

Hi MoHB Lab,

Next Lab Meeting: Our next lab meeting is scheduled for Thursday 7th of February at 10am.

It's almost baby time!: Our amazing Lab Director Amanda is very busy finalising work items and getting everything ready for baby Rebar (so exciting!!). So, to take a little work off Amanda's plate, I've offered to look after the MoHB Newsletters. Then, while Amanda is on maternity leave, I'll be hosting our Zooms and doing my best to keep us all in check. *Don't panic!* Amanda will still be watching over us from the nursery ☺

Please know that I am only an email away if you need support before, during or after AR's leave – and if I don't know the answers, I'll find someone who does :P

On to the monthly news...

UNCG EMA IAT: (University of North Carolina Greensborough, Ecological Momentary Assessment, Implicit Association Test) Yep, the acronyms are strong with this one. However, the acronym complexity is well overshadowed by how huge this study is! To refresh your memory; Amanda invited the MoHB Lab to jump on board with Jaclyn Maher et al. from UNCG to explore brief smartphone-based versions of the implicit association task within an ecological momentary assessment design (how automatic evaluations, motivation, and physical activity behaviour change day-to-day over a 7day timeframe). MoHB member Kim's work coding the data was nothing short of amazing, and now MoHB members Chelsea and Felix are working endlessly to score the initial and follow-up data. From this gigantic project Kim is set to run a study on behavioural regulation and whether it impacts the link between automatic evaluations and behaviour. Chelsea and Felix will also have their own projects! I have a feeling that we're in for some exciting outcomes!
#WatchThisSpace

Ben's Gambling: No, I'm not suggesting we have a problem gambler in our KCL partner Benjamin Gardner. But we do have the final 6-month follow-up data collected from this study testing a habit-based intervention on gambling behaviour and harm. The data is being analysed this week and written up for publication. Findings will be shared soon (hopefully!).

Power 2.0: Thanks to MoHB member Teen, we've been investigating electrical safety and competence with electricians all over Australia. Power 1.0 involved online surveys and some very interesting outcomes that Amanda presented to the Queensland Electrical Commissioner Board in December last year. For Power 2.0 we're hoping to get 50 electricians to meet us at Rockhampton City Campus for a face-to-face interview and simulated electrical tasks. I've spent a lot of time trying to understand the electrical tasks and have decided that I should *never* become an electrician!

To sit or not to sit?: That is the question asked by KCL's Ben Gardner and CQU's Amanda Rebar. Well, the question is actually more along the lines of 'how do people perceive the action of sitting', but the subheading sounded too good. MoHB member Renae is helping out with this study and has taken some great photos to use as participant stimuli. Renae has also put together the online survey and is distributing it as we speak! Can't wait to see what 'sitting' means to people! For more information on Action Identification Theory check out <https://psychology.iresearchnet.com/social-psychology/social-psychology-theories/action-identification-theory/>

Bundy's Research Forum: In 2018 we collected quantitative, qualitative, objective, and subjective data from patients attending Bundaberg Health Promotions physical activity rehabilitation programs. These patients were referred to the rehabilitation programs following a pulmonary or cardiac health event (severe asthma, emphysema, heart attack, heart surgery, etc) and attended 16 sessions of medically supervised physical activity in the aim to rehabilitate their bodies. Now that we have finished data collection, we are preparing a research forum to present and discuss preliminary findings. Jenni Judd (CQU) is organising the event for the 25th of February, and we've invited some seriously important people – including our participants and our cardiac research partner Chris Askew (USC)! Amanda will present the preliminary findings, Jenni will head the discussions and I... well, I'll probably stand up the back and eat the food :P

AR's NHMRC: Again with the acronyms?? Before Amanda takes off to do the most amazing thing a human being is capable of (i.e., bring human life into the world), she'll be submitting her National Health and Medical Research Council Grant application. Grant applications are far from easy, but we all know how amazing you are, and you have our full support – YOU CAN DO IT!

That's all from me. Hope to see you all in Zoom-land. If you can't make it and want to chat just send Amanda or myself an email 😊

😊 Kristie-Lee



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← CONNECT

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.