

Hi MoHB team (and good bye to July!),

Hope all's well on everyone's ends and you're surviving the term well thus far!

Lab Meeting

Our lab meeting is tomorrow at the usual time. On the agenda we have LIVIN program evaluation results, me showing off a mobile-based IAT (implicit association test) that I programmed yesterday, updates on the rehab exercise study from Bundaberg, updates on the Power study, and much more.

Power Study

We have made substantial progress on the Power study on license renewal processes for electricians. With a huge thanks to Teen, Elaine, and Emma, we have submitted the ethics application for the first part of the study in which we will be surveying electricians' about their experience with renewal training and testing, their competence, habits, and efficacy. The next phase will be to plan the 'think aloud' aspect of the study in which we will observe electricians in their job. Really exciting to get this one going. Watch this space!

Bundaberg Health Promotions Study

Kristie-Lee has been killing it (as always) in Bundaberg running the rehab study. I can't believe it but we've finished recruitment for this study! We never thought we'd get there and Kristie-Lee and the rehab clinician team really stepped up in the last few weeks to get us more than 30 participants. Although it's not the numbers we were hoping for, this still provides a slew of data (I counted more than 2,000 data points per person so that's 60,000 data points overall we (**who am I kidding**) Kristie-Lee is managing! Amazing. We're sorting out the baseline data now and will have baseline data findings shortly! Exciting exciting exciting.

Amy's Rising Star Paper

Amy has persisted with her rising star paper and it is now submitted for publication consideration to Movement Disorders for Clinical Practice. Although this isn't the end of the story, it's a huge milestone and is to be celebrated! Great work Amy! Rob and I are grateful to work with you on the fun project!

Rising Stars

Speaking of rising stars, this round's applications are now open. I've attached an expression of interest form in case anyone wants to have a go at this years'.

Latest outcomes

So, here's some papers just published that may be of interest. If something perks your interest that you want to pursue in future research along these lines, let me know



Kandola, A., Vancampfort, D., Herring, M., Rebar, A. L., Hallgren, M., Firth, J., Stubbs, B. (2018). Moving to beat anxiety: Epidemiology and therapeutic issues with physical activity for anxiety. *Current Psychiatry Reports*, 20(63). <https://doi.org/10.1007/s11920-018-0923-x>
<https://link.springer.com/article/10.1007/s11920-018-0923-x>

Rebar, A. L., Dimmock, J. A., Rhodes, R. E., & Jackson, B. (in press). A daily diary approach to investigate the effect of ego depletion on intentions and next day behavior. *Psychology of Sport and Exercise*.
<https://www.sciencedirect.com/science/article/pii/S146902921730660X>

Maher, J. P., Rebar, A. L., & Dunton, G. F. Ecological momentary assessment is a feasible and valid methodological tool to measure older adults' physical activity and sedentary behavior. *Frontiers in Psychology*.
<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01485/abstract>

That's it for me for now. Hope you all are well ☺ Let me know how to be helpful.



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I respectfully acknowledge the Traditional Owners of the land on which we work and learn, and pay respect to the First Nations Peoples and their elders, past, present and future.

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