



Welcome to the June issue of the Research Centre for Health (ReaCH) newsletter highlighting the latest research from the School of Health and Life Sciences at Glasgow Caledonian University (GCU).

Find out more about our research on our website www.gcu.ac.uk/reach or follow us on twitter @GCUReach.

Perfect cocktail for a longer life

An international team of scientists led by GCU has discovered the perfect cocktail of physical activity that could help you live a healthier, longer life. Experts discovered that the winning formula for reducing the odds of early death by 30% is to do three minutes of moderate to vigorous exercise or 12 minutes of light physical activity for each hour of the day you spend sitting. The research, led by Professor of Health Behaviour Dynamics Sebastien Chastin, a member of the Ageing Well Research Group, used activity monitors on participants and a technique called compositional analysis to determine how different combinations of activities - including moderate to vigorous exercise, light physical activity and sedentary behaviour - affect mortality. Previous studies have looked at the impact of on type of activity or another in isolation, but this is the first piece of evidence that has found the best combination, or cocktail, of ingredients to prolong life.

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New research shows that anxiety makes Parkinson's disease symptoms worse

A new study has shown that anxiety amplifies the physical signs of Parkinson's disease, according to people who experience both conditions. The study, believed to be the first to explore the lived experience of anxiety for people with Parkinson's, also revealed that study participants did not see talking therapy as a useful solution, and more support was needed for people with the condition, along with their carers and health professionals. Led by the University of Plymouth and GCU, the research was published in journal PLOS ONE and saw authors conduct in-depth interviews with six people living with Parkinson's and anxiety. Lead author Chris Lovegrove and co-author, Dr Katrina Bannigan, Head of Department of Occupational Therapy and Human Nutrition and Dietetics, and member of the Living with Stroke Research Group, will now use the findings to develop a new occupation-based complex intervention to help people with Parkinson's live well with anxiety.

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Nurses feel pressure from patients to prescribe antibiotics

Researchers at GCU battling the global crisis of antibiotic overuse found that nurses felt pressure from patients to hand them out even if they didn't need them. The overuse of antibiotics in recent years means they are becoming less effective and has led to the emergence of superbugs. These strains of bacteria that have developed resistance to many different types of bacteria. The research paper entitled 'Factors associated with independent nurse prescribers' antibiotic prescribing practice: A mixed methods study using Reasoned Action Approach' was published in the Healthcare Infection Society's Journal of Hospital Infection, published by Elsevier. Lead author of the research paper is Dr Val Ness and co-authors are Professor Kay Currie, Professor Jacqui Reilly, Dr Kareena McAloney and Professor Lesley Price, from the Safeguarding Health through Infection Prevention (SHIP) Research Group.

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Health scientists turn GCU into top read institution

Professor Sebastien Chastin and PhD student Aye Chan Paing, Ageing Well Research Group, have turned GCU into the top read institution in May - ahead of Oxford and Cambridge - with their research articles in global news network The Conversation reaching almost a million readers. View the articles via the links below:

Thirty minutes' exercise won't counteract sitting all day, but adding light movement can help

Type 2 diabetes: sitting can cause problems with blood sugar levels, so get up and move

[Read more](#)

3 Minute Thesis

Congratulations to all the finalists and to SHLS and SHIP PhD student Ayodeji Matuluko who was judge's choice winner and will go forward as GCU's entry to this year's national competition.

Let's evidence co-creation for future public health

Join the launch of the European training network on co-creation on Monday 12th July with the Health Cascade Network Team, Participatory Health Research Specialist Professor Michael Wright, Conservation Policy Expert Professor Esther Turnhout, Wageningen University and Dr Michelle Farr, University of Bristol.

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Latest funding opportunities

Dr Alison Dunn, Executive Director of SULSA (Scottish Universities Life Sciences Alliance) will be providing a session to discuss new and important funding schemes and support by SULSA, that are available to PhDs, ECRs and established PI/group leads across the university on Wednesday 14th July.

[Read more](#)

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