing of educational resources for coaches; and contributing to data collection and

analysis examining physical activity, glucose metrics and tools to reduce exercise-induced hypoglycaemia.

**Learning objectives:**

- To develop and understand of Type 1 diabetes and physical activity.
- To develop an understanding of intervention development frameworks.
- To develop skills and understanding of patient and public involvement in research and co-design of interventions.
- To learn and undertake qualitative analysis.
- To learn how to use NVivo qualitative data analysis software.
- To help write up findings for publication and dissemination to wider audience.

**Any further information:**

The project is part of a wider programme of work (<https://www.ispa-t1d.com/>) and the student will have the opportunity to be involved in other projects should they be interested.