

Terms of reference

## DTH-Lab Fellowship Programme 2025

Healthy digital diets: A review of existing guidelines

### Introduction

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The DTH-Lab is a global consortium of partners working to drive value-based and youth-centred digital transformations of health at global and country levels.

The DTH-Lab's fellowship programme offers students and early career professionals from low and middle-income countries opportunities to support a specific area of the Lab's research or analysis. An important aim of the fellowship programme is to contribute to building the capacity of future health leaders to shape policy and governance issues related to the digital transformations of health.

### About the project

Young people's use of digital technologies is an increasingly important determinant of their health and well-being. In response to concerns about harms associated with children's use of digital devices and platforms such as social media, the World Health Organization and several countries have developed some guidance on healthy and balanced technology use. The aim of this project is to critically assess current recommendations and develop proposals for the development of more comprehensive normative guidance on healthy technology use. The final deliverable will be a report including recommendations on future for DTH-Lab's work.

### About the fellowship

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The duration of this fellowship will be from **April to December 2025**. The fellowship will be in the form of a consultancy; fellows will receive a stipend in the amount of **up to 1,800 USD** for an engagement of up to **30 days of work** and the completed milestones. This research will be exclusively desk-based.

Fellows will be supervised by the DTH-Lab's Policy and Research Coordinator with additional guidance from other team members as required. Fellows will work remotely according to their preferred schedule and location. Available support from DTH-Lab team includes:

- An induction and regular virtual meetings with the supervisor.
- Provision of background materials and contacts for interviews, etc.
- Regular input and feedback on their work.
- Opportunities for the fellow to discuss his/her research with experienced DTH-Lab partners and build their professional networks.
- Opportunities for the fellow to promote and present their work following publication.

## Research questions

1. What global, regional and national guidelines exist on healthy technology use habits for young people?
2. How has guidance evolved and what are areas of alignment or contradiction?
3. What are the strengths and limitations of current guidance?

## Proposed timeline and deliverables

Work phase	Deliverable	Approx number of days
1. <b>Refine terms of reference for the project</b> With support from your supervisor and other DTH-Lab advisors you will have the opportunity to design your project.	Updated terms of reference for the project including methodology and timeline.	2
2. <b>Background research</b> Conduct a literature review/scoping exercise to gather relevant background information for your project.	Findings documented and shared with supervisor.	8
3. <b>Data collection, analysis phase</b> Gather additional data and evidence through further desk-based research, virtual interviews, etc. Analyse your findings.	Findings documented and shared with supervisor.	10
4. <b>Draft paper</b> Write up your research using a provided template for formatting and referencing. Develop recommendations based on your findings.	Draft paper submitted for review.	5
5. <b>Finalize paper</b> Incorporate feedback from reviewers and finalize your paper.	Final paper submitted.	5
	<i>Total days</i>	30

## Expressions of interest

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**Fellowship opportunities are available for students or early career researchers aged 30 or under and based in a low or middle-income country.**

The ideal research fellow must possess the following:

1. **Educational background:** Fellows must be affiliated with an academic or research institution, either as a student or researcher. A degree in the field of study, or prior experience of working on the topic, is an advantage.
2. **Research skills:** Fellows need to possess strong research skills, including the ability to design research assignments, collect and analyze data, and draw conclusions from their findings. They may have expertise in specific research methodologies, techniques, or tools relevant to their field.
3. **Communication skills:** Fellows must have effective communication skills, as they need to be able to communicate their research findings through written publications, presentations and discussions with colleagues. They should be able to convey complex ideas in a clear and accessible manner to diverse audiences.
4. **Time management and organizational skills:** Fellows need to be able to manage their time effectively and meet agreed deadlines. They must be self-motivated and able to work autonomously.

### To apply

To apply for a position, please follow the instructions on our [Current Opportunities webpage](#). The deadline for applications is 23:59 CET on Sunday 23rd March 2025.

Applications will only be considered if they include the following material:

- Curriculum Vitae / Resume including date of birth, where you are located and details of two referees.
- A short cover letter (maximum of 2 pages) outlining your relevant skills and experience and a summary of how you would approach this work.

DTH-Lab welcomes applications from individuals of all backgrounds. Interviews will be held during the week beginning 7th April.

Due to the expected volume of submissions, only shortlisted candidates will be contacted.

Interested candidates can request further background information on DTH-Lab and its existing work on this topic by writing to [team@dthlab.org](mailto:team@dthlab.org).