

## Presentations

All presentations listed below are refereed.

### To be presented

Do, B., Dunton, G., Green, M., & **Rhodes, R.E.** (To be presented). Affectively-charged motivations and affective response. *To be presented as a 10-minute paper talk at the Society of Behavioral Medicine Annual Meeting on April 6-9, 2022, in Baltimore, MD.*

### 2021

Bohlen, L.C., **Rhodes, R.E.**, Williams, D.M., Emerson, J., Kennedy, A., & Hubbard, J. (2021). Links between behavior change techniques and mechanisms of action in a systematic review of physical activity interventions. *Presented as a Research Spotlight at the Society of Behavioral Medicine Annual Meeting on April 12-16, 2021, virtual conference.*

Hagger, M.S., Heckler, E., Scholz, U., Ogden, J.E., Nigg, C., **Rhodes, R.E.**, & Branscum, P. (2021). The proliferation of different health behavior theories in the field of behavioral medicine is holding back research & practice. *Presented as a Debate at the Society of Behavioral Medicine Annual Meeting on April 12-16, 2021, virtual conference.*

Hollman, H., Updegraff, J.A., Lipkus, I.M., & **Rhodes, R.E.** (2021). A systematic review of stakeholder and end-user perceptions of physical activity guidelines. *Presented at the 8<sup>th</sup> International Society for Physical Activity and Health (ISPAH) Congress, October 12-14, 2021, virtual conference.*

Jenkins, K., Buchan, J., **Rhodes, R.E.**, & Hamilton, K. (2021). Investigating Sedentary Office Workers Movement in Varied Workplaces: A Qualitative Exploration. *Presented at the 35<sup>th</sup> Annual Conference of the European Health Psychology Society, August 23-27, 2021, virtual conference.*

Lane, C., Naylor, P.J., Morton, K., Predy, M., Kurtzhals, M., Hunter, S., **Rhodes, R.E.**, & Carson, V. (2021). A systematic controlled trial of a parent-focused physical literacy intervention for early childhood. *Presented at the International Society of Behavioral Nutrition and Physical Activity XChange Initiative on June 8-10, 2021, virtual conference.*

Liao, Y., Schmitz, K., Basen-Engquist, K.M., Tinianov, S., & **Rhodes, R.E.** (2021). Are cancer-specific behavioral interventions needed? Key considerations for intervention designs for cancer survivors. *Presented as a Debate at the Society of Behavioral Medicine Annual Meeting on April 12-16, 2021, virtual conference.*

Rebar, A., Lally, P., Verplanken, B., Diefenbacher, S., Kwasnicka, D., **Rhodes, R.E.**, Lanzini, P., Koutoukidis, D., Venema, A.G., & Gardner, B. (To be presented). Changes in hygiene habits during the COVID-19 pandemic: An international, repeated measures study.

*Presented at the 35<sup>th</sup> Annual Conference of the European Health Psychology Society, August 23-27, 2021, virtual conference.*

**Rhodes, R.E.** (2021). All in the family: What works (and what doesn't) when promoting parental support of child physical activity. *Presented as a keynote at the 8<sup>th</sup> International Society for Physical Activity and Health (ISPAH) Congress, October 12-14, 2021, virtual conference.*

**Rhodes, R.E.** (2021). Family development and physical activity. *Invited presentation at the Pathways to Lifelong Health Conference, Institute of Lifelong Health, University of Victoria, November 3, 2021.*

**Rhodes, R.E.** (2021). Helping to make those New Year's physical activity resolutions stick. *Podcast with Dr. Jack Muskat for <https://www.ghostbureau.com/> on January 7, 2021.*

**Rhodes, R.E., Liu, S., & Lithopoulos, A.** (2021). COVID-19 and its impact on health behavior: Predicting physical distancing and physical activity in a representative sample of adult Canadians AND Personality and perceived stress during COVID-19 pandemic: Testing the mediating role of perceived threat and efficacy. *Presented at the University of Victoria Pandemic Storms 2021 virtual discussions on May 25, 2021.*

Ross, A.B., Quinlan, A., Blanchard, C.M., Naylor, P.-J., Warburton, D.E.R., & **Rhodes, R.E.** (To be presented). A Qualitative Analysis of Exit Interviews Exploring Families' Perspectives on Physical Activity and Research Participation. *Presented at the 8<sup>th</sup> International Society for Physical Activity and Health (ISPAH) Congress, October 12-14, 2021, virtual conference.*

Ross, A.B., Quinlan, A., Blanchard, C.M., Naylor, P.J., Warburton, D.E.R., & **Rhodes, R.E.** (2021). Qualitative Experiences of Engaging in More Physical Activity: Translating Evidence into Action During a Pandemic [PowerPoint Slides]. *Ministry of Advanced Education and Skills Training, Victoria, BC, Canada, February, 2021.*

Schumacher, L., Wing, R., Thomas, G., Raynor, H.A., **Rhodes, R.E.,** & Bond, D. (2021). Importance of temporal exercise consistency for exercise levels: A prospective study of successful weight loss maintainers. *Presented as a Research Talk at the Society of Behavioral Medicine Annual Meeting on April 12-16, 2021, virtual conference.*

Sheeran, P., Wright, C.E., Ruggiero, E., & **Rhodes, R.E.** (2021). Precisely how effective is your intervention? Benchmarks for interventions to promote physical activity. *Presented as a Research Talk and Research Spotlight Session at the Society of Behavioral Medicine 42<sup>nd</sup> Annual Meeting & Scientific Sessions on April 12-16, 2021, virtual conference.*

Silvio, M., Sarrazin, P., Isoard-Gauthier, S., **Rhodes, R.E.,** Boisgontier, M.P., & Cheval, B. (2021). I sit but I don't know why: Investigating the multiple precursors of leisure-time sedentary behaviors. *Presented as a Research Spotlight at the Society of Behavioral Medicine Annual Meeting on April 12-16, 2021, virtual conference.*

Sui, W., Rush, J., & **Rhodes, R.E.** (To be presented). Engagement with online fitness videos on YouTube and Instagram during COVID-19: A longitudinal study. *Presented at the 35<sup>th</sup> Annual Conference of the European Health Psychology Society, August 23-27, 2021, virtual conference.*

Sui, W., Sui, A., Tsang, J., & **Rhodes, R.E.** (2021). Examining the usage of behaviour change techniques among popular YouTube fitness videos. *Presented at the 8<sup>th</sup> International Society for Physical Activity and Health (ISPAH) Congress, October 12-14, 2021, virtual conference.*

## **2020**

Adams, B., Smith, N., Adiputranto, D., Naylor, P.-J., **Rhodes, R.E.**, & Liu, S. (2020). Dose-response effects of an online and in-person family intervention on physical activity in children who are overweight. *Presentation at the Society of Behavioral Medicine Annual Meeting on April 1-4, 2020 in San Francisco, California (conference cancelled).*

Branscum, P., **Rhodes, R.E.**, & Williams, D.M. (2020). Are current elicitation techniques confounded with motivation? How natural language may hinder theory-guided research. *Presentation at the Society of Behavioral Medicine Annual Meeting on April 1-4, 2020 in San Francisco, California (conference cancelled).*

Divine, A., Blanchard, C.M., Naylor, P.J., Symons Downs, D., & **Rhodes, R.E.** (2020). The impact of movement factors on mental health during the transition to parenthood. *Paper accepted at the North American Society for the Psychology of Sport and Physical Activity Conference, on June 11-14, 2020 in Vancouver, British Columbia (conference cancelled).*

Kroll, J., Hamilton, K., **Rhodes, R.E.**, Gardner, B., & Rebar, A.L. (September 2020). The role of skin cancer risk in people's intention to engage in sun safe behaviour. *The Online Conference for Undergraduate Research in Australia, [online] September 2020.*

Lithopoulos, A., Kaushal, N., Beauchamp, M.R., Conner, M., de Bruijn, G.-J., Latimer-Cheung, A.E., & **Rhodes, R.E.** (2020). Predicting future sitting in the office using an augmented reasoned action approach theory. *Paper accepted at the North American Society for the Psychology of Sport and Physical Activity Conference, on June 11-14, 2020 in Vancouver, British Columbia (conference cancelled).*

Liu, S., Naylor, P.J., & **Rhodes R.E.** (2020). Healthy family living: Powered by innovations. *Presented at the University of Victoria Ideafest Festival of Research, March 2-7, 2020.*

Maher, J., Rebar, A., More, K. & **Rhodes, R.E.** (2020). The processes underlying physical activity habit formation. *Symposium presentation at the Society of Behavioral Medicine Annual Meeting on April 1-4, 2020 in San Francisco, California (conference cancelled).*

McEwan, D., **Rhodes, R.E.**, Beauchamp, M. (2020). What happens when the party is over?: Do behaviour change interventions result in sustained physical activity after the intervention

ends? Presented at the 15<sup>th</sup> UK Society for Behavioural Medicine Annual Scientific Meeting on January 16-17, 2020 in Bath, United Kingdom.

- Rhodes, R.E.** (2020). Canadian movement behaviours during the COVID-19 pandemic. Presented at the BC Research Ethics Virtual Symposium: Ethical Implications of COVID-19, October 22, 2020.
- Rhodes, R.E.** (2020). Canadian physical activity in the age of COVID-19. Presentation/webinar for the Nova Scotia Health Physical Activity Practitioner Exchange, June 25<sup>th</sup> 2020.
- Rhodes, R.E.** (2020). Canadian physical activity in the age of COVID-19. Presented at the BC COVID-19 Research and Collaboration Symposium: Public Health, Populations, Health Services and Impacts, September 1, 2020.
- Rhodes, R.E.** (2020). Moving from adoption to sustainable physical activity patterns: Application of the multi-process action control framework. Webinar for the International Society of Behavioral Nutrition and Physical Activity Motivation and Theory Special Interest Group, March 25, 2020.
- Rhodes, R.E.** (2020). Promoting child and youth health behaviours in the family system: The role of different parent supports and their antecedents. Annual Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity, October 28, 2020.
- Rhodes, R.E.** (2020). Promoting family physical activity. Presentation at the Ludwig-CRUK Cancer Prevention and Physical Activity conference, March 9-10, London, UK (conference cancelled).
- Rhodes, R.E.** (2020). Promoting family physical activity in the age of COVID-19: The role of parental support. Presented virtually at the Colloquium "Bernese Talks on Sport Science" at the University of Bern.
- Rhodes, R.E.** (2020). Theories of human behavior: Implications for autonomous vehicles. Presented at the Symposium for Autonomous Vehicles and Human Movement, Victoria, BC, January 13-14, 2020.
- Rhodes, R.E., Baranova, M., Christian, H., Westgarth, C.** (2020). Dog facilitated physical activity interventions: A systematic review. Presentation at the Society of Behavioral Medicine Annual Meeting on April 1-4, 2020 in San Francisco, California (conference cancelled).
- Rhodes, R.E., Boudreau, P., Ivarsson, A., Weman, K.** (2020). Mediators of physical activity behavior change interventions among adults: A systematic review and meta-analysis. Presentation at the Society of Behavioral Medicine Annual Meeting on April 1-4, 2020 in San Francisco, California (conference cancelled).

**Rhodes, R.E.**, Quinlan, A., Naylor, P.J., Warburton, D.E.R., & Blanchard, C.M. (2020). Predicting personal physical activity of parents during participation in a family intervention targeting their children. *Presentation at the Society of Behavioral Medicine Annual Meeting on April 1-4, 2020 in San Francisco, California (conference cancelled)*.

Trinh, L., McAuley, E., Kramer, A., **Rhodes, R.E.**, & Rowland, K. (2020). Using the Multi-Process Action Control approach in a physical activity intervention for prostate cancer survivors: A pilot, RCT. *Presentation at the Society of Behavioral Medicine Annual Meeting on April 1-4, 2020 in San Francisco, California (conference cancelled)*.

## **2019**

Fransen, D., Husband, C., Mueller, U., **Rhodes, R.E.**, & Liu, S. (2019). The effects of cellphone addiction on well-being related outcomes in middle school students. *Presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, on March 6-9 Washington, DC*.

Grant, S. J., Lithopoulos, A., Husband, C., Williams, D. M., **Rhodes, R. E.** (2019). Disentangling perceived capability from motivation using vignettes: Examination of self-efficacy measures applied to physical activity. *Presented as an oral presentation at the 2019 annual conference of the European Health Psychology Society, on September 3-7, 2019 in Dubrovnik, Croatia*.

Lai, H.P.H., Miles, R.M., Bredin, S.S.D., Kaufman, K.L., Chua, J. H., Norman, M.E., **Rhodes, R.E.**, Oh, P., & Warburton, D.E.R. (2019). Health-related benefits of a community-based and Indigenous-led healthy lifestyle intervention on reducing sedentary behaviours. *Presented at the Canadian Association of Cardiovascular Prevention and Rehabilitation 2019 Conference October 25-27 in Montreal, Canada*.

Lithopoulos, A., & **Rhodes, R. E.** (2019). The effects of branding on physical activity correlates and behaviour: A systematic review. *Paper presented at the North American Social Marketing Conference October 1-2, 2019 in Ottawa, Ontario*.

Marques, I. G., Perdew, M. A., Liu, S., Strange, K., Hartrick, T., Weismiller, J., **Rhodes, R. E.**, Ball, G., Mâsse, L., Naylor, P. J. (2019). Formative assessment of a family-based, healthy living intervention for children with overweight and obesity and their families. *Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, on March 6-9 Washington, DC*.

**Rhodes, R.E.** (2019). Cancer prevention and lifestyle behaviours. *Presentation and Q & A at the Canadian Cancer Society Donor Appreciation Event, October 29, 2019, Victoria BC*.

**Rhodes, R.E.** (2019). Factors that influence depot recycling: Forming habits. *Presented at the Coast Waste Management Association Annual Conference on October 24, 2019 in Victoria, BC*.

- Rhodes, R.E.** (2019). Family physical activity planning: Examples from two randomized trials. *Presented at the Using 'Brain Hacks' for Multiple Health Behaviour Change Conference, Ottawa, ON, March 18-19.*
- Rhodes, R.E.** (2019). Family physical activity trials: Comparisons between attitude and planning interventions. *Presented (December 10, 2019) at the 2019 Behavioural Science Meet-Up, Victoria, BC.*
- Rhodes, R.E.** (2019). Helping to make changes in workplace physical activity: A practical approach based on current evidence. *Fitbit Health Solutions Webinar (August 21, 2019).*
- Rhodes, R.E.,** Naylor, P.J., Blanchard, C., Quinlan, A., & Warburton, D.E.R. (2019). Effect of family physical activity planning and child physical activity and fitness: A randomized trial. *Presented as an oral presentation at the 2019 annual conference of the European Health Psychology Society, on September 3-7, 2019 in Dubrovnik, Croatia.*
- Rhodes, R.E.,** Berry, T., Faulkner, G., Latimer-Cheung, A.E., O'Reilly, N., Tremblay, M.S, Vanderloo, L., & Spence, J.C. (2019). Parental Support of the Canadian 24-Hour Movement Guidelines for Children and Youth: Prevalence and Correlates. *Presented at the 2019 annual conference of the European Health Psychology Society, on September 3-7, 2019, in Dubrovnik, Croatia.*
- Rhodes, R.E.,** Spence, Berry, T., Faulkner, G., Latimer-Cheung, A., O'Reilly, N., Tremblay, M.S., Vanderloo, L. (2019). Understanding Parental Support of the 24 Hour Movement Guidelines for Children and Youth. *Presented at the Canadian Physical Activity Network/ParticipACTION Delegate Meeting (September, 24, 2019), Toronto, ON.*
- Yun, L., Vanderloo, L., Berry, T., **Rhodes, R. E.,** Spence, J. C., Latimer-Cheung A., Tremblay, M., O'Reilly, N. (2019). Political orientation and public attributions for the causes and solutions of physical inactivity in Canada: Implications for policy support. *Presented at the 18<sup>th</sup> ISBNPA Annual Meeting in Prague, Czech Republic.*
- Schumacher, L.M., Thomas, G., Raynore, H.A., **Rhodes, R.E.,** O'Leary, K.C., Wing, R.R., & Bond, D.S. (2019). Relationship of consistency in timing of exercise performance and exercise levels among successful weight loss maintainers. *Presented at Brown University as part of an internal research day, Providence, RI.*
- Shellington, E.M., Bredin, S.S.D., Kaufman, K.L., Lai, H., Hare, J., Norman, M., Oh, P., **Rhodes, R.E.,** Warburton, D.E.R. (2019). Arterial compliance is improved following a community-led 12-week Indigenous wholistic health and wellness program. *Presented at the American College of Sports Medicine Annual Meeting on May28-June 1 in Orlando, Florida.*

**2018**

- Bennett, E., Hurd Clarke, L., Wolf, S. A., Dunlop, W., Harden, S., Liu, Y., Estabrooks, P., **Rhodes, R.E.**, & Beauchamp, M. (2018). Older adults' experiences of group-based physical activity: A qualitative study from the 'GOAL' randomized controlled trial. *Presented at the North American Society for the Psychology of Sport and Physical Activity Annual Conference 2018 on June 20-23 in Denver, Colorado.*
- Connell, L., Williams, R.E., **Rhodes, R.E.**, & Emerson, J. (2018). A systematic review and meta-analysis of the outcome expectancy construct in physical activity research. *Presented at the Society of Behavioural Medicine Annual Meeting 2018, on April 11-14 in New Orleans, Louisiana.*
- Grant, S., Juba, M., Quinlan, A., & **Rhodes, R.E.** (2018). Understanding action control of physical activity among mothers with young children. *Presented at the Society of Behavioural Medicine Annual Meeting 2018, on April 11-14 in New Orleans, Louisiana.*
- Husband, C., & **Rhodes, R.E.** (2018). Initial validation of a new three phase habit measure in the physical activity domain. *Presented at the Society of Behavioural Medicine Annual Meeting 2018, on April 11-14 in New Orleans, Louisiana.*
- Hunter S., Rosu A., Hesketh K., **Rhodes R.E.**, Rinaldi C., Rodgers W., Spence J.C., & Carson V. (2018). Associations between the objectively measured environment and toddlers' physical activity and sedentary behaviour in a sample of toddlers. *Presented at the Active Living Research Conference 2018, on February 11-14<sup>th</sup> in Banff, Canada.*
- Lee E.Y., Hesketh K.D., Hunter S., Kuzik N., **Rhodes R.E.**, Rinaldi C.M., Spence J.C., & Carson V. (2018). Meeting new Canadian 24-Hour Movement Guidelines for the Early Years and associations with adiposity among toddlers living in Edmonton, Canada. *Presented at the Active Living Research Conference 2018, on February 11-14<sup>th</sup> in Banff, Canada*
- Lee, E. Y., Kuzik, N., Hunter, S., Predy, M., Hinkley, T., Rinaldi, C., Spence, J.C., Hesketh, K., & **Rhodes, R.E.** (2018). Physical activity and sedentary behaviour across three time-points and associations with social skills in early childhood. *Presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting 2018, on June 3-6 in Hong Kong.*
- Lim, C., & **Rhodes, R.E.** (2018). Working out with F.I.D.O. (Frequency, Intensity, Duration, & Outcomes) - A feasibility randomized controlled trial. *Presented at the Society of Behavioural Medicine Annual Meeting 2018, on April 11-14 in New Orleans, Louisiana.*
- McEwan, D., Bennett, E.V., & **Rhodes, R.E.** (2018). 'A team within a group': Developing a grounded theory of teamwork in group exercise. *Presented at the 6th International Conference on Qualitative Research in Sport and Exercise on June 6-8 in Vancouver, Canada*

- Rhodes, R.E.** (2018). Individual level promotion of regular physical activity among older adults: An overview of current evidence. *Presented at the Consensus Conference on Physical Activity and Ageing, November 19-22 in Helsinore, Denmark.*
- Rhodes, R.E.** (2018). Grant writing for success. *Workshop presented at Hong Kong Baptist University Speaker Series on September 11, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Systematic reviews and meta-analyses. *Workshop presented at Hong Kong Baptist University Speaker Series on September 13, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Publishing and scientific writing. *Workshop presented at Hong Kong Baptist University Speaker Series on September 18, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Transforming exercise intentions into habits. *Seminar presented at Hong Kong Baptist University Speaker Series on September 27, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Review of evidence from the multi-process action control framework. *Seminar presented at Hong Kong Baptist University Speaker Series on October, 4, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Promoting physical activity across the lifespan and the role of family. *Seminar presented at Hong Kong Baptist University Speaker Series on October 16, 2018 in Hong Kong, China.*
- Rhodes, R.E.** (2018). Bridging the intention-behavior gap in physical activity: A review of evidence from the multi-process action control framework. *As part of the symposium, Applications of integrated social cognitive theories in predicting and changing health behavior. Presented at the Society of Behavioural Medicine Annual Meeting 2018, on April 11-14 in New Orleans, Louisiana.*
- Rhodes, R.E.** (2018). Meet the Experts. Presentation for the SBM Physical Activity SIG. *Presented at the Society of Behavioral Medicine Annual Meeting, April 12, 2018, New Orleans, LA.*
- Rhodes, R.E.,** Gray, S., & Husband, C. (2018). Experimental manipulation of affective judgments about physical activity: A systematic review and meta-analysis of adults. *Presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting 2018, on June 3-6 in Hong Kong.*
- Rhodes, R.E.,** Beauchamp, M.R., Blanchard, C.M., Bredin, S.S.D., Warburton, D.E.R. & Maddison, R. (2018). Predictors of Stationary Cycling Exergame Use among Inactive Children in the Family Home. *Presented at the 2018 International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting, Hong Kong, China.*
- Trecarten, N., **Rhodes, R.E.,** Warburton, D., Murnaghan, D., King-Shier, K., Spence, J., Reid, R., Giacomantonio, N., Rainham, D., Kirkland, S., McGowan, E., & Blanchard, C.M



(2018). Examination of sedentary time in patients with coronary heart disease. *Presented at the Canadian Association Cardiovascular Prevention and Rehabilitation, Toronto, Ontario.*

Wilson, A., Rebar, A., Short, C., Gardner, B. & **Rhodes, R.E.** (2018). Automatic associations in physical activity research: A cross-disciplinary perspective. *To be presented at the 20<sup>th</sup> Australia & New Zealand Marketing Academy Conference on December 3-5 in Adelaide, Australia.*

Yun, L., Vanderloo, L., Berry, T., Latimer-Cheung, A. E., O'Reilly, N., **Rhodes, R. E.**, Spence, J. C., Tremblay, M. S., Faulkner, G. (2018). Social Climate of Physical Activity in Canada. *Presented at the 7th International Society for Physical Activity and Health Congress, London, England, October 15-17, 2018.*

## **2017**

Beauchamp, M.R., Dunlop, W.L., Ruissen, G.R., **Rhodes, R.E.**, Estabrooks, P.A., Harden, S.M., Wolf, S.A., Liu, Y., Schmader, T., Puterman, E., & Sheel, A.W. (2017). GrOup based physical Activity for oLder adults (GOAL) randomized controlled trial: 3-and 6-month adherence outcomes. *Presented as a symposium at the Society of Behavioral Medicine Conference held on March 29<sup>th</sup> to April 1, 2017 in San Diego, California.*

Boudreau, P., & **Rhodes, R.E.**, (2017). Adventure physical activities and personality: A systematic review. *Presented at the Society of Behavioral Medicine Conference in San Diego California on March 29<sup>th</sup>-April 1<sup>st</sup>, 2017.*

Faulkner, G., Berry, T., **Rhodes, R.E.**, Spence, J., Tremblay, M., Latimer, A., & Deshpande, S. (2017). Assessing impact on the promotion of physical activity and the behaviour of Canadians. *Presented at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup> 2017.*

Forbes, C., Rainham, D., Ciagomantonio, N., Vallis, M., Plotnikoff, R., **Rhodes, R.**, Childs, C., Fowles, J., & Blanchard, C. (2017). Examining physical activity and sedentary behaviour in adults with type 2 diabetes over a 6-month period. *Presented at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup> 2017.*

Gray, S., & **Rhodes, R.E.** (2017). Dancing and walking as a means to improve activity levels? Results from a feasibility randomized control trial in women aged 55-70. *Presented at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup> 2017.*

Hofer, S.M., **Rhodes, R.E.**, Price, M., & Weber, J. (2017). Evaluating the effectiveness of integrating patient reported outcomes and assessments in the care for seniors with complex needs (e-PRO). *Presentation given at the E-Health Innovations Partnership Program Mid-Term Meeting, November 7-9, Montreal, QC.*

- Hunter, R., **Rhodes, R.E.**, Dombrowski, S., & Burns, R. (2017). Maintenance of behaviour change: Theories, trials and tribulations. *Presented as a symposium at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup> 2017.*
- Karvinen, K., & **Rhodes, R.E.** (2017). Physical activity behaviour and motives in dog agility competitors. *Presented at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup> 2017.*
- Lithopoulos, A., Berry, T.R., Faulkner, G., LeBlanc, A., O'Reilly, N., **Rhodes, R.E.**, Spence, J.C., Tremblay, M.S., & Latimer-Cheung, A.E. (2017). Predicting physical activity attitudes, perceived behavioral control, and intentions from aspects of the ParticipACTION brand. *Presented at the NASPSPA conference in San Diego June 7<sup>th</sup> - 10<sup>th</sup>, 2017.*
- Lithopoulos, A., Berry, T. R., Faulkner, G., O'Reilly, N., **Rhodes, R. E.**, Spence, J. C., Tremblay, M. S., Vanderloo, L. M., & Latimer-Cheung, A. E. (2017). Examining ParticipACTION's brand equity: A test of the brand equity pyramid. *Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology Conference, St. John's, Newfoundland. Journal of Exercise, Movement, and Sport, 49.*
- McConnell-Nzunga, J., Naylor, P.J., Macdonald, H., **Rhodes, R.E.**, & McKay, H.A. (2017). Diet and physical activity predictors of body fat percent vary by sex in a sample of Canadian children, youth and young adults. *Presented at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup>, 2017.*
- O'Reilly, N., Brunette, M.K., Deshpande, S., Faulkner, G., Latimer, A., LeBlanc, A., **Rhodes, R.E.**, Tremblay, M., & Werman, M. (2017). Sharing the culture of good: Title sponsorship of sport events. *Presented at the NASSS Conference in Windsor, Ontario November 1-4, 2017.*
- Priebe, C., Latimer-Cheung, A., Berry, T., O'Reilly, N., **Rhodes, R.E.**, Spence, J., Tremblay, M., & Faulkner, G. (2017). An evaluation of the ParticipACTION "Make Room for Play" Campaign". *Presented at the IPA World 2017 on September 13 – 16, 2017 at the Telus Convention Centre in Calgary, Alberta, Canada.*
- Ramanathan, S., Berry, T., Deshpande, S., Latimer-Cheung, A., Rhodes, R.E., Spence, J., Tremblay, M., Faulkner, G. (2017). Perceptions of organizational capacity to promote physical activity in Canada and ParticipACTION's impact five years after its re-launch: A qualitative study. *Presented as a symposium at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup> 2017.*
- Rebar, A., & **Rhodes, R.E.** (2017). Automatic (non-conscious) regulation of health behaviours. *Presented at the 2017 European Health Psychology Society Annual Meeting in Padova, Italy.*

- Rhodes, R.E.** (2017). Habit research in physical activity. *Presented at the British Columbia Ministry of Health Policy, Innovation, and Engagement Series, held on November 28th, 2017 in Victoria, BC.*
- Rhodes, R.E.** (2017). Integrating innovative health interventions with behavioral theory: Examples from physical activity promotion. *Keynote address given at the Health Innovation Summer School, August 22, 2017, Halmstad, Sweden.*
- Rhodes, R.E.** (2017). Innovation in physical activity promotion. *Keynote presented at the 2017 Health Innovation Summer School (Aug 22-25), Halmstad, Sweden.*
- Rhodes, R.E.** (2017). Cognitive, affective, and regulatory appeals to reducing sedentary behaviour in the office: A randomized controlled trial. *Presented as a symposium at the ISBNPA 2017 Annual Meeting in Victoria, Canada, June 7-10<sup>th</sup> 2017.*
- Rhodes, R.E.** (2017). Physical activity promotion: State of the evidence. *Presented at the Annual Meeting of the Academy of Behavioral Medicine Research (June 21-24), Santa Fe, NM.*
- Rhodes, R.E.** (2017). Physical activity across the lifespan: The role of the family in health promotion. *Keynote presentation at the FAMILY symposium 2017, May 11-13, 2017, Hong Kong, China.*
- Rhodes, R.E.** (2017). Strategies to enhance family physical activity for health and well-being. *Workshop presentation at the FAMILY symposium 2017, May 11-13, 2017, Hong Kong, China.*
- Rhodes, R.E.** (2017). Promoting physical activity...with some help from the dog. *Keynote presented at the Association of Graduate Education Students Annual Meeting (April 12, 2017), Victoria, BC.*
- Rhodes, R.E.** (2017). Sticking to your New Year's exercise resolution. *Presented at the Gustavson School of Business Health Series, University of Victoria, Victoria, Canada.*
- Rhodes, R.E.** (2017). How do I do it? Transforming my resolutions into exercise habits. *Presented at the Faculty of Education Award for Excellence in Research Lecture, University of Victoria, Victoria, Canada.*
- Rhodes, R.E., Kaushal, N., & Quinlan, A.,** (2017). The transformation from 'I exercise' to 'I am an exerciser': How self-identity influences exercise behavior & maintenance. *Presented as a symposium at the Society of Behavioral Medicine Conference held on March 29<sup>th</sup> to April 1, 2017 in San Diego, California.*
- Rhodes, R.E., & Lim, C.** (2017). Promoting parent and child physical activity together: Elicitation of potential intervention targets and preferences. *Presented at the 2017 European Health Psychology Society Annual Meeting in Padova, Italy.*

**Rhodes, R.E., & Rebar, A.** (2017). Reviving the conceptual intricacies of the intention construct in health research: Recommendations and future directions. *Presented at the 2017 European Health Psychology Society Annual Meeting in Padova, Italy.*

**Rhodes, R.E., & Williams, D.M.** (2017). Do standard assessments of self-efficacy tap perceived capability or motivation? *Presented at the Society of Behavioral Medicine's (TTBCL Sig) Brown Bag Webinar Series, February, 2017.*

Williams, D., Dunsiger, S., Emerson, J., Dionne, L., **Rhodes, R.E., & Beauchamp, M.** (2017). Are self-efficacy measures confounded with motivation? An experimental test. *Presented as a symposium at the Society of Behavioral Medicine Conference held on March 29<sup>th</sup> to April 1, 2017 in San Diego, California.*

## **2016**

Bodner, M., **Rhodes, R.E.,** Miller, W., & Dean, E. (2016). Predictors of physical therapists' intentions to counsel for smoking cessation: Implications for practice and professional education. *Presented at the American Physical Therapy Association Conference in Nashville, Tennessee, June 8-11<sup>th</sup>, 2016.*

Carson, V., **Rhodes, R.E.,** Rinaldi, C., Rodgers, W., Spence, J.C., & Hesketh, K. (2016). Reliability of a parental questionnaire for assessing correlates of physical activity and sedentary behavior among toddlers. *Presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.*

Cope, K., Rebar, A., Schoeppe, S., Alley, S., Short, C., Dimmock, J., Jackson, B., Conroy, D., **Rhodes, R.E., & Vandelanotte, C.** (2016). Formative research for increasing physical activity and reducing CVD risk with evaluative conditioning. *Presented at the Cardiovascular Disease Research Showcase in Brisbane on November 22, 2016.*

Faulkner, G., Ramanathan, S., Berry, T., Deshpande, S., Latimer-Cheung, A., **Rhodes, R.E.,** Spence, J., & Tremblay, M., (2016). Perceptions of organizational capacity to promote physical activity in Canada: Exploring the impact of ParticipACTION five years after relaunch. *Presented at the 6<sup>th</sup> International Congress on Physical Activity and Public Health (ISPAH2016) on November 16-19<sup>th</sup> in Bangkok, Thailand.*

Gainforth, H., **Rhodes, R.E.,** Linde, J., Riley, B., Spruijt-Metz, D. Scott-Sheldon, L., Lewis, B., Kozak, A., & Michie, S. (2016). Debate: Social cognitive theories no longer provide a comprehensive approach for understanding and improving health related behaviours. *Presented at the Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*

Gray, S., & **Rhodes, R.E.** (2016). Leadership in recreational physical activity: a systematic review. *Presented at the Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*

- Kaushal, N., & **Rhodes, R.E.** (2016). Testing the multi-process action control model in a randomized controlled trial. *Presented at the North American Society for the Psychology of Sport and Physical Activity Conference on June 15<sup>th</sup>-18<sup>th</sup> in Montreal, Quebec.*
- Kaushal, N., & **Rhodes, R.E.** (2016). Facilitating an exercise habit and identity via the Multi-Process Action Control Model - A randomized-controlled trial. *Presented at the Victoria CASEM Conference 2016.*
- Lim, C., **Rhodes, R.E.** (2016). Breeding physical activity: The relationships between dog characteristics, dog owners' motivations, and regular walking. *Presented at the Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*
- Orr, K., LeBlanc, A., Berry, T., Deshpande, S., Latimer-Cheung, A., O'Reilly, N., **Rhodes, R.E.**, Spence, J., Tremblay, M., & Faulkner, G. (2016). Awareness of Canadian physical activity guidelines and self-reported physical activity: Cross-sectional analysis. *Presented at the Canadian Nutrition Society Annual Conference May 5-7 in Gatineau, Ottawa.*
- Rhodes, R.E.** (2016). Improving action control in family physical activity. *Presented at the annual meeting of the Academy of Behavioral Medicine Research June 22-25th, Whistler, BC.*
- Rhodes, R.E.** (2016). Exergames in the family home. *Presented at the Consortium to Improve Physical Activity across the Adult Lifespan: Maximizing the Potential of Digital Technologies, Vancouver, BC.*
- Rhodes, R.E.**, Graham, N., Beauchamp, M., Bursick, S., Latimer-Cheung, A., Hernandez, H., Ketcheson, M., Richards, C., Warburton, D.E.R., Yao, C., & Ye, Z. (2016). Comparison of multi-player vs. computer controlled opponent stationary cycling exergame use among children in the family home: A randomized trial. *Presented at the Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*
- Rhodes, R.E.**, & Lim, C. (2016). Understanding action control of dog walking. *Presented at the Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*
- Rhodes, R.E.**, Kaushal, N., & Quinlan, A. (2016). Is physical activity a part of who I am? A review and meta-analysis of identity, schema and physical activity. *Presented at the Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*
- Rhodes, R.E.** (2016). Social cognitive approaches to understanding health behavior: The undead of health behavior theories. *Presented at the Debate Series in the Theory Sig, Annual Meeting of the Society of Behavioral Medicine in Washington, D.C. March 30-April 2, 2016.*

- Rhodes, R.E.** (2016). Action control of physical activity: Evidence for motivational, regulatory, and reflexive processes to turn good intentions into behaviour. *Centre on Aging Research Presentation Series, March, 2016.*
- Ruissen, G. R., **Rhodes, R. E.**, Crocker, P. R. E., & Beauchamp, M. R. (2016). Effects of an affective mental contrasting intervention on physical activity behaviour. *Presented at the Canadian Society for Psychomotor Learning and Sport Psychology conference on October 20-23, 2016 in Waterloo, Ontario.*
- Tanna, S., Arbour- Nicitopoulos, K., & **Rhodes, R.E.**, & Bassett-Gunter, R.L. (2016). A telephone-assisted action planning intervention to promote parental support for physical activity among children and youth with disabilities. *Presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) on October 20-23, 2016 in Waterloo, Ontario.*
- Trinh, L., Larsen, K., Faulkner, G. E., Plotnikoff, R. C., **Rhodes, R. E.**, North, S., & Courneya, K. S. (2016). Demographic, medical, and environmental correlates of sedentary behavior in kidney cancer survivors. *Poster presentation at the American Society of Preventive Oncology (ASPO) 40<sup>th</sup> Annual Meeting, Columbus, Ohio on March 14, 2016.*
- Vallerand, J.R., **Rhodes, R.E.**, Walker, G.J., & Courneya, K.S., (2016). Understanding strength exercise intentions and behavior in hematologic cancer survivors: An analysis of the intention-behavior gap. *Presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.*

## **2015**

- Kaushal, N., **Rhodes, R.E.**, Spence, J.C., & Meldrum, J. (2015). Establishing an exercise habit: A randomized-controlled trial. *Presented at the Canadian Society for Psychomotor Learning and Sport Psychology, on in Oct. 16<sup>th</sup> – 18<sup>th</sup> Edmonton, Alberta.*
- Kaushal, N., & **Rhodes, R.E.** (2015). Exercise habit formation in new gym members - A longitudinal study. *Presented on May 26<sup>th</sup>-30<sup>th</sup>, 2015 at the American College of Sport Medicine Conference.*
- Kowalski, K., MacDonald, S., Mulligan, G., Hundza, S., Naylor, P.J., Tuokko, H., & **Rhodes, R.** (2015). Gait and cognition in older adults. *Presented on May 21<sup>st</sup>-22<sup>nd</sup> at the Quebec Congress in Adaptation-Rehabilitation Research with the theme: Uniting Forces and Excellence in Physical Rehabilitation Research.*
- Kowalski, K., MacDonald, S., Naylor, P.J., Tuokko, H., & **Rhodes, R.E.** (2015). Healthy bodies, healthy minds –within and between-person effects of physical activity on cognition. *Presented at the 2<sup>nd</sup> annual PERFORM Centre Research Conference April 2015.*

- McConnell, J., Naylor, P.J., Nettlefold, L., McKay, H., **Rhodes, R.E.**, & Wharf-Higgins, J. (2015). Investigating the social and behavioural determinants of weight status in a cohort of Canadian children using direct and self-report measures. *Presented on April 28<sup>th</sup> – May 2<sup>nd</sup>, 2015 at the Canadian Obesity Network.*
- Mistry, C. D., & **Rhodes, R. E.** (2015). Physical activity and its relationship with other goals or behaviours: A systematic review. *Presentation made at the North American Society for the Psychology of Sport and Physical Activity conference, June 4-7, Portland, OR.*
- Mistry, C. D., & **Rhodes, R. E.** (2015). Comparing opportunity and perceived capability as predictors of walking and strength training behaviors. *Presentation made at the North American Society for the Psychology of Sport and Physical Activity conference, June 4-7, Portland, OR.*
- Mistry, C. D. & **Rhodes, R. E.** (2015). Affective judgements of exercise may depend on reflections of feelings during and after exercise and the type of activity. *Presentation made at the North American Society for the Psychology of Sport and Physical Activity conference, June 4-7, Portland, OR.*
- Mistry, C. D., Sweet, S. N., Latimer-Cheung, A. E. & **Rhodes, R. E.** (2015). Can the regulatory and reflexive processes of the Multi-Process Action Control (M-PAC) model predict exercise adoption and maintenance? *Presentation made at the North American Society for the Psychology of Sport and Physical Activity conference, June 4-7, Portland, OR.*
- Orr, K., LeBlanc, A., Berry, T., Deshpande, S., Latimer-Cheung, A., O'Reilly, N., **Rhodes, R.E.**, Spence, J., Tremblay, M., & Faulkner, G. (2015). Awareness of Canadian physical activity guidelines and self-reported physical activity: Cross-sectional analysis. *Presented at CSEP 2015.*
- Rhodes, R.E.** (2015). Habit research in physical activity and sedentary behavior. *Presented at the Behavioral Phenotyping of Physical Activity and Sedentary Behavior Workshop for the National Institutes of Health. December 1-2, Washington, DC.*
- Rhodes, R.E.** (2015). Building from the cracks of our foundational physical activity theories. *Presented as the Keynote speaker at the Canadian Society for Psychomotor Learning and Sport Psychology, on in Oct. 16<sup>th</sup> – 18<sup>th</sup> Edmonton, Alberta.*
- Rhodes, R.E.** (2015). Habit research in physical activity. *Presented at the habit symposium at the Canadian Society for Psychomotor Learning and Sport Psychology, on in Oct. 16<sup>th</sup> – 18<sup>th</sup> Edmonton, Alberta.*
- Rhodes, R. E.**, Williams, D. M., & Mistry, C. D. (2015). Using short vignettes to disentangle perceived capability from motivation: A test using walking and resistance training behaviors. *Presentation made at the North American Society for the Psychology of Sport and Physical Activity conference, June 4-7, Portland, OR.*

**Rhodes, R.E., & Lim, C.** (2015). Dog walking intervention research: Where to now? *Presented On June 3<sup>rd</sup> – 6<sup>th</sup> at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity, Edinburgh, Scotland.*

**Rhodes, R.E.** (2015) Symposium discussant of "the gatekeepers to the home: How parenting practices and perceptions affect the dietary intake and physical activity of children." *Presented on June 3<sup>rd</sup> – 6<sup>th</sup> at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity, Edinburgh, Scotland.*

**Rhodes, R., Berry, T., Deshpande, S., Faulkner, G., Latimer-Cheung, A., O'Reilly, N., Spence, J., & Tremblay, S.,** (2015). Predicting changes in child physical activity and three types of parental support behaviors across 12 Months. *Presented on June 3<sup>rd</sup> – 6<sup>th</sup> at the ISBNPA 2015 annual meeting, held in Edinburgh, Scotland.*

Rose, H., Naylor, P.J., & **Rhodes, R.** (2015). Examining the use of food cues: Does a modified dinner plate design increase fruit and vegetable consumption in first year university undergraduate students. *Presented on June 22<sup>nd</sup> to June 26<sup>th</sup>, 2015 at the 2015 International Conference on Health Promoting Universities and Colleges, Kelowna B.C.*

Tanna, S., Arbour-Nicitopoulos, K., **Rhodes, R.E.**, Leo, J., & Bassett-Gunter, R. (2015). Identifying salient beliefs regarding physical activity among parents of children with disabilities: An elicitation study. *Presented at the Canadian Society for Psychomotor Learning and Sport Psychology, on in Oct. 16<sup>th</sup> – 18<sup>th</sup> Edmonton, Alberta.*

Tristani, L., **Rhodes, R.E.**, Sweet, S., Yasaman, S., & Bassett-Gunter, R. (2015). Barriers, strategies, and information seeking: Parents' support roles and perspectives of supporting children's physical activity. *Presented at the Canadian Society for Psychomotor Learning and Sport Psychology, on in Oct. 16<sup>th</sup> – 18<sup>th</sup> Edmonton, Alberta.*

Zehr, L., Lane, K.N., Rees, J., Lovick, K., & **Rhodes, R.E.** (2015). A novel way to reduce sitting time at work: A feasibility study. *Presented at CSEP 2015.*

## **2014**

Bassett-Gunter, R. L., Levy-Milne, R., Naylor, P. J., Symons Downs, D., Benoit, C., Warburton, D. E. R., Blanchard, C. M., & **Rhodes, R. E.** (2014). Theory of planned behaviour beliefs and healthy eating behaviour among non-parents and first-time parents. *Presented at the International Society for Behavioral Nutrition and Physical Activity on May 21<sup>st</sup>-24<sup>th</sup>, 2014 in San Diego, California.*

Gainforth, H., Jarvis, J., Berry, T., Chulak-Bozzer, T., Deshpande, S., Faulkner, G., **Rhodes, R.**, Spence, J., Tremblay, M., & Latimer-Cheung, A. (2014). Assessing the effectiveness of a social marketing campaign drawing parents' attention to their child's physical activity. *Presented at the 35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine on April 23<sup>rd</sup>, 2014 in Philadelphia, PA.*



- Jarvis, J., Berry, T., Carson, V., **Rhodes, R.E.**, & Latimer, A. (2014). Investigating message believability as a determinant of parents' intentions to support their children in meeting physical activity and screen time guidelines. *Presented at the Canadian Society for Psychomotor Learning and Sport Psychology, on Oct. 16<sup>th</sup> – 18<sup>th</sup> in London, Ontario.*
- Kaushal, N., & **Rhodes, R.E.** (2014). A deeper investigation of exercise habits: Automaticity antecedents and the action control framework. *Presented at the North American Society for the Psychology of Sport and Physical Activity Conference June 2014 in Minneapolis, Minnesota.*
- Kaushal, N., & **Rhodes, R.E.** (2014). Habit in exercise phases: Assessing automaticity in exercise preparation and performance. *Presented at the North American Society for the Psychology of Sport and Physical Activity Conference June 2014 in Minneapolis, Minnesota.*
- Kaushal, N., & **Rhodes, R.E.** (2014). Habit models and theories: A systematic review. *Presented at the North American Society for the Psychology of Sport and Physical Activity Conference in June 2014 in Minneapolis, Minnesota.*
- Luciani, A., White, L., Faulkner, G., Berry, T., Deshpande, S., Latimer-Cheung, A., Spence, **Rhodes, R.E.**, Spence, J., & Tremblay, M. (2014). 43 Sports Day in Canada: Examining benefits for community organizations. *Presented at the 2014 Global Summit on the Physical Activity of Children, Toronto, Ontario.*
- Mistry, C., **Rhodes, R.E.**, Sweet, S., & Latimer-Cheung, A. (2014). Treating planning as a discrete behavior towards physical activity. *Presented at the 35<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine on April 23<sup>rd</sup>, 2014 in Philadelphia, PA.*
- Olmstead, D., Kowalski, K., Townsend, C., Mulligan, G., Gaul, C.A., Hundza, S.R., & **Rhodes, R.E.** (2014). Fitness, gait, and participation of previously inactive older adults over a 12-week supervised walking program. *Presented at the 61<sup>st</sup> American College of Sports Medicine Conference on May 27<sup>th</sup>-31<sup>st</sup>, 2014 in Orlando Florida.*
- Rhodes, R.E.**, Blanchard, C, Bredin, S, Beauchamp, M, Maddison, R., & Warburton, D. (2014). Stationary cycling exergame use among children and their parents across 12 weeks in the family home: A randomized controlled trial. *Presented at the 2014 International Society for Behavioural, Nutrition and Physical Activity on May 21<sup>st</sup> – 24<sup>th</sup>, 2014. San Diego, CA.*
- Rhodes, R.E.** (2014). Models of intention-behavior discordance and a review of the action control framework. *Presented at the 2014 International Society for Behavioural, Nutrition and Physical Activity on May 21<sup>st</sup> – 24<sup>th</sup>, 2014 in San Diego, CA.*
- Rhodes, R.E.** (2014). Belief-level markers of physical activity among young adult couples: Comparisons across couples without children and new parents. *Presented at the*

*Canadian Psychological Association's 75<sup>th</sup> Annual Convention on June 5<sup>th</sup>-7<sup>th</sup> in Vancouver, B.C.*

**Rhodes, R.E.** (2014). Turning good physical activity intentions into actions. *Presented at the 2014 Canadian Cancer Society Volunteer Summit, Nanaimo, BC.*

**Rhodes, R.E.** (2014). Physical activity adoption and adherence in the workplace. *Canadian Conference Board Annual Summit, Calgary, AB, Canada.*

Trinh, L., Plotnikoff, R. C., **Rhodes, R. E.**, North, S., & Courneya, K. S. (2014). Effects of supervised physical activity plus behavioral counseling on motivational outcomes in kidney cancer survivors: A pilot study. *Presented at the 35<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine on April 23<sup>rd</sup>, 2014 in Philadelphia, PA.*

Wharf Higgins, J., Rhodes, R., Naylor, P.J., Gibbons, S., Race, D., & McKay, H. (2014). How a teacher strike influenced physical activity practices of high school students. *Presented at the 2014 CDPAC Conference in Ottawa, Canada.*

### **2013**

Bassett-Gunter, R., Levy-Milne, R., Naylor, P.J., Symons Downs, D., Benoit, C. Warburton, D.E.R., Blanchard, C.M., & **Rhodes, R.E.** (2013). Oh baby! Theory of planned behavior motivation for healthy eating during parenthood transitions. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*

Blanchard, C.M., Ferrier, S., Hernandez, P., Dechman, G., **Rhodes, R.E.**, Spence, J.C., & McGannon, K. (2013). Is temperature associated with steps/day during pulmonary rehabilitation? *Presented at the 2013 Canadian Society for Psychomotor Learning and Sport Psychology, on Oct. 16<sup>th</sup> – 18<sup>th</sup> in Kelowna, British Columbia.*

Blanchard, C.M., Giacomantonio, N., Lyons, R., Cyr, C., **Rhodes, R.E.**, Reid, R.D., McGannon, K., & Spence, J. (2013). Are we placing too much emphasis on social support during and after cardiac rehabilitation? A physical activity perspective. *Presented at the 2013 Meeting of the Society of Behavioral Medicine, San Francisco, CA.*

Ferrier, S., Blanchard, C., Dechman, G., Spence, J., Hernandez, P., & **Rhodes, R.E.** (2013). Are there gender differences in physical activity of COPD patients during and after pulmonary rehabilitation. *Presented at the 2013 Meeting of the Society of Behavioral Medicine, San Francisco, CA.*

Ferrier, S., Blanchard, C.M., Giacomantonio, N., Rainham, D., Murnaghan, D., **Rhodes, R.E.**, Reid, R., Spence, J.C., King-Shier, K., McGowan, E., Lyons, R., & Kirkland, S. (2013). Demographic and clinical correlates of sedentary behavior in heart disease patients. *Presented at the 2013 Canadian Society for Psychomotor Learning and Sport Psychology, on Oct. 16<sup>th</sup> – 18<sup>th</sup> in Kelowna, British Columbia*

- Jarvis, J., **Rhodes, R.E.**, Deshpande, S., Berry, T., Chulak-Bozzer, T., Faulkner, G., Spence, J., Tremblay, M., & Latimer-Cheung, A. (2013). Investigating the role of brand equity in mediating the relationship between message exposure and parent support for their child's physical activity. *Presented at the 2013 Canadian Society for Psychomotor Learning and Sport Psychology, on Oct. 16<sup>th</sup> – 18<sup>th</sup> in Kelowna, British Columbia.*
- Jarvis, J.W., Berry, T., Deshpande, S., Faulkner, G., **Rhodes, R.E.**, Spence, J. C., Tremblay, M., & Latimer-Cheung, A.E. (2013). Building the brand equity of a national physical activity promotion organization. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*
- Kaushal, N., & **Rhodes, R.E.** (2013). Exploring personality and physical environment as predictors of exercise action control. *Presented at the 2013 Canadian Society for Psychomotor Learning and Sport Psychology, on Oct. 16<sup>th</sup> – 18<sup>th</sup> in Kelowna, BC*
- Kaushal, N., & **Rhodes, R.E.** (2013). Extraversion and conscientiousness personality facets as predictors of exercise habit formation. *Paper presented at the 2013 North American Society for the Psychology of Sport and Physical Activity, New Orleans, Louisiana.*
- Kaushal, N., & **Rhodes, R.E.** (2013). The Home physical environment and its impact on physical activity and sedentary behaviour: A systematic review. *Paper presented at the 2013 North American Society for the Psychology of Sport and Physical Activity, New Orleans, Louisiana.*
- Kaushal, N., **Rhodes, R.E.** (2013). Research methods of measuring physical activity habit. *Paper presented at the 2013 North American Society for the Psychology of Sport and Physical Activity, New Orleans, Louisiana.*
- Kowalski, K., **Rhodes, R.E.**, Naylor, P.J., Tuokko, H., & MacDonald, S. (2013). A systematic review of direct and indirect measurement of physical activity in older adults. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*
- Laczy, R., Hernandez, P., Dechman, G., **Rhodes, R.**, Spence, J., McGannon, K., & Blanchard, C.M. (2013)/ Is it self-efficacy or outcome expectations that explain steps / day during and after pulmonary rehabilitation? *Presented at the 2013 Canadian Society for Psychomotor Learning and Sport Psychology, on Oct. 16<sup>th</sup> – 18<sup>th</sup> in Kelowna, British Columbia.*
- Naylor, P.J., Gibbons, S., Sulz, L., **Rhodes, R.**, McKay, H.A., Voss, C., & Wharf-Higgins, J. (2013). To PE, or not to PE, that is the question. *Presented at the 2013 Canadian Obesity Summit in Vancouver, BC.*
- Quinlan, A, **Rhodes, R.E.** (2013). Predictors of natural physical activity change: A systematic review. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*

- Rhodes, R.E.** (2013). Advancing physical activity theory: Conceptual and methodological future directions. *Presented at the 2013 Theory Guiding Practice and Future Direction in Physical Activity Conference, Newcastle, Australia.*
- Rhodes, R.E.** (2013). Closing the intention-behaviour gap in physical activity. *University of Manitoba Health, Leisure and Human Performance Research Series, 2013, Winnipeg, Manitoba.*
- Rhodes, R.E.** (2013). Interventions to promote physical activity for preventive medicine: What works and what doesn't. *Presented at "the Flip Side 2013," Medical Sciences, University of Victoria, Victoria, Canada.*
- Rhodes, R.E.,** Berry, T., Craig, C.L., Faulkner, G., Latimer-Cheung, A., Spence, J.C., & Tremblay, M.S. (2013). Understanding parental support of child physical activity behavior. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*
- Rhodes, R.E.,** & Horne, L. (2013). Deepening the measurement of motivation in the physical activity domain: Introducing behavioural resolve. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*
- Rhodes, R.E.,** & Kowalski, K. (2013). Let's get physical: The how, the why, and what it means for you. *Keynote presentation at Victoria's International Day of the Older Person Celebration, Victoria, BC.*
- Rhodes, R.E.,** Blanchard, C.M., Benoit, C., Levy-Milne, R., Naylor, P.J., Symons Downs, D., & Warburton, D.E.R. (2013). Physical activity and sedentary behavior trajectories across 12 months in cohort Samples of couples without children, and expectant parents. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*
- Sulz, L.D., Gibbons, S., Naylor, P.J., Temple, V.A., Voss, C., **Rhodes, R.,** McKay, H., & Wharf-Higgins J. (2013). Effectiveness of a choice-based whole-school model to increase students' motivation towards physical activity and healthy eating. *Presented at the Physical & Health Education Canada National Conference. Winnipeg, Manitoba, Canada.*
- Temmel, C., & **Rhodes, R.E.** (2013). Correlates of sedentary behavior in children and adolescents aged 7-18: A systematic review. *Presented at the 2013 Meeting of the Society of Behavioral Medicine, San Francisco, CA.*
- Wharf Higgins, J., Naylor, P.J., Gibbons, S., Sulz, L., **Rhodes, R.,** McKay, H.A., & Voss, C. (2013). To PE, or not to PE, that is the question. *Presentation at the Canadian Society of Studies in Education, June 2013, Victoria BC.*

White, L., Luciani, A., Berry, T., Deshpande, S., Latimer-Cheung, A., **Rhodes, R.**, Spence, J., Tremblay, M., & Faulkner, G. (2013). Sports day in Canada: Examining correlates of awareness and intentions to participate in sport. *Presented at the 2013 Canadian Public Health Association Annual Conference, Ottawa, Ontario.*

Yao, C., & **Rhodes, R.E.** (2013). Parental correlates in child and adolescent physical activity: A meta-analysis. *Presented at the 2013 Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.*

## **2012**

Blanchard, C.M., McSweeney, J., Balish, S., Giacomantonio, N., Reid, R., **Rhodes, R.E.**, Spence, J.C., Murnaghan, D., & McGannon, K. (2012). Distinct trajectories of light and moderate to vigorous physical activity in heart disease patients who do not attend cardiac rehabilitation. *Presented at the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI, USA.*

Fehlings, D., Graham, N., Wright, V., Majnemer, A., **Rhodes, R.**, Warburton, D. & Mandryk, R. (2012). CP Fit 'n' Fun Project: Health & social benefits of virtual exercise games in adolescents with CP. *Presented at Intersection 2012: Advancing Digital and Assistive Technologies for the Brain and the Body, Victoria, BC Canada.*

Gainforth, H., Craig, C., Spence, J.C., **Rhodes, R.E.**, Tremblay, M., & Berry, T. (2012). Evaluating the uptake of Canada's new Physical Activity Guidelines. *Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, LA., USA.*

Kaushal, N., & **Rhodes, R.E.** Investigating correlates of habitual exercise behavior: Tracking habit development over 12 weeks. *Presented at the SCAPPS 2012 – Making Waves conference, Halifax, NS, Canada.*

Latimer-Cheung, A., **Rhodes, R.E.**, Kho, M., Tomasone, J., Perrier, M. J., Gainforth, H., Nasuti, G. & Kowalski, K. (2012). Developing evidence-based messages for translating physical activity guidelines into practice. *Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, LA., USA.*

McGowan, E., Speed-Andres, A., **Rhodes, R.**, Blanchard, C., Culos-Reed, N., Friedenreich, C., & Courneya, K.S. (2012). Sport participation in colorectal cancer survivors: An unexplored approach to promoting physical activity. *Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, LA., USA.*

Nasuti, G., **Rhodes, R. E.**, & Rickwood, G. (2012). Affective expectancies and physical activity in children: A review and meta-analysis. *Presented at the 2012 Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI., USA.*

- Nehl, E.J., Blanchard, C.M. Kupperman, J., Sparling, P., **Rhodes, R.E.**, Torabi, M.R., & Courneya, K. (2012). Exploring physical activity by ethnicity and gender in college students using the Social Cognitive Theory. *Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, LA., USA.*
- Rhodes, R.E.** (2012). Why those New Year's physical activity resolutions do not usually work. *Presented at the 2012 Immunizing Canadian Seniors Against Inactivity Expert Symposium, Vancouver, BC.*
- Rhodes, R.E.** (2012). An action control approach to understanding exercise behaviour. *Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, LA., USA.*
- Rhodes, R.E.** & Dickau, L. (2012). Experimental evidence for the intention-behaviour relationship in the physical activity domain: A meta-analysis. *Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, LA., USA.*
- Rhodes, R.E.**, Mark, R. & Temmel, C. (2012). Correlates of adult sedentary behaviour: A systematic review. *Presented at the 2012 Annual meeting for the Society of Behavioral Medicine, New Orleans, LA., USA.*
- Rhodes, R. E.**, Murray, H., Temple, V.A., Tuokko, H., & Wharf Higgins, J. (2012). Pilot study of a dog walking intervention: Effects of a focus on canine health. *Presented at the 2012 Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI., USA.*
- Rhodes, R. E.**, Djukic, J., & Temmel, C. (2012). Neighborhood aesthetics and its association with walking in a Canadian setting: A pilot study. *Presented at the 2012 Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI., USA.*
- Rhodes, R. E.**, Nasuti, G., & Fiala, B. (2012). Automaticity as a predictor of exercise action control. *Presented at the 2012 Annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI., USA.*
- Trinh, L., Plotnikoff, R. C., **Rhodes, R. E.**, North, S., & Courneya, K.S. (2012). Understanding physical activity among kidney cancer survivors using the theory of planned behaviour. *Presented at the 2012 Annual Meeting of the American College of Sports Medicine (ACSM,) San Francisco, CA, USA.*
- Tuokko, H., **Rhodes, R.**, Love, J., Cloutier, D., Jouk, A., & Schoklitsch, A. (2012). Just the facts: Changes in older driver attitudes after exposure to educational interventions. *Presented at the 2012 Canadian Association on Gerontology, Vancouver, BC, Canada.*
- Voss, C., Race, D., Wharf Higgins, J., Naylor, P.J., Gibbons, S., **Rhodes, R.**, Macdonald, H., Sulz, L., & McKay, H. (2012). Is the bus an overlooked source of active transport to school in Canadian youth? *Presented at the 4th International Congress on Physical Activity and Public Health. Sydney, Australia.*

Voss, C., Wharf Higgins, J., Naylor, P.J., Sandercock, G., Gibbons, S., **Rhodes, R.**, Macdonald, H., Sulz, L., Tan, V., & McKay, H. (2012). Differences in health-related fitness and physical activity between Canadian and English 15-yr olds. *Presented at the 4th International Congress on Physical Activity and Public Health Oct. 2012, Sydney, Australia.*

Voss, C., Wharf Higgins, J., Naylor, P., Sandercock, G., Gibbons, S., **Rhodes, R.**, Macdonald, H., Sulz, L., Tan, V., & McKay, H. (2012). The 'cycling' dilemma in youth: Was recreational or commuter cycling first? *Presented at the International Congress on Physical Activity and Public Health. Oct. 2012, Sydney, Australia.*

## **2011**

Beauchamp, M.R., **Rhodes, R. E.**, Hua, S., Morton, K. L., Kreutzer, C., Liang, J., Khou, K, Y., Daoud, D. M., Sherman, M. F.B., Dunlop, W. L., & Sheel, A.W. (2011). Great expectations and false dawns: Can placebos be used to enhance physical health among adolescents? *Paper presented at the annual conference of the Society of Behavioral Medicine (SBM), Washington D.C., USA.*

Beauchamp, M.R., **Rhodes, R. E.**, Kreutzer, C., & Rupert, J. L. (2011). Experiential versus genetic accounts of inactivity: Implications for inactive participants? *Presented at the annual conference of the Society of Behavioral Medicine (SBM), Washington D.C., USA.*

de Bruijn, G. J., **Rhodes, R. E.**, & Van Osch, L. (2011). Action planning, habit strength and the intention-exercise relationship. *Presented at 25th Annual Conference of the European Health Psychology Society, Crete, Greece.*

Jouk, A., Love, J., Schoklitsch, A., Tuokko, H., & **Rhodes, R. E.** Scale development evaluating older driver attitudes and beliefs using Social Cognitive Theories. *Paper presented at the 40th annual conference of the Canadian Association on Gerontology, Ottawa, Canada.*

Kowalski, K., & **Rhodes, R. E.** (2012). Direct and indirect measurement of physical activity levels in older adults: A systematic review of the literature. *Poster presented at the Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Melbourne, Australia.*

Naylor, PJ, Wharf Higgins, J., Gibbons, S., **Rhodes, R.**, & McKay, H. (2011). Health promoting secondary schools - creating supportive environments for high school students. *Presented at the Public Health Association of BC, Richmond BC.*

**Rhodes, R.E.** (2011). Parental influences on youth physical activity and sedentary behaviour: An evidence synthesis. *Presented at the 2011 Friends of Europe Think Tank on Obesity, Brussels, Belgium.*

**Rhodes, R. E.**, Temmel, C., & Mark, R. (2011). Correlates of sedentary behaviour among adults: A systematic review. *Poster presented at the Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Melbourne, Australia.*

Spence, J. C., **Rhodes, R.**, & Stearns, J. (2011). Compliance rates in exercise programs: A review of reviews. *Paper presented at the Pan-Pacific Conference for Medicine and Science in Sport, Honolulu, Hawaii.*

## **2010**

Conner, M., & **Rhodes, R.E.** (2010). Changing behaviour through affective-based versus cognitive-based attitudinal messages. *Presented at the 2010 Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, Nevada.*

de Bruijn, G. J., & **Rhodes, R. E.** (2010). Integrating self-regulatory planning and past exercise behaviour in exercise action control: A theory of planned behaviour perspective. *Presented at the 24<sup>th</sup> European Health Psychology Society conference, Cluj-Napoca, Romania.*

de Bruijn, G. J., & **Rhodes, R. E.** (2010). Moderate and vigorous physical activity action control: exploring the role of Conscientiousness and Extroversion. *Presented at the 2010 International Society for Behavioral Nutrition and Physical Activity, Minneapolis, Minnesota.*

Fiala, B., & **Rhodes, R.E.** (2010). Understanding action control: Exercise intensity, intentions and behavior. *Presented at the 2010 Western Psychological Association Convention, Cancun, Mexico.*

Fiala, B., **Rhodes, R.E.**, Blanchard, C.M., & Anderson, J.O. (2010). Using social cognitive constructs to predict preoperative physical activity before total joint replacement. *Presented at the 2010 North American Society for the Psychology of Physical Activity Annual Meeting, Tucson, AZ.*

Focht, B.C., **Rhodes, R.E.**, Gurumurthy, P., Wallis, J., & Petosa, R.L. (2010). Utility of the activity trait and the theory of planned behavior for explaining resistance exercise participation. *Presented at the 2010 Annual Meeting of the Society of Behavioral Medicine, Seattle, WA.*

Kirk, M., & **Rhodes, R.E.** (2010). Occupation correlates of adults' participation in physical activity: A systematic review. *Presented at the 2010 North American Society for the Psychology of Physical Activity Annual Meeting, Tucson, AZ.*

Mark, R., **Rhodes, R.E.**, Casiro, N., & de Zwager, A.M. (2010). Understanding usage of exercise videogame bikes using the theory of planned behaviour among parents with young children in the home-setting: A pilot study. *Presented at the 2010*



*Annual Meeting of the North American Society for Psychology of Sport and Physical Activity, Tucson, Arizona.*

Petosa, R., Focht, B.C., Gurumurthy, P., Wallis, J. & **Rhodes, R.E.** (2010). Social cognitive correlates of drive for muscularity and resistance exercise participation. *Presented at the 2010 Annual Meeting of the American College of Sports Medicine, Baltimore, MD.*

Pfaeffli, L.A. & **Rhodes, R.E.** (2010). Personality, social cognition and exercise behavior: A systematic review. *Presented at the 2010 Western Psychological Association Convention, Cancun, Mexico.*

**Rhodes, R. E.** (2010). Confidence to overcome sedentary behaviour time displacement for physical activity participation: Demographic, occupational, and behavioural moderators. *Presented at the 24<sup>th</sup> European Health Psychology Society conference, Cluj-Napoca, Romania.*

**Rhodes, R.E.**, Benoit, C., Blanchard, C.M., Symons Downs, D., Levy Milne, R., Naylor, P.J., Warburton, D.E.R., Riecken, K. & Pfaeffli, L.A. (2010). Predicting regular physical activity continuation after the onset of first-time parenthood. *Presented at the 2010 Annual Meeting of the Society of Behavioral Medicine, Seattle, WA.*

**Rhodes, R.E.**, Benoit, C., Blanchard, C.M., Symons Downs, D., Levy Milne, R., Naylor, P.J., Warburton, D.E.R., Riecken, K., & Pfaeffli, L.A., Mark, R. (2010). Comparison of physical activity motivation and behaviour between age-matched parent and nonparent couples. *Presented at the 2010 North American Society for the Psychology of Physical Activity Annual Meeting, Tucson, AZ.*

**Rhodes, R.E.**, de Bruijn, G.J., & Mark, R. (2010). Automatic and motivational correlates of physical activity: Does intensity moderate the relationship? *Presented at the 2010 North American Society for the Psychology of Physical Activity Annual Meeting, Tucson, AZ.*

**Rhodes, R.E.**, de Bruijn, G.J. & Matheson, D.H. (2010). Characterizing habit in the physical activity domain: Integration with intention temporal stability and action control. *Presented at the 2010 Annual Meeting of the Society of Behavioral Medicine, Seattle, WA.*

**Rhodes, R.E.**, & Dickau, L. (2010). Moderators of the intention-behaviour relationship for physical activity: A systematic review. *Presented at the 2010 North American Society for the Psychology of Physical Activity Annual Meeting, Tucson, AZ.*

**Rhodes, R.E.**, Matheson, D.H., Mark, R., & Yim, M. (2010). Evaluation of social cognitive scaling response options in the physical activity domain. *Presented at the 2010 Western Psychological Association Convention, Cancun, Mexico.*

**Rhodes, R.E.**, & Nasuti, G. (2010). Trends and changes in behavioural physical activity research over the last two decades: A quantitative review. *Presented at the 2010 North American Society for the Psychology of Physical Activity Annual Meeting, Tucson, AZ.*

**Rhodes, R.E.**, Naylor, P.J., & McKay, H.A. (2010). RCT of a family physical activity planning intervention among parents and their children. *Presented at the 2010 Annual Meeting of the Society of Behavioral Medicine, Seattle, WA.*

Tuokko, H., Schoklitsch, A., Love, J., **Rhodes, R.E.**, & Jouk, S. (2010). Changing beliefs about older drivers through applied theatre. *Paper presented at the International Federation on Ageing 10th Global Conference, Melbourne, Australia.*

## **2009**

Blanchard, C.M., Reid, R.D., Morrin, L.I., McDonnell, L., McGannon, K., **Rhodes, R.E.**, Spence, J.C., & Edwards, N. (2009). The role of the community and home environment when examining exercise behaviour during home-based cardiac rehabilitation. *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*

Blanchard, C.M., Reid, R.D., Morrin, L.I., McDonnell, L., McGannon, K., **Rhodes, R.E.**, Spence, J.C., & Edwards, N. (2009). Understanding exercise behaviour during home-based cardiac rehabilitation: Is there a need for theory integration? *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*

Dean, R., **Rhodes, R.E.**, Wharf-Higgins, J., & Tuokko, H. (2009). Exploring older adults' beliefs about strength training. *Presented at the 19th World Congress of the International Association of Gerontology and Geriatrics, Paris, France.*

Faktor, M.D., Warburton, D.E.R., **Rhodes, R.E.**, & Bredin, S.S.D. (2009). The effects of administering the Canadian Physical Activity Fitness & Lifestyle Approach (CPAFLA) on health-related physical fitness knowledge as well as beliefs, attitudes, and intentions towards regular physical activity participation. *Presented at the Canadian Society for Exercise Physiology 2009 Annual Meeting, Vancouver, BC.*

Focht, B., **Rhodes, R.E.**, Gurusurthy, P., Wallis, J., & Petosa, R. (2009). The utility of the theory of planned behavior in explaining resistance exercise participation. *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*

Hausenblas, H.A., **Rhodes, R.E.**, Hagan, A.L., & Giacobbi, P.R. (2009). Integrating five-factor model facet level traits with the theory of planned behavior and exercise. *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*

Johnson, M.Z., Warburton, D.E.R., **Rhodes, R.E.** & Bredin, S.S.D. (2009). Heart rate response to interactive video games in young adults. *Presented at the 2009 Annual Meeting of the American College of Sports Medicine, Seattle, WA.*

- Mark, R., & **Rhodes, R.E.** (2009). Interactive video games: A review of literature. *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*
- Mark, R., & **Rhodes, R.E.** (2009). Testing the effectiveness of interactive gamebikes on physical activity motivation among parents and young children in the home: A pilot study. *Presented at the Canadian Society for Exercise Physiology 2009 Annual Meeting, Vancouver, BC.*
- McGannon, K., Blanchard, C.M., Busanich, R., McDonnell, L., Reid, R.D., **Rhodes, R.E.**, Spence, J.C., Morrin, L.I., & Edwards, N. (2009). Understanding gender differences in physical activity participation during home-based cardiac rehabilitation: A Grounded theory approach. *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*
- Rhodes, R.E.** & Pfaeffli, L.A. (2009). Mediators of behaviour change among adult non-clinical populations: A systematic review update. *Presented at the Advancing the Future of Physical Activity Measurement and Guidelines 2009 Consensus Conference, Kananaskis, AB.*
- Rhodes, R.E.**, Temple, V.A., & Tuokko, H.A. (2009). Evidence-based risk assessment and recommendations for physical activity clearance: Cognitive and psychological conditions. *Presented at the Public Health Agency of Canada and Canadian Society for Exercise Physiology 2009 PAR-Q/ PARmed-X Conference, Vancouver, BC.*
- Rhodes, R.E.**, Fiala, B., & Conner, M. (2009). Affective expectations of physical activity among adults: A review and meta-analysis. *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*
- Rhodes, R.E.**, & Pfaeffli, L.A. (2009). Mediators of behaviour change among adult non-clinical populations: A review update. *Annals of Behavioral Medicine. Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*
- Rhodes, R.E.**, Plotnikoff, R.C., & Courneya, K.S. (2009). Predicting the physical activity intention-behaviour profiles of adopters and maintainers using three social cognition models. *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*
- Rhodes, R.E.**, Temple, V.A., Pfaeffli, L.A., & Tuokko, H.A. (2009). Adverse events during physical activity participation in populations with cognitive conditions and mental disorders: a systematic review. *Presented at the Canadian Society for Exercise Physiology 2009 Annual Meeting, Vancouver, BC.*
- Scott, F., **Rhodes, R.E.**, & Symons Downs, D. (2009). Does physical activity intensity moderate social cognition and behavior relationships? *Presented at the Society of Behavioral Medicine 2009 Annual Meeting, Montreal, Quebec.*

Temple, V. A., **Rhodes, R. E.**, & Nasuti, G. (2009). Evidence-based risk assessment and recommendations for physical activity for people with intellectual disability. *Paper presented at the 17th (2009) International Symposium of Adapted Physical Activity, Gavle, Sweden.*

## **2008**

Bellows-Riecken, K.H., & **Rhodes, R.E.** (2008). Eliciting affective beliefs about physical activity. *Presented at the International Society of Behavioral Nutrition and Physical Activity 2008 Annual Meeting, Banff, AB.*

Blanchard, C.M., Kupperman, J., Sparling, P., Nehl, E., **Rhodes, R.**, Courneya, K., & Baker, F. (2008). Explaining poor adherence to 5-A-Day from a theory of planned behavior perspective. *Presented at the International Society for Behavioral Nutrition and Physical Activity, Banff, AB.*

Blanchard, C.M., McDonnell, L., Reid, B., Morrin, L., **Rhodes, R.E.**, McGannon, K., Spence, J.C., & Edwards, N. (2008). Understanding exercise behavior during home-based cardiac rehabilitation: A theory of planned behavior perspective. *Presented at the Canadian Association for Cardiac Rehabilitation Annual Meeting, Toronto, Canada.*

Blanchard, C.M., Nehl, E., **Rhodes, R.E.**, & Baker, F. (2008). Individual versus group-level effects of task and barrier self-efficacy on physical activity. *Presented at the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, ON.*

Coble, J., & **Rhodes, R.E.** (2008). Physical activity behaviors and motivations in a adult First Nation population. *Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.*

Fry, M.J., Petersen, J.A., Doyle-Baker, P.K., & **Rhodes, R.E.** (2008). Cost-effectiveness of dog ownership on cardiovascular disease healthcare costs. *Canadian Public Health Association 2008 Annual Conference, Halifax, NS.*

Johnson, M.Z., D.E.R, **Rhodes, R.E.**, & Bredin, S.S.D. (2008). Free choice: Examining leisure-time activity of young adults when exposed to interactive video games. *Presented at the Canadian Society for Exercise Physiology Annual Meeting, Banff, AB.*

Mazzoni, E., Purves., L., Southward, J., **Rhodes., R.E.**, & Temple, V. (2008). Effect of indoor rock climbing on self-efficacy of children with motor difficulties. *Presented at the 2008 North American Federation of Adapted Physical Activity Symposium. Indianapolis, Indiana.*

McDonnell, L., Blanchard, C.M., Reid, B., Morrin, L., Spence, J.C., **Rhodes, R.E.**, McGannon, K., & Edwards, N. (2008). Task and barrier self-efficacy and physical activity predictors in a home-based cardiac rehabilitation program: Preliminary analyses. *Presented at the Canadian Association for Cardiac Rehabilitation Annual Meeting, Toronto, Canada.*

**Rhodes, R.E.** (2008). Intention-behaviour discordance: Personality, social cognitive and environmental explanations in the physical activity domain. *Presented at the North American Society for the Psychology of Sport and Physical Activity 2008 Annual Meeting, Niagara, ON.*

**Rhodes, R.E.**, Blanchard, C.M., Plotnikoff, R.C., Courneya, K.S., & Brown, S. (2008). Predicting walking with an integration of the theory of planned behaviour and the perceived built environment. *To be presented at the International Society of Behavioral Nutrition and Physical Activity 2008 Annual Meeting, Banff, AB.*

**Rhodes, R.E.**, Blanchard, C.M., & Blacklock, R.E. (2008). Should age and gender be considered when targeting for physical activity promotion? *Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.*

**Rhodes, R.E.**, Courneya, K.S., Blanchard, C.M., & Plotnikoff, R.C. (2008). Prediction of leisure-time walking: An integration of social cognitive, perceived environmental, and personality factors. *Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.*

**Rhodes, R.E.**, & Matheson, D.H. (2008). Does personality moderate the effect of implementation intentions on physical activity? *Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.*

**Rhodes, R.E.**, Warburton, D.E.R. & Coble, J. (2008). Effect of interactive video bikes on exercise adherence and social cognitive expectancies in young men: A pilot study. *Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA.*

Smith, N.E.I., & **Rhodes, R.E.** (in press). Parental reported physical activity and the symptoms of attention-deficit hyperactivity disorder in children. *Presented at the Society of Behavioral Medicine 2008 Annual Meeting, San Diego, CA*

## **2007**

Bellows, K.H., **Rhodes, R.E.**, & Hoffert K. (2007). Comparing motives for lifestyle and exercise activities using the theory of planned behavior. *Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.*

Blacklock, R.E., & **Rhodes, R.E.** (2007). Effects of exercise intensity and self-efficacy on state-anxiety with cancer survivors. *Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.*

Blanchard, C.M., **Rhodes, R.E.**, Reid, R., McDonnell, L., Edwards, N., McGannon, K., Morrin, L. & Spence, J. (2007). Using social cognitive theory to explain exercise behavior in patients receiving home-based cardiac rehabilitation: A preliminary analysis. *Presented at the Society of Behavioral Medicine 2007 Annual Meeting, Washington, DC.*

- Blanchard, C.M., Fisher, J., Sparling, P., Nehl, E., **Rhodes, R.**, Courneya, K., & Baker, F. (2007). The importance of ethnicity within the theory of planned behavior in the exercise domain. *Presented at the Society of Behavioral Medicine 2007 Annual Meeting, Washington, DC.*
- Conner, M., & **Rhodes, R.E.** (2007). Instrumental and affective interventions to change exercise behaviour. *Presented at the British Psychological Society 54<sup>th</sup> Social Psychology Section Conference, University of Kent, Canterbury, UK.*
- Dean, R.N., **Rhodes, R.E.**, & Tuokko, H. (2007). Awareness and use of Canada's physical activity guides. *Presented at the 2007 Centre on Aging Research Showcase, Victoria, BC.*
- McIntyre, C.A., & **Rhodes, R.E.** (2007). Transitions to motherhood and its effect on physical activity. *Presented at the North American Society for the Psychology of Sport and Physical Activity Annual Meeting, San Diego, CA.*
- Rhodes, R.E.**, & Blanchard, C.M. (2007). Evaluating physical activity cognitions in diseased populations: Preliminary evidence for integrated content in chronic disease prevention and rehabilitation. *Presented at the Society of Behavioral Medicine 2007 Annual Meeting, Washington, DC.*
- Rhodes, R.E.**, & Smith, N.E.I. (2007). Personality correlates of physical activity: A review and meta-analysis. *Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.*
- Rhodes, R.E.**, Naylor, P.J., McKay, H.A., Parkinson, T. & Dean, R.N. (2007). Family-based physical activity: An evaluation of motivational and post-motivational intervention strategies. *Presented at 2007 Human Early Learning Partnership Research Days, Vancouver, BC.*
- Symons Downs, D. DiNallo, J.M., & **Rhodes, R.E.** (2007). Youth exercise intention: Does age moderate the associations among the Theory of Planned Behavior constructs? *Presented at the Society of Behavioral Medicine 2007 Annual Meeting, Washington, DC.*
- Temple, V.A., Naylor, PJ, McFadyen, P.F., **Rhodes, R.E.**, Wolski, L., & Wharf Higgins, J. (2007). The relationship between physical activity levels and movement skills of children in the family child care environment. *Presented at the 2007 CAHPHERD CUPR Research Forum, Moncton, NB.*
- Trinh, L., & **Rhodes, R.E.** (2007). Gender differences in belief-based markers for physical activity among adolescents. *Presented at the American College of Sports Medicine Annual Meeting, New Orleans, LA.*

- Bellows, K., & **Rhodes, R.E.** (2006). The birth of inactivity? A review of physical activity and parenthood. *Presented at the North American Society for the Psychology of Sport and Physical Activity 2006 Annual Meeting, Denver, CO.*
- Blacklock, R., **Rhodes, R.E.**, & Brown, S.G. (2006). Relationship between regular walking, physical activity and health-related quality of life. *Presented at the North American Society for the Psychology of Sport and Physical Activity 2006 Annual Meeting, Denver, CO.*
- Blanchard, C.M., Fisher, J., Sparling, Nehl, E., **Rhodes, R.E.**, Courneya, K.S., & Baker, F. (2006). Is it necessary to use the expectancy value framework when measuring beliefs within the theory of planned behavior? An ethnic perspective. *Presented at the Canadian Society for Psychomotor Learning and Sport Psychology, Halifax, Canada.*
- Coble, J.D., & **Rhodes, R.E.** (2006). Physical activity and aboriginal populations in North America: A review. *Presented at the Society of Behavioral Medicine 2006 Annual Meeting, San Francisco, CA.*
- Dean, R.N., Tuokko, H. A. & **Rhodes, R. E.** (2006). Physical activity and driving difficulties in older adults. *Presented at the Canadian Association of Gerontology Annual Education and Scientific Meeting, Quebec City, Quebec.*
- Kliman, A., & **Rhodes, R.E.** (2006). An evaluation of Health Canada's Physical Activity Guide to Healthy Active Living as a motivational instrument. *Presented at the Society of Behavioral Medicine 2006 Annual Meeting, San Francisco, CA .*
- Rhodes, R.E.**, & Blanchard, C.M. (2006). Do sedentary motives correlate with physical activity? Adding behavioural choice principles to the theory of planned behaviour. *Presented at the North American Society for the Psychology of Sport and Physical Activity 2006 Annual Meeting, Denver, CO.*
- Rhodes, R.E.**, Brown, S.G., & McIntyre, C.A. (2006). Integrating social cognition and the perceived environment when predicting walking. *Presented at the Society of Behavioral Medicine 2006 Annual Meeting, San Francisco, CA.*
- Sarkany, D., Bredin, S.S.D, Whitford, W., Esch, B.T.A., Scott, J.M., Jongkind, B., Yuen, R., **Rhodes, R.E.**, & Warburton, D.E.R. (2006). A comparison of the metabolic requirements of interactive video game and traditional stationary cycling. *Presented at the Canadian Society for Exercise Physiology Annual Meeting, Halifax, Nova Scotia.*
- Smith, N.E.I., **Rhodes, R.E.**, Naylor, P.J., & McKay, H.A. (2006). Exploring moderators of the relationship between physical activity behaviours and television viewing in elementary school children. *Presented at the Society of Behavioral Medicine 2006 Annual Meeting, San Francisco, CA.*

Temple, V.A., Naylor, P.J., Bridgewater, L. & **Rhodes, R.E.** Family childcare: A setting for the promotion of physical literacy. *Presented at the International Congress on Physical Activity and Public Health, Atlanta, GA.*

Wallbrecht, K., Rhodes, E.C., Langill, R.H., & **Rhodes, R.E.** (2006). The effects of a 12-week cardiac rehabilitation program on four measures of health outcomes. *Presented at the American College of Sports Medicine 53rd Annual Meeting, Denver, CO.*

## **2005**

Courneya, K.S., Jones, L. W., **Rhodes, R.E.**, & Blanchard, C.M. (2005). Effects of different combinations of intensity categories on self-reported exercise. *Presented at the Society of Behavioral Medicine's 26th Annual Meeting, Boston, MA.*

Hopper, T.F., Brown, S.G., Sanford, K.J., & **Rhodes, R.E.** (2005). Augmenting student teachers' aptitude to teach physical education: Using the theory of planned behaviour to assess situated learning in a methods course. *SPEA / CAHPERD / SHEA Conference 2005, Saskatoon, Sask.*

**Rhodes, R.E.**, & Blanchard, C.M. (2005). Testing higher-order measurement structures of the theory of planned behavior and exercise. *Presented at the Society of Behavioral Medicine's 26th Annual Meeting, Boston, MA.*

**Rhodes, R.E.**, & McKay, H.A. (2005). Self-esteem and competency outcomes among 4th to 6th grade students across 15 months of a school-based physical activity program. *Presented at the Society of Behavioral Medicine's 26th Annual Meeting, Boston, MA.*

**Rhodes, R.E.**, & McKay, H.A. (2005). Ethnic and gender differences in physical activity motivation and behavior among 4th to 6th grade students. *Presented at the Society of Behavioral Medicine's 26th Annual Meeting, Boston, MA.*

**Rhodes, R.E.**, & Plotnikoff, R.C. (2005). Can past physical activity act as a reasonable proxy measure of future physical activity? An evaluation using social cognition models. *Presented at the Society of Behavioral Medicine's 26th Annual Meeting, Boston, MA.*

Tuokko, H., McGee, P., & **Rhodes, R.E.** (2005). Readiness to change driving behavior: A pilot study using a new decisional balance scale. *Presented at the Annual Meeting of the Canadian Association on Gerontology, Halifax, Nova Scotia.*

Warburton D.E.R., Bredin S.S.D., Horita L.T.L., Esch B.T.A., Scott J.M., Zbogar D., & **Rhodes R.E.** (2005). The health benefits of interactive video game exercise. *Presented at the Canadian Society for Exercise Physiology Annual Meeting, Gatineau, Quebec.*

## **2004**



Blanchard, C.M., Fisher, J., Sparling, P., Nehl, E., Courneya, K.S., **Rhodes, R.E.**, & Baker, F. (2004). Using the theory of planned behavior to explain exercise behavior in a community sample of African-Americans and Caucasians. *Presented at the 2004 annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, B.C.*

**Rhodes, R.E.**, Blanchard, C.M., & Matheson, D.H. (2004). Motivational antecedent beliefs of endurance, strength, and flexibility activities in a college student sample. *Presented at the 8th International Congress of Behavioral Medicine, Mainz, Germany.*

**Rhodes, R.E.**, Blanchard, C.M., & Matheson, D.H. (2004). A multi-component model of theory of planned behavior structure for predicting exercise behavior. *Presented at the 8th International Congress of Behavioral Medicine, Mainz, Germany.*

**Rhodes, R.E.**, & Matheson, D.H. (2004). Moderators of the exercise intention and expectation relationship. *Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, B.C.*

**Rhodes, R.E.**, Matheson, D.H., & Blanchard, C.M. (2004). Testing continuous open scaling for theory of planned behavior measurement in the exercise domain. *Presented at the 8th International Congress of Behavioral Medicine, Mainz, Germany.*

Spence, J.C., Wild, T.C., **Rhodes, R.E.**, Melanson, C.L., & Thiem, A. (2004). The weight appropriateness of characters in popular movies. *Presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.*

Spence, J.C., Wild, T.C., **Rhodes, R.E.**, Thiem, A., & Melanson, C.L. (2004). The portrayal of obesogenic behaviours in popular movies, 1952-2001. *Presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.*

### **2003**

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Blanchard, C.M., Nehl, E.J., **Rhodes, R.E.**, Fisher, J., Sparling, P., & Courneya, K.S. (2003). The moderating influence of ethnicity on the theory of planned behavior in the exercise domain. *Paper presented at the Society of Behavioral Medicine, Salt Lake City, Utah.*

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Courneya, K.S., Jones, L.W., **Rhodes, R.E.**, & Blanchard, C.M. (2003). Effect of response scales on self-reported exercise frequency. *Paper presented at the 24th Annual Meeting of the Society of Behavioral Medicine, Salt Lake City, Utah.*

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Courneya, K.S., Friedenreich, C.M., Sela, R., Quinney, H.A., **Rhodes, R.E.**, & Handman, M. (2002). Home-based exercise improves quality of life in cancer survivors beyond group psychotherapy: Results of a randomized controlled trial. *Paper presented at the Society of Behavioral Medicine, Washington, DC.*

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**Rhodes, R.E., & Courneya, K.S.** (2002). Past behavior and the theory of planned behavior: Modeling strategies and interpretation. *Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology 2002 Annual Meeting, Vancouver, B.C.*

**Rhodes, R.E., & Courneya** (2002). Determinants of physical exercise motivation among breast cancer survivors: An application of an extended theory of planned behavior model. *Paper presented at the 2002 World Conference on Breast Cancer, Victoria, B.C.*

**Rhodes, R.E., & Courneya** (2002). Does personality moderate the theory of planned behavior in the exercise domain? *Paper presented at the 2002 Annual Meeting of the Society of Behavioral Medicine, Washington, D.C.*

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Courneya, K.S., Friedenreich, C.M., Quinney, A.H., Sela, R.R., Jones, L.W., **Rhodes, R.E.**, & Handman, M. (2001). Baseline characteristics of group therapy cancer patients involved in a randomized clinical trial of exercise. *Paper presented at the 2001 Annual Meeting of the Society of Behavioral Medicine, Seattle, Washington.*

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**Rhodes, R.E.**, Courneya, K.S., & Bobick, T. (2001). Personality and exercise participation across the breast cancer experience. *Paper presented at the 2001 Annual Meeting of the Society of Behavioral Medicine, Seattle, Washington.*

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## **2000**

Plotnikoff, R., **Rhodes, R.E.**, Courneya, K.S., Hotz, S., & Birkett, N. (2000). Physical activity in a Canadian population-based sample: A three-wave, two group structural equation model of protection motivation theory. *Paper presented at the North American Society for Psychology of Sport and Physical Activity Conference, San Diego, California.*

**Rhodes, R.E.**, & Courneya, K.S. (2000). Gender differences in the theory of planned behavior. *Paper presented at the 2000 Annual Meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, Ontario.*

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Courneya, K.S., Bobick, T.M., **Rhodes, R.E.**, Jones, L.W., Friedenreich, C.M., & Arthur, K. (1999). Personality and subjective well-being in cancer patients. *Paper presented at the 1999 Annual Meeting of the Canadian Association of Psychosocial Oncology, Edmonton, Alberta.*

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**Rhodes, R.E.**, Martin, A.D., & Taunton, J.E. (1998). The relationship of self-efficacy, education, and social support to regularly exercising older adults. *Paper presented at the American College of Sports Medicine 45th Annual Meeting, Orlando, Florida.*