

Hi MoHB team!

Next lab meeting: Our next lab meeting is on the books for 3 January at 10:00 AM AESTD. Not sure how that suits everybody, so if there are requests to move it, let me know.

Power Phase I Presentation and Report: I'm in Brisbane after completing our presentation on phase I results of our Power study for the Queensland Electrical Commissioner Board Meeting. The report is attached for those who are curious. In general, it went over quite well, even though I was mostly just thinking about the hole in my dress under my arm that I found this morning. There were a wide range of stakeholders there and some national representatives and leaders of electrical work training companies were quite interested in talking about the potential for future work and presentations for them – so I couldn't have embarrassed us too badly 😊 The most exciting part for me was to have discussion with the policy makers in the room about what the findings mean for the licence renewal process and regulations. I won't go into too many details but the general take away was that it's probably most effective to disconnect training from licence renewal testing/fees into separate processes. The next phase of the study will be done in March and the whole team was really looking forward to hearing about those findings (as I know we are too!).

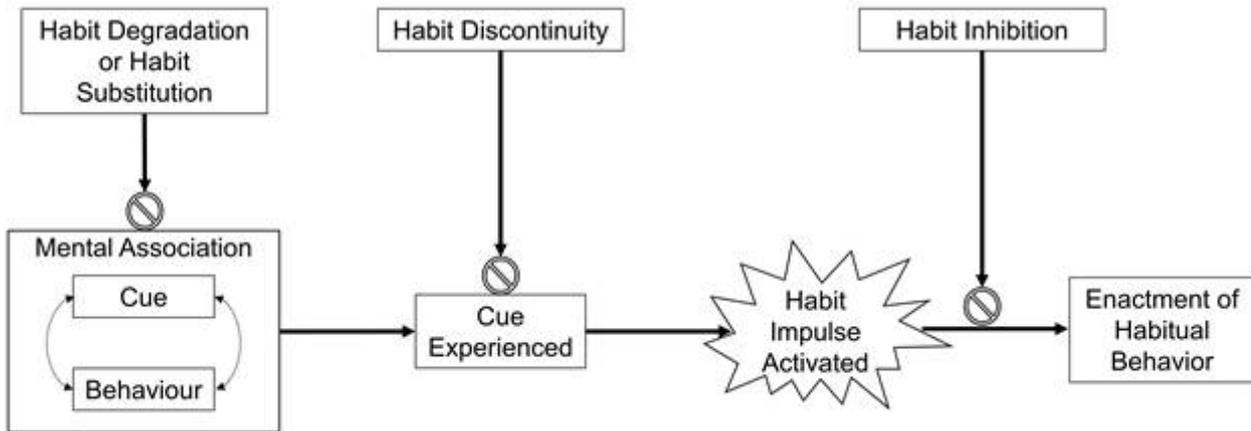
Pre-Registered Reports and Open Science: Our MoHB member My-Linh has been working diligently on her pre-registered report on the study of her PhD thesis I'm working with her on. It's a very fun study looking at how pain may influence whether people with osteoarthritis are more or less motivated by intentions vs automatic processes for physical activity. Pre-registered reports are publically available records of the study procedures and hypotheses testing that you publish before conducting a study. The idea being that it holds researchers accountable to doing what they planned rather than altering study protocols or just running a bunch of analyses to get the most interesting results. It ensures the study is hypothesis driven. It's part of a trend in modern science for more transparency throughout the entire research process. If you're interested in learning more about open science: <https://osf.io/>. If you want to learn more about My-Linh's study, see: <https://osf.io/mxd45/>

Presentation of Research Careers for Students' Psychological Society: Last week I talked to a lovely group of CQU psychology students about careers in research. It's so exciting to see ambition and curiosity from such cool students. I mostly just talked about my own experience and what I should have done is make it more about a discussion about how I can help students in their goals. So – if you ever want to chat about anything research career or research higher degree related, let me know. Happy to set up an informal chat to try to be helpful.

Fly-In, Fly-Out Study Health Behaviour Results to be Published in Next Few Days: We've gone through the final round of proof-editing for the paper presenting the quantitative results of the FIFO study on how health behaviours vary between FIFO workers and their partners on on-shift and off-shift days. It'll hit the open press in the next few days for the BMJ Open publication!

Physical Activity Motivation Theories: Just this past few weeks, the review I co-authored with Ryan Rhodes and Desi Mcwan on theories of physical activity motivation. It's a good overview of health psychology behaviour change theories for those who are interested, I've attached it.

Breaking Habits: I'm working with Ben Gardner and Pippa Lally on a piece on how to break habits and thought I'd send through a pretty Figure I made that shows the different types of ways habits can be broken:



Action Identification Theory study: MoHB member Renae and I had a meeting with Ben Gardner about a study he's leading in London about how people perceive the action of 'sitting'. It was on the day of the storms and power outages at my place, so I was a bit of a disaster juggling an upset child and no power but despite those distractions, we learned from Ben a new interesting theory that some of you may find interesting: <https://psychology.iresearchnet.com/social-psychology/social-psychology-theories/action-identification-theory/>

Anyway, if any of these things or other health psychology stuff interests you and you want to talk more about potential opportunities, give me an email.

Cheers

Amanda



Dr Amanda Rebar

NHMRC Early Career Research Fellow,
Director of Motivation of Health Behaviours (MoHB) Lab
Physical Activity Research Group, Appleton Institute
Senior Lecturer | School of Health, Medical and Applied Sciences
CQUniversity Australia, 7/L15, North Rockhampton, Rockhampton, QLD 4702
P +61 07 4923 2182 | X 52182 | M +61 0405 691 485 | E a.rebar@cqu.edu.au



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.