Hi MoHB team!

Long-time no email. Sorry about that. I overestimated my capacity to keep up with things while staying with my parents in the US with my 2.5-year-old and doing 5 different talks at nearby Universities. So, my MoHB meetings/newsletters fell off the radar a bit. I’m back again though and have super fun updates! And I added pictures as a bonus.

**Lab Meeting:** We are having our lab meeting tomorrow😊

**Society of Behavioral Medicine Conference:** I attended a scientific conference in New Orleans in April (I know, my job has its perks!). I presented the FIFO quantitative findings, which were really well-received. In between eating some of the largest oysters I’ve ever seen and dancing to jazz, I managed to attend some amazing presentations and connect with some really wonderful people. There is an incredible team in Los Angeles doing work with ecological momentary assessment (where you get people to report how they feel, what they’re doing, etc in the context of their day-to-day lives). I’ve been working with them (and by that I mean I’ve been helping them run their data analysis), and have some exciting opportunities for graduate students and post-doctoral fellowships open – so if anyone is keen to do some training with their group, let me know and we can get you set up for some fun LA-based opportunities: [https://keck.usc.edu/faculty/genevieve-dunton/](https://keck.usc.edu/faculty/genevieve-dunton/). Who knows, they may be open to taking you on as a visiting undergrad if I train you up enough? There were also some outstanding junior researchers based in France who I’m working with on a meta-analysis on the association between implicit attitudes and physical activity behaviour. They’ve got some incredible analytic and programming skills that is worth learning from – more on relevant opportunities below. Here’s a picture of how excited I was when they showed me the results:

![Excited about results](image)

**University of South Carolina and Christine Pellegrini have physical activity, affect, and motivation data to play with:** Amongst one of my stops on the talk tour was to the TechHealth group at the University of South Carolina ([http://sc.edu/study/colleges_schools/public_health/research/research_centers/techealth/index .php](http://sc.edu/study/colleges_schools/public_health/research/research_centers/techealth/index .php)). They’ve got some cool stuff going on and were really excited about FLEX – the app we’ve been working on as a lab for ~10 years now (exaggeration). Someone was even live Tweeting my talk – which is hilarious but kind of creepy. They have some fun EMA data about people’s physical activity, mood, and motivation that I told them I’d help to analyse.
So – if you are interested in learning about that, let me know and I can give some tutorials about that data and analysis of tracking these things over time. It’s super nerdy but fun (to me?).

**Open Science Framework:** So my French colleagues (pictured above), Guillaume Chevance and Paquito Bernard convinced me to jump on to the open science framework ‘bandwagon.’ The idea of open science is that our work (ongoing and completed) is transparent and collaborative – rather than secretive, siloed which is more the tradition of psych science. So – I’ve started my own open science directory where anyone who wants to can see what I’m working on: [https://osf.io/amxv/](https://osf.io/amxv/). It’s funny (or concerning?) how much more careful I am with data analysis, organizing files, deidentifying survey data, etc. when I know it’s open accessibility. There are some cases where you cannot freely have access to data (e.g., patent-pending intellectual property etc), but in general, it’s a shift in the way science is happening which I’m really excited about. See what you think. I’d like this to be a discussion point for our meeting tomorrow.

**LIVIN Strong:** We’re teaming up again with LIVIN to help with their program evaluation of the Kirwin mental health program. Jaime’s our go-to lab member on this and we’re excited to see how they’ve enhanced their program to be more evidence-based as a result of our help last go-around. Can’t wait to see the progress this year. They way to take it nation-wide, so this is getting fun.

**FLEX App Pilot:** We’ve got the FLEX app pilot set up for starting in the next few weeks! Magne (you’ll meet him tomorrow in the lab meeting) and Harshani (Uni of Adelaide) have been instrumental in setting this up, so big thank you to them and we can’t wait to see what happens!

**Kate’s famous:** People at the conference loved our Frontiers paper on the automatic and reflective impressions of physical activity related images. Someone even asked me if I knew “THE Dr Kate Cope” who led such a great and useful paper. Reminds me how lucky I am to work with such great people in the lab. Thanks team!

I have more to cover, but it’ll have to wait until the meeting tomorrow. See you all soon!

Some other ‘action shots’ from the conference and/or talk tour (bonus MoHB points if you know who people are in the pictures besides me):
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, 18/1.33, North Rockhampton, Rockhampton, QLD 4702
+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.