

## 2019-2022 call for applications doctoral student

<b>Thesis topic:</b>	Relevance of an adapted and supervised physical activity program in fibromyalgia patients. Interventional, controlled, randomized, open study of an original outpatient management. <b>The FIMOUV study: <i>from intent to move</i></b>
<b>Research laboratory:</b>	EA SNA EPIS 4607, UJM, St-Etienne <i>Frédéric ROCHE, PU-PH, PhD, HDR</i>
<b>Associate research laboratory:</b>	EA LIBM 7424, UJM, St-Etienne <i>Léonard FÉASSON, PU-PH, PhD, HDR</i>
<b>PhD supervisor:</b>	David HUPIN, MCU-PH, EA SNA EPIS 4607, UJM, St-Etienne

### **Thesis topic, abstract:**

Fibromyalgia affects 2 to 5% of adults in the general population. Patients describe a combination of symptoms centred around fatigue not induced by exercise and not relieved by rest.

The diagnosis of fibromyalgia is self-perpetuating by the deconditioning, consequence of a reduced muscle mass due to inactivity and periods of prolonged rest.

Thus, it seems fundamental to develop other non-drug approaches: among them, **adapted physical activity is recommended** by most learned societies because of a good level of evidence (Level 1, Grade A). The question remains, however, whether **simple advice to resume physical activity** is sufficient (routine care with medical assessment at 3 months) or whether **a physical activity supervised inside and outside the hospital** is not more relevant.

This study compares **the impact of a 3-month program of adapted and supervised physical activity** associating hospital management (1 month) and a relay outside (2 months) on the **evolution of health of fibromyalgia patients**, compared to a control group receiving independent physical activity counselling (3 months, current recommended clinical practice) for 3 months.

### **Candidate profile:**

#### **Initial training/qualification**

- Faculty of Sports Sciences (second year of master) sports and health speciality
- Fluent in French
- Experience of rehabilitation in hospital (master)
- Level 1 Prevention and civil security (PSC1) or equivalent

#### **Expertise**

- Supervise an adapted physical activity session in autonomy
- Teamwork
- Fluent in English writing and analytical tools and statistics

#### **Know-how**

- Rigor, methodical and well-organized
- Good human relations
- Dynamism and creativity: the topic is innovative

**Please send your curriculum vitae and your cover letter to David HUPIN (Deadline: March 31, 2019)**

[d.hupin@univ-st-etienne.fr](mailto:d.hupin@univ-st-etienne.fr)