

Hi MoHB team!

I was supposed to be headed to London, but my son and husband brought me a bout of gastro home from America (what kind of souvenir is that!?), and because I'm 16 weeks pregnant, the doctor deemed me unfit to travel. L All is good with bub and mum and this point and we found out it's a baby boy!

Now, though on to all things MoHB:

Next lab meeting: Given how many of you legends will be attending the student leadership conference and how much we've got on at the moment, I'd like to move up the next lab meeting to October 25 (Thursday) at 10:00a. I promise I'll be at a computer and not walking around Yeppoon this time.

Journal club is back! Journal club is an opportunity to get familiar with scientific writing and helps with developing critical writing and thinking skills. Similar to how a 'book club' works, each month we'll read a scientific article and discuss it together. I think it worked best when it was right after the MoHB meeting, so I'll schedule it then and see if we need to change it as we go. There's no obligation to be involved, but if you're interested, I've attached the article and sent through the invite for the October one. It's a study investigating the topic of whether motivation for different types of behaviours are the same – and it quotes a song lyric in its title, so it's bound to be good! 😊

RISING STARS 2018: We have two Rising Stars in our midst again this year. Kim Abell and Rachael Smallwood have started working on their projects within the last few weeks.

Kim and the IAT study: Kim has been dumped head first into our study with partners in North Carolina to investigate how automatic evaluations, motivation, and physical activity behaviour change day-to-day over a week. Although it sounds simple, the study is a beast to manage because there are 110 participants, of which each has 2 lab-based implicit attitude tests (one week apart), 12 daily brief implicit attitude tests, 6 days of 11 self-reported questions about motivation, and physical activity data for every 30 seconds of the entire week! Trust me when I say that is a lot of data! Kim is working through the brief IAT data which is so messy because it's the result of my less-than-sophisticated app programming skills. We have to have all the data done by 1 Nov so think kind thoughts for Kim and I because it's intense!

Rachael and the BHP Rehab qualitative data: Rachael is undergoing training in qualitative research in preparation for helping analyse the qualitative interviews that Kristie-Lee has done (and continues to do) as part of the Bundaberg Health Promotions rehabilitation study. We're working with Ben Gardner to get trained up on the analysis of qualitative data. Some of you have experienced qualitative interview training with Ben, so can imagine how silly but hopefully worthwhile the process will be for Rachael. Wish us luck on this end!

POWER study update: Great progress is being made in our study on electrical competence and renewal licensing. We've had the survey open for 3 days and have more than 450 respondents! This exceeds our target sample size and we've had more than 100 people sign up to be involved in further research so we'll be able to have sufficient numbers to contact about doing some simulation electrical work where we can observe their

behaviour. Emma's been keeping abreast of the data and reporting interesting things like that a lot of times electricians report 'complacency' as the reason mistakes happen, which is in line with what we were thinking so that's great! The other update is that I got a call from some relevant people who may want to take the study to other states, so we may have several more iterations of the POWER study coming our way!

Royal Flying Doctors and Mental health project: We've just been invited to lead some program evaluation projects on the mental health programs the Royal Flying Doctors are conducting. I've just been informed of this exciting opportunity today, so it'll be a while before something tangible takes shape, but we'll definitely be in need of some helping hands. If this may be something you're interested in, let me know!

That's it from me for now. Good luck to everyone during these assessments/exams and feel free to seek support (either academically or emotionally!) from me or other MoHB members when you need it. That's the best part of the MoHB lab!

Cheers,

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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.