

Hi MoHB team,

Hope all's well with everyone and July is starting off great. I'm up here in my office with a heater warming my feet, so we know I'm acclimatized to Queensland's "cold" winters! ☺

MoHB Lab Meeting: Our lab meeting is this Wednesday (4 July – AMERICA DAY). See you on zoom!

Visiting Scholar: In our lab meeting, I'll get to introduce an awesome student I'm helping to co-supervise from the University of Melbourne. My-Linh is doing some really ambitious and very cool things for her PhD including testing automatic evaluations of physical activity in osteoarthritis patients. She'll get to talk a bit more about that in the meeting, so if you have questions for her about the PhD process, she'll be happy to tell you the ups and downs of it, I hope!

Amy's Rising Star Paper has been submitted: One of our rising star scholarship recipients, Amy Stevens, is hopefully celebrating at the moment (I recommend chocolate and or alcohol), because we have submitted her Rising Star paper for consideration at the scientific journal, Clinical Rehabilitation. As a reminder, her project was to write a paper providing practical advice to exercise professionals about how they may consider self-efficacy within exercise therapy for people with Parkinson's Disease. This result is wonderful and Rob Stanton and I both feel lucky to have been able to be a part of such a wonderful project and to work with such a committed, persistent student. Thanks Amy and Rob – will keep the team posted on progress!

Lonie's thesis has been submitted: Lonie's systematic review on physical activity in adult inmates and the effects it has on mental health has been submitted to the British Journal of Health Psychology. We got it sent back from a journal in sport and exercise psychology with the kindest rejection note I have ever received. I wanted to share this with you because it makes me so proud that (a) Lonie's done such a crackin' job on this, and (b) that the editor took the time and effort to share this with us:

“This is clearly an important area of research, the manuscript is very well written, and the review has been conducted in a competent manner. However, investigating the effects of exercise on the mental health and illness of this specific population is outside the editorial scope of this journal.”

Power study is up and running: Much to Teen's dismay, my short-hand name for our new study is 'power' because that is also the last name of our project coordinator ☺ (see what I did there)! We just started planning for this study last week and will have some more solid foundations in the days to come on this two-phase study on how safety behaviour competence is learned and retained. Teen and Elaine have been helping Emma and I get a grasp of the content knowledge and, all together, we've got some cool ideas. Can't wait to share our progress on this with the team!

Magne is surviving his thesis on FLEX: Magne is in the final stretch of writing up what ended up being a massive thesis on the FLEX app pilot study. He'll submit the final thing by this Saturday, so he's putting in some serious hours at the computer. Everyone think kind, empathetic thoughts for him in this final stretch! Although he probably doesn't want to think about it ever again, the steps after the thesis are to submit the FLEX outcomes for publication at a good journal so we'll keep you posted on that!

Dual process models are global: To those of you working on the dual process or automatic regulation stuff (automatic evaluations, habits), get excited because the world loves this stuff! I've been invited by four different international health psychology organizations to do lectures/talks on this topic in relation to physical activity. This is exciting because it means that the field is taking this stuff seriously, which wasn't the case when I was doing my PhD. I'd like to think we've played a part in that, but I think my timing was just good. Anyway – London, Washington DC, Sydney, and Brazil are calling. ☺ I'll ask for help pulling some stuff together soon.

There's a ton more including Kristie-Lee's success doing a research talk at Adelaide for esteemed researchers, our research meet-up in Bundaberg for the rehab study, and something called OpenCoda – but I am overwhelmed with how long this email is and I'm guessing most of you have stopped reading at this point, so I'll call it quits after this last thing:

Just a funny thing: Ben Gardner and I are putting together a series of workshops on habit psychology and as part of it, we've put up examples of habits. My example was eating chocolate at my desk in the afternoon. Here's the picture I came up with to put up on the site (that's me eating chocolate at my desk)



Ben's example was going to the gym. I asked him for a picture to put up on the site for the courses and here's what he sent that I now have to use (that's not him...)



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.