

Publications

All publications listed below are refereed.

In Press

Anderson, K., **Rhodes, R. E.**, & Beauchamp, M. R. (in press). Group-based physical activity and mechanisms of behaviour change. In Beauchamp, M. R., & Eys, M. A. (Eds). *Group dynamics in exercise and sport psychology* (3rd edition). *New York: Routledge*.

Hollman, H., Sui, W., Zhang, H., & **Rhodes, R.E.** (in press). A mobile health application informed by the multi-process action control framework to promote physical activity among inactive adults: An iterative usability study involving a series of workshop/focus groups followed by a single-group usability pilot study. *Journal of Medical Internet Research Formative Research*.

Rhodes, R.E., Wierds, C.M., Beauchamp, M.R., Carson, V., Courtnall, S., & Blanchard, C.M. (in press). Changes in identity and habit formation during three months of sport and physical activity participation among parents with young children. *Applied Psychology: Health and Well-Being*.

2025

Brennan, C., O'Donoghue, G., Keogh, A., **Rhodes, R.E.**, & Matthews, J. (2025). Using co-design methods to develop an evidence- and theory-informed mother-daughter mhealth intervention prototype targeting physical activity in pre-teen girls of low socioeconomic position. *JMIR Pediatrics and Parenting*, *8*, e62795.

Cheung, D.S.T., Chan, C.K., **Rhodes, R.E.**, Chau, P. H., Chiang, C. L., Tse, M., Ping Wang, M., Sau Fung Yu, D., & Lin, C.C. (2025). Formative evaluation of a mobile chat-based intervention (ChatEx) for promoting exercise behaviour in older cancer survivors. *European Journal of Oncology Nursing*, *102774*.

Kulis, E., Szczuka, Z., Banik, A., Siwa, M., Boberska, M., Wietrzykowska, D., Zaleskiewicz, H., **Rhodes, R.E.**, Radtke, T., Schenkel, K., Knoll, N., Scholz, U., & Luszczynska, A. (2025). Individual, Dyadic, Collaborative Planning, Physical Activity, and Nutrition: A Randomized Controlled Trial in Parent-Child Dyads. *Health Psychology*, *44*(2), 140–153.

Langley, J., Campbell, N., Warburton, D., **Rhodes R.E.**, Sweet, S., Giacomantonio, N., Rainham, D., Strachan, S., Saunders, T. & Blanchard, C.M. (2025). Daily Path Areas and Location Use During and After Cardiac Rehabilitation. *Journal of Cardiopulmonary Rehabilitation and Prevention*. Advance online publication.

Legrand, F., Jeandet, P., Polidori, G., Beaumont, F. & **Rhodes, R.E.** (2025). Benefits of a group-based running session on feelings of energy and fatigue: no augmenting effect of green exercise during the defoliation season. *Psychology of Sport and Exercise*, *76*, 102760. Advance online publication.

Lithopoulos, A. & **Rhodes, R.E.** (2025). Chapter 6 Messaging and affect processing. In G. de Bruijn & H. Vandebosch (Ed.), *Health, Media, and Communication* (pp. 109-126). Berlin, Boston: De Gruyter Mouton. <https://doi.org/10.1515/9783110775426-007>.

2024

- Ahmadi, M.N., Biswas, R.K., Powell, L., Bauman, A., Sherrington, C., Podberscek, A., McGreevy, P., **Rhodes, R.E.**, & Stamatakis, E. (2024). Effects of a dog activity tracker on owners' walking: a community-based randomised controlled trial. *BMC Research Notes*, *17*, 339.
- Ames, M.E., Srinivasa Gopalan, S., Emmett Sihoe, C., Craig, S.G., Garcia-Barrera, M., Liu, S., **Rhodes, R.E.**, Rush, J. & Buckler, E.J. (2024). The Adolescents' Daily Lives (ADL) Project: An intensive longitudinal design study protocol examining the associations between physical literacy, movement behaviours, emotion regulation, and mental health. *BMJ Open*, *14*(11), e094225.
- Brennan, C., O' Donoghue, G., Keogh, A., **Rhodes, R.E.** & Matthews, J. (2024). "It's what mothers do." A qualitative exploration of mothers' experiences of supporting their daughter to be physically active. *Plos One*, *19*(4).
- Brennan, C., O' Donoghue, G., Keogh, A., **Rhodes, R.E.**, & Matthews, J. (2024). "You are either sporty or you are not" A Qualitative Exploration of Pre-Teen Girls of Low-Socioeconomic Position Experiences of Being Physically Active. *Psychology of Sport & Exercise*, *74*, 102692.
- Browning, N., Phipps, D. J., **Rhodes, R. E.**, & Hamilton, K. (2024). Testing the moderative role of automatic-reflective affect divergence in predicting physical activity. *Psychology of Sport and Exercise*, *71*, 102538.
- Cheung, D.S.T., Chan, C.K., **Rhodes, R.E.**, Chau, P.P.H., Chiang, C.L., Tse, M., Wang, K.M.P., Yu, D.S.F., Lin, C.C. (2024). Formative evaluation of a mobile chat-based intervention (ChatEx) for promoting exercise behaviour in older cancer survivors. *European Journal of Oncology Nursing*, 102774.
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- Craig, T., **Rhodes, R.E.** & Sui, W. (2024). Examining and comparing the energy expenditure of two modes of the virtual reality fitness game "Supernatural". *JMIR Serious Games*, *12*, e53999.
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- Doucette, M.M., Sanchez, J.P., **Rhodes, R.E.**, & Garcia-Barrera, M.A. (2024). Associations of physical activity and history of sports participation with subjective and objective measures of executive functioning in university students. *The Journal of American College Health*. 1–10.
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- Grant, S., Liu, S., & **Rhodes, R.E.** (2024). A web-based physical activity intervention targeting affect regulation: A randomized feasibility trial. *Psychology & Health*, 1–23.

- Haider, I., Brown, D.M.Y., Bray, S.R., Dutta, P., **Rhodes, R.E.**, & Kwan, M.Y.W. (2024). Understanding the intention-to-behaviour relationship for adolescents: an application of the multi-process action control model, *International Journal of Sport and Exercise Psychology*, 22(1), 52-69.
- Hartson, K. R., Della, L. J., King, K. M., Liu, S., Chatman, J. M., & **Rhodes, R. E.** (2024). A Web-Based Intervention for Insufficiently Active College Students: Feasibility and Preliminary Efficacy. *Western journal of nursing research*, 46(7), 541–551.
- Hollman, H., Liu, S., Davenport, M., & **Rhodes, R.E.** (2024). A critical review and user’s guide for conducting feasibility and pilot studies in the physical activity domain. *Sport, Exercise, and Performance Psychology*.
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- Kracht, C.L., Blanchard, C.M., Symons Downs, D., Beauchamp, M.R., & **Rhodes, R.E.** (2024). New parents’ sleep, movement, health, and well-being across the postpartum period. *Behavioral Sleep Medicine*, 1-14.
- Lee, E.Y., Khan, A., Vanderloo, L.M., Ferguson, L.J., Latimer-Cheung, A., O’Reilly, N., **Rhodes, R.E.**, Spence, J.C., Tremblay, M.S., & Faulkner, G. (2024). Are experiences of discrimination associated with views of physical activity and climate policy support in Canada? *Journal of Physical Activity & Health*. Advance online publication.
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- Lin, L., Liang, W., Wang, R., **Rhodes, R.E.**, & Liu, H. (2024). Association of 24-Hour Movement Guideline Adherence, Mental Health and Quality of Life in Young Adults: The Role of E-Health Literacy. *Frontiers in Public Health*, 12.
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Rhodes, R. E., Wierds, C., Kullman, S., Magel, E., & Strachan, S. M. (2024). Intervention effects on physical activity identity: A systematic review and meta-analysis. *Health Psychology Review*, 1–22.

Schwartz, J., **Rhodes, R. E.**, Oh, P., Bredin, S. S. D., Perotto, M. B., González, A. G., & Warburton, D. E. R. (2024). Increasing Health Behaviors and Psychological Measures with an Adapted Version of the ACCELERATION Program. *International Journal of Behavioral Medicine*, 1-19.

Streight, E., Beauchamp, M.R., Smith, K.J., Blanchard, C.M., Carson, V., Strachan, S.M., Vanderloo, L.M., Courtnall, S., & **Rhodes, R.E.** (2024). “We Are an Active Family”: A Randomized Trial Protocol to Evaluate A Family-System Social Identity Intervention To Promote Child Physical Activity. *BMC Public Health*, 24(1), 2605.

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Tabaczynski, A., Sabiston, C.M., Arbour-Nicitopoulos, K.P., **Rhodes, R.E.**, & Trinh, L. (2024). Feasibility and acceptability of a peer training program to deliver a theory-based physical activity behavior change intervention to inactive people living with and beyond cancer: A mixed methods study. *OBM Integrative and Complementary Medicine*, 9(4), 1-35.

Wierds, C.M., Kroc, E. & **Rhodes, R.E.** (2024). Examining the role of intention, behavioral regulation, and physical activity behavior in the prediction of physical activity identity across time, *Behavioral Sciences*, 14(10), 886.

Wierds, C.M., **Rhodes, R.E.**, Faulkner, G., Zumbo, B.D. & Beauchamp, M.R. (2024). An online delivered running and walking group program to support low-active post-secondary students’ well-being and

exercise behavior during the COVID-19 pandemic: A pilot randomized controlled trial. *Journal of Behavioral Medicine*, 47, 935–950.

Willms, A., Rush, J., Hofer, S., **Rhodes, R.E.**, & Liu, S. (2024). Advancing Physical Activity Research Methods Using Real-Time and Adaptive Technology: A Scoping Review of “No-Code” Mobile Health App Research Tools. *Sport, Exercise, and Performance Psychology*.

Zhu, Y., Chan, D.K.C., Pan, Q., **Rhodes, R.E.** & Tao, S. (2024). National Trends and Ecological Factors of Physical Activity Engagement among U.S Youth Before and During the COVID-19 Pandemic: A Cohort Study from 2019-2021. *BMC Public Health*, 24, 1923.

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Dunton, G. F., Crosley-Lyons, R., & **Rhodes, R.E.** (2023). Affective Response During Real-world Physical Activity as an Intervention Mediator. *Exercise and Sport Sciences Reviews*, 51(4), 140–149.

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Fagan, M.J., Vanderloo, L.M., Banerjee, A., Ferguson, L.J., Lee, E-Y., O'Reilly, N., **Rhodes, R.E.**, Spence, J.C., Tremblay, M.S., & Faulkner, G. (2023). Assessing support for policy actions with co-benefits for climate change and physical activity in Canada. *Journal of Physical Activity and Health*, 21(3), 256–265.

Fagan, M.J., Vanderloo, L.M., Banerjee, A., Ferguson, L.J., Lee, E-Y., O'Reilly, N., **Rhodes, R.E.**, Spence, J.C., Tremblay, M.S., & Faulkner, G. (2023). Re-assessing the social climate of physical (in)activity in Canada. *BMC Public Health*, 23, 2548.

Feil, K., Fritsch, J. & **Rhodes, R.E.** (2023). The intention-behavior gap in physical activity: A systematic review and meta-analysis of the action control framework. *British Journal of Sports Medicine*, 57(19), 1265–1271.

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