

Hi MoHB team,

**New Lab Meeting Time:** Our new lab meeting times will be the first Thursdays of every month at 10:00a -11:00am Brisbane time, starting next week: Thursday, 4/10/19 at 10:00a. If you ever want to chat outside of the lab meetings, just shoot me an email and we can arrange a catch up.

**London or bust!** I'm headed to the UK for three weeks starting 8 Oct for a few fun activities including ISPAHack in Glasgow which is an advanced data analysis workshop and data challenge. Basically, it's a nerdy reunion for physical activity researchers who have a nerdy love of R statistics, which is me! We'll be learning about really cool ways to analyse physical activity data including Compositional Data Analysis, Functional Data Analysis, and Non-linear pattern analysis. I know – I better stop bragging about all this, because you guys are getting so jealous! I'll also be attending the International Society of Physical Activity and Health conference in London and then spending some collaborative time with Ben Gardner at King's College and Pippa Lally at UCL to talk all things habit. We'll be working on our fancy plan to model habit formation (both in theory and in statistics), and starting up some new habit projects including something about how to get people to have a 'meatless' day per week, which I'm not sure Rockhampton would be willing to support...

**Given that we have some new members starting up, I won't give 'study updates' in today's newsletter. Rather, we'll use the lab meeting to give overviews of what's going on with the lab. But – to the veterans of the lab: rest assured that progress is good on all accounts!**

**New opportunities:** We have a few opportunities to get some experience coming up, so shoot through an email if you have interest and capacity to help on any of these topics:

1. The measurement of habit – Ryan Rhodes and I are slowly working our way through coming up with a different self-report measure of habit. If you're interested in learning about the process of coming up with new psychological measures, the theory of habit, or both, then let me know and we can carve out a project for you.
2. Considering motivation for exercise specifically as opposed to motivation for 'all health behaviours' – Ryan Rhodes and I are also slowly working our way through a narrative piece on whether the study of motivation gains anything by considering 'exercise' as a unique behaviour as opposed to in line with motivation for other behaviours. It tackles the issue of whether motivation is one thing that generalizes across behaviours or is nuanced and specific to each type of health behaviour. If you're interested in learning about that and working on scientific writing, this one's for you!

That's all from me for now! See you soon!



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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.*

