

Hi MoHB team!

Revised meeting: First bit of news for this newsletter is that I have to move the MoHB lab meeting up a week. So – our next lab meeting will now be Thursday, 29 November at 10:00a AESTD. The zoom link is: <https://cqu.zoom.us/j/503303301>

**Power phase I complete and presentation:** Our MoHB family has been busy collecting and managing data from our project investigating electrical work competence, habits, and safety behaviours. As a result, we have completed phase I of the study, which was a survey of Queensland electricians and have more than 600 respondents! I'll be travelling to Brisbane to do a presentation on our findings for the Electrical Safety Board meeting on Dec 6, which will include representative of the employers, workers, community, families of victims of serious workplace injury, and the department. (DDG). Also attending will be the Director of the Electrical Safety office and Manager for Licencing. As our research aims to inform the license renewal process to ensure our electricians are maintaining competence, this will be a really informative and rewarding chance to talk to people who are really influenced by our findings. Elaine, Teen, and I will be running data analysis this week in preparation for this. <3 Data!

**Bundaberg Health Promotions Rehabilitation study nearing a close:** Last week, I spent time with Kristie-Lee and our BHP team in Bundaberg to give encouragement and observe the awesomeness that is the process of that study. It's only thanks to KL and the BHP team that that study has been a huge success! It will end ON TIME (a rarity for research projects) and we have some wonderful outputs coming from it. I will be working with our quantitative data to tease a part how motivation for physical activity inside and outside of the rehab settings changes over the progression of rehab and how that impacts behaviour.

MoHB member Rachael is training herself (and us) in NVivo to manage the slew of qualitative data that Jenni Judd and Ben Gardner will magically transform into papers about how clients and staff perceive motivation of physical activity in and throughout the rehab setting. Then, we have physical and mental health outcomes, objective activity data, and health economic outcomes to play with too! This turned into such a fun project and I can't wait to see where it takes us. We're aiming for this study to be the informative data into bigger, intervention studies in rehab centres nationally. It's really exciting to see it all come to fruition.

**So much Ecological Momentary Assessment Data!:** Our partners in crime at UNC Greensborough (Maher et al) have been toiling away managing their bits of the puzzle, while MoHB member Kim and I are over here trying to keep up with managing over 800,000 data points across a few EMA studies on (study 1): habits and activity and (study 2): automatic evaluations and activity. Jackie and I have the ambition to get four publications out before March so it's intense! The difficult part is mostly over, thanks to Kim for taking that on her shoulders. Now comes the fun part of analysing the data. Kim has become interested in a construct called, "behavioural regulation" and how that interacts with our habits and automatic evaluations to impact behaviour. Excitingly, she'll be driving the analysis and dissemination of that work. It's really novel and the field will surely love it! Thanks so much, Kim!

**FLEX write-ups:** You MoHB veterans will remember our work on the FLEX app – the app designed to manipulate people’s automatic evaluations of physical activity. We have really cool results on two fronts: (1) it worked! People who used the activity version of the app have stronger automatic evaluations of activity than those who had the control app, and (2) Enjoyment plays a moderating role in this. It seems that some of the effects are underpinned by people enjoying the app, which is really interesting because automatic evaluations are the mind’s association between activity and ‘good/pleasantness’ – so all these findings amazingly link back to the theory! Very cool. Those findings are thanks to our partners at UniSA Camille Short and Harshani. Harshani is presenting the findings on enjoyment at a ‘bid deal’ conference coming up, so we’re very excited for her. We’re writing up these results this week, so watch this space!

I could go on and on, but I’ve got to get some work done 😊. As a fun last note, Tom Webb, Ben Gardner and I teamed up and created a task to assess habits for alcohol vs soda consumption. It uses subliminal priming. Our newest MoHB member, Naomi is helping me to score and analyse these data that our Londoner partners are collecting in pubs. We’ll keep you posted on progress!



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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.*