

**Job title:** Postdoctoral researcher in sports medicine and health science

**Mission:** The postdoctoral researcher will be responsible for co-developing and coordinating an educational intervention on social media and mental health, specifically targeting student-athletes in Luxembourg.

**Project background:** Screens and social media are omnipresent in the lives of young people, including athletes. While digital platforms offer opportunities for communication and visibility, concerns have been raised about their impact on mental health, risk-taking behaviours (such as sports betting), self-image, and the pressure to maintain a positive online presence, particularly when linked to sponsors or social expectations. The aim of this project is thus to develop, implement and evaluate the impact of an educational intervention designed to raise awareness and improve digital resilience among student-athletes.

### **Responsibilities**

- Develop educational tools and workshop content addressing social media use and mental health in collaboration and agreement with the project partners
- Design and implement a pre- and post-intervention assessment protocol that includes qualitative and/or quantitative methods, in order to evaluate changes in knowledge, attitudes, and behaviours changes resulting from the programme.
- Coordinate and implement the educational intervention on site
- Collaborate, inform and facilitate discussion between the project's stakeholders (researchers, teachers, mental health professionals, coaches, and young athletes) to ensure contextual relevance of the intervention
- Ensure the scientific quality and ethical integrity of the project, including protocol writing, submission to ethics committees, and compliance with data protection regulations (e.g., GDPR)
- Disseminate findings through scientific publications and conference presentations
- Support knowledge translation by creating infographics, videos and policy recommendations to reach a broader audience

### **Qualifications and requirements**

- PhD (or equivalent) in sports psychology, psychiatry, sports medicine, public health, sociology, sports sciences, or a closely related field
- Knowledge in mental health, digital behaviors and/or sport-specific demands
- Proficiency in research methodology (both for qualitative and/or quantitative studies), including protocol development, data collection, analysis and scientific writing
- Familiarity with ethical procedures for research involving human participants (including minors) and with GDPR rules.

*With the support of*

- Experience in research project management is an asset
- Experience in developing or implementing educational content is an asset

**Competences, skills and abilities**

- Advanced abilities to communicate verbally and written in English and German is mandatory. Luxemburgish and/or French is considered as an asset.
- Excellent communication skills including ability to interact with adolescents, educators and diverse stakeholders and ability to communicate complex information in a clear, engaging and age-appropriate way, both orally and in writing
- Strong ability to work independently while contributing effectively to a collaborative, interdisciplinary team
- Excellent organizational and time management skills are required
- Attention to detail

**Contract:** Fixed-term contract

**Contract duration:** 24 months

**Occupancy rate:** 50% FTE

**Start date:** To be agreed

**Working hours:** Flexible working hours, depending on the project needs. Homeworking can be allowed upon request and approval (max. 1 day per week).

**Job location:** LIROMS's office is located at: 76, rue d'Eich, L-1460 Luxembourg. The candidate should however be aware that she/he will have to regularly travel within Luxembourg for the purpose of this project.

**Company description:** LIROMS (Luxembourg Institute of Research in Orthopedics and sports Medicine and Science) is a non-profit organization that aims to build a bridge between research, clinical practice and sports in Luxembourg. It brings together research, practice (clinical/physical/sports) and teaching under one roof to develop and disseminate scientific knowledge to athletes, patients, health and sports professionals in all sports-related research (sports medicine, sports science, sports surgery and sports rehabilitation). LIROMS is part of the ReFORM network, recognized by the International Olympic Committee since 2018.

**If you are interested,** please send your CV and cover letter to [info@liroms.lu](mailto:info@liroms.lu) no later than September 8<sup>th</sup>, 2025.