INTERNSHIP OFFER
Academic year 2022-2023

<u>**Level**</u>: **Master 2 or equivalent (Bac+5)**
<u>**Start date**</u>: **Between January and April 2023**
<u>**Duration**</u>: **5 or 6 months (full time)**
<u>**Internship location**</u>: **Bobigny, France (except if not permitted by Covid19-related measures)**
<u>**Compensation**</u>: **In accordance with current French higher education regulations**

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Description of the research project

> ### *Title: Assessment of the association between ultra-processed food consumption and sleep disorders in the NutriNet-Santé cohort*
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> **Context**: The adverse health impact of ultra-processed food (UPF) intake has been well documented as regards physical health outcomes. However, mental health outcomes (including insomnia) have received insufficient attention despite their prevalence and substantial reduction in quality of life.
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> **Objectives**: Assessment of the cross-sectional and longitudinal associations between UPF intake (using 24h dietary records and the NOVA classification) and sleep disorders (insomnia, total sleep time (TST) outside the recommended duration, daytime sleepiness) in the NutriNet-Santé cohort.
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> **Tasks:** A comprehensive literature review; selection of study participants according to defined inclusion criteria; calculation of insomnia, TST and sleepiness scores; multivariable logistic regression analyses; Cox proportional hazards models, whenever appropriate; interaction tests between the exposure and each potential effect modifier (age, sex, obesity, smoking, alcohol use); preparation of a scientific article for publication.
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> **Qualifications:** Good command of the English language (reading & writing), knowledge of epidemiological research methods and strong experience with biomedical databases (PubMed, Embase, etc.) and statistical software (SAS and/or R) are required. The intern must possess scientific curiosity and rigor, and be a responsible self-starter able to work independently.