

Publications

All publications listed below are refereed.

In Press

Beauchamp, M.R., Liu, Y., Dunlop, W.L., Ruissen, G.R., Schmader, T., Harden, S.M., Wolf, S.A., Puterman, E., Sheel, A.W., & **Rhodes, R.E.** (in press). Psychological mediators of exercise adherence among older adults in a group-based randomized trial. *Health Psychology*.

Branscum, P., Williams, D., & **Rhodes, R.E.** (in press). Are current elicitation techniques for barriers and enablers confounded with motivation? How natural language may hinder theory-guided research. *British Journal of Health Psychology*.

Davis, J.C., Khan, K., Mansournia, M.A., Khosravi, A., **Rhodes, R.E.**, Chan, P., Zhao, M., Jehu, D.A., Parmar, N., & Liu-Ambrose, T. (in press). A 'case-mix' approach to understand adherence trajectories for a fall prevention exercise intervention: Longitudinal cohort study. *Maturitas*.

Davis, J.C., **Rhodes, R.E.**, Khan, K.M., Mansournia, M.A., Khosravi, A., Chan, P., Zhao, M., Jehu, D.A., & Liu-Ambrose, T. (in press). Cognitive function and functional mobility predict exercise adherence in older adults who fall. *Gerontology*.

Duan, Y., Shang, B., Liang, W., Du, G., Yang, M., & **Rhodes, R.E.** (in press). Effects of eHealth multiple health behavior intervention for physical activity, healthy diet and weight in people with non-communicable diseases: A systematic review and meta-analysis. *Journal of Medical Internet Research*.

Karvinen, K.H., & **Rhodes, R.E.** (in press). Association between participation in dog agility and physical activity of dog owners. *Anthrozoös*.

Lim, C. & **Rhodes, R.E.** (in press). F.I.D.O. (Frequency, Intensity, Duration, & Outcomes): A feasibility randomized controlled trial. *Human-Animal Interaction Bulletin*.

Maltagliati, S., Sarrazin, P., Isoard-Gautheur, S., **Rhodes, R.E.**, Boisgontier, M.P., & Cheval, B. (in press). I sit but I don't know why: Integrating controlled and automatic motivational precursors within a socioecological approach to predict sedentary behaviors. *Research Quarterly for Exercise and Sport*.

Perdew, M., Liu, S., **Rhodes, R.E.**, Ball, G., Masse, L., Hartrick, T., Strange, K., & Naylor, P.J. (in press). The effectiveness of a blended in-person and online family-based childhood obesity management program. *Childhood Obesity*.

Pfeffer, I. & **Rhodes, R.E.** (in press). Physical activity across the lifespan: Personality, physical activity and sedentary behavior. In J. Schüler, M. Wegner, H. Plessner & R. Eklund (Eds.), *Sport Psychology: Theory and Practice*: Springer.

Rhodes, R.E., La, H., Quinlan, A. & Grant, S. (in press). Enacting physical activity intention: Multi-process action control. In I. Taylor and C. Englert (Eds.), *Self-Regulation and Motivation in Sport and Exercise*. Oxon, U.K.: Taylor & Francis.

Trecarten, N., Kirkland, S., Rainham, D., Giacomantonio, N., McGowan, E., Murnaghan, D., Reid, R., King-Shier, K., Spence, J. C., Warburton, D., **Rhodes, R.E.**, Blanchard, C. (in press). Location-based

sedentary time and physical activity in people living with coronary artery disease. *Journal of Cardiopulmonary Rehabilitation and Prevention*.

Wilson, K.E. & **Rhodes, R.E.** (in press). Personality and physical activity. In Z. Zenko & L. Jones (Eds.), *Essentials of Exercise and Sport Psychology: An Open Access Textbook*. Open Educational Resource Repository.

2021

Divine, A., Blanchard, C., Naylor, P.J., Benoit, C., Symons-Downs, D., **Rhodes, R.E.** (2021) Effect of housework on physical activity during transitions to parenthood. *Women & Health*, 61(1), 50-65.

Grant, S., Lithopoulos, A., & **Rhodes, R.E.** (2021). Understanding action control of physical activity among mothers with young children. *International Journal of Sport and Exercise Psychology*, 1-17.
<https://doi.org/10.1080/1612197X.2020.1869805>

Lithopoulos, A., Zhang, C.Q., Liu, S., & **Rhodes, R.E.** (2021). Predicting physical distancing in the context of COVID-19: A test of the extended parallel process model among Canadian adults. *Canadian Psychology/Psychologie Canadienne*. Advance online publication.

Liu, S., **Rhodes, R.E.**, Lithopoulos, A., Garcia-Barrera, M., Zhang, C.Q. (2021). Personality and perceived stress during COVID-19 pandemic: Testing the mediating role of perceived threat and efficacy. *Personality and Individual Differences*, 168(1), 110351.

Phipps, J.D., Hannan, T.E., **Rhodes, R.E.**, & Hamilton, K. (2021). A dual-process model of affective and instrumental attitudes in predicting physical activity. *Psychology of Sport & Exercise*, 54, 101899.

Rhodes, R.E., Quinlan, A., Naylor, P.J., Warburton, D.E.R., & Blanchard, C.M. (2021). Predicting family and child physical activity across six-months of a family-based intervention: An application of theory of planned behavior, planning and habit. *Journal of Sports Sciences*, (Ahead of Print), 1-11.

2020

Bassett-Gunter, R.L., Tanna, S., Arbour-Nicitopoulos, K.A., **Rhodes, R.E.**, & Leo, J. (2020). Understanding the role of parents in supporting physical activity among children and youth with disabilities; A behavior change theory perspective. *European Journal of Adapted Physical Activity*. 13(11), 1-16.

Beauchamp, M.R., & **Rhodes, R.E.** (2020). A Group-mediated approach to precision medicine - Social identification, prevention, and treatment. *JAMA Psychiatry*, 77(6), 555-556.

Berry, T. R., Yun, L., Faulkner, G., Latimer-Cheung, A. E., O'Reilly, N., **Rhodes, R.E.**, Spence, J. C., Tremblay, M. S., & Vanderloo, L.M. (2020). Population-level evaluation of ParticipACTION's 150 Play List: A mass-reach campaign with mass participatory events. *International Journal of Health Promotion and Education*, 58(6), 297-310.

Berry, T., Yun, L., Faulkner, G., **Rhodes, R.E.**, Chulak-Bozzer, T., Latimer-Cheung, A., O'Reilly, N., Spence, J.C., & Tremblay, M. (2020). Implicit and explicit evaluations of a mass media physical activity campaign: Does everything get better? *Psychology of Sport & Exercise*, 49, 101684.

- Bodner, M.E., **Rhodes, R.E.**, Miller, W.C., & Dean, E. (2020). Predictors of physical therapists' intentions to counsel for smoking cessation: Implications for practice and professional education. *Physiotherapy Theory and Practice*, 36(5), 628-637.
- Conner, M., Williams, D.M., & **Rhodes, R.E.** (2020). *Affect-Based Interventions*. In: M. S. Hagger, L. D. Cameron, K. Hamilton, N. Hankonen, & T. Lintunen (Eds.). *Handbook of Behavior Change* (pp. 495-509). New York, NY: Cambridge University Press.
- Cox, A., & **Rhodes, R.E.** (2020). Increasing Physical Activity in Empty Nest and Retired Populations Online: A Randomized Feasibility Trial Protocol. *International Journal of Environmental Research and Public Health*, 17(10), 3544.
- de Lannoy, L., **Rhodes, R.E.**, Moore, S.A., Faulkner, G., Tremblay, M.S. (2020). Regional differences in access to the outdoors and outdoor play of Canadian children and youth during the COVID-19 outbreak. *Canadian Journal of Public Health*, 111(6), 988-994.
- Eather, N., Beauchamp, M.R., **Rhodes, R.E.**, Diallo, T.M.O., Smith, J.J., Jung, M.E., Plotnikoff, R.C., Noetel, M., Harris, N., Graham, E., & Lubans, D.R. (2020). Development and evaluation of the High-Intensity Interval Training Self-Efficacy Questionnaire. *Journal of Sport and Exercise Psychology*, 42(2), 114-122.
- Faulkner, G., **Rhodes, R.E.**, Vanderloo, L., Chulak-Bozer, T., O'Reilly, N., Ferguson, L., & Spence, J.C. (2020). Physical activity as a coping strategy for mental health due to the COVID-19 virus: A potential disconnect among Canadian adults?. *Frontiers in Communication, Health Communication*, 5, 571833.
- Grant, S., Beauchamp, M.R., Blanchard, C.M., Carson, V., Gardner, B., Warburton, D.E.R., & **Rhodes, R.E.** (2020). Parents and children active together: Examining motivational, regulatory, and habitual intervention approaches. *BMC Public Health*, 20, 1436.
- Grant, S., Beauchamp, M.R., Blanchard, C.M., Carson, V., & **Rhodes, R.E.** (2020). Promoting sport participation during early parenthood: A randomized controlled trial protocol. *Trials*, 21(230), 1-10.
- Guerrero, M.D., Vanderloo, L.M., **Rhodes, R.E.**, Faulkner, G., Moore, S.A., Tremblay, M.S. (2020). Children and youth's adherence to the 24-hour movement guidelines during the COVID-19 pandemic: A decision tree analysis. *Journal of Sport and Health Science*, 9(4), 313-321.
- Hamilton, K., & **Rhodes, R.E.** (2020). Editorial. *Psychology and Health*, 35(2), 125-127.
- Ku, B. & **Rhodes, R.E.** (2020). Parental influence on physical activity behaviors in children with disabilities: A systematic review. *Research in Developmental Disabilities*, 107, 103787.
- Kwan, M.Y.W., Dutta, P., Bray S.R., Brown D.M.Y., Cairney J., Dunton G.F., Graham J.D., Rebar A, & **Rhodes R.E.** (2020). Methods and design for the ADAPT: study application of integrated approaches to understanding physical activity during the transition to emerging adulthood. *BMC Public Health*, 20(1), 426-8.
- Lithopoulos, A., Kaushal, N., Beauchamp, M. R., Conner, M., de Bruijn, G.-J., Latimer-Cheung, A. E., & **Rhodes, R. E.** (2020). Changing sedentary behavior in the office: A randomized controlled trial

comparing the effect of affective, instrumental, and self-regulatory messaging on sitting. *Applied Psychology: Health and Well-Being*, 12(3), 687-702.

- Lithopoulos, A., Naylor, P.J., Liu, S., & **Rhodes, R.E.** (2020). The role of identity in parental support for physical activity and healthy eating among overweight and obese children. *Health Psychology and Behavioral Medicine*, 8(1), 185-201.
- Lithopoulos, A., & **Rhodes, R.E.** (2020). The effects of branding on physical activity: A systematic review. *Journal of Health Communication*, 25(4), 303-312.
- Loprinzi, P. D., Pazirei, S., Robinson, G., Dickerson, B., Edwards, M., & Rhodes, R. E. (2020). Evaluation of a cognitive affective model of physical activity behavior. *Health Promotion Perspectives*, 10(1), 88-93.
- Macridis, S., Cameron, C., Chaput, J.P., Chulak-Bozzer, T., Clark, P., . . . (**Rhodes, R.E.**) . . . Johnston, N. (2020). Results from the 2019 ParticipACTION Report Card on Physical Activity for Adults. *Journal of Physical Activity and Health*, (Ahead of Print), 1-8.
- McEwan, D., **Rhodes, R.E.**, & Beauchamp, M. (2020). What happens when the party is over?: Sustaining physical activity behaviors after intervention cessation. *Behavioral Medicine*, (Ahead of Print), 1-9.
- McEwan, D., **Rhodes, R.E.**, & Bennett, E. (2020). Collaboration behaviours within interactive exercise groups. *Psychology & Health*, (Ahead of Print), 1-22.
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- Medd, E.R., Beauchamp, M.R., Blanchard, C.M., Carson, V., Gardner, B., Warburton, D.E.R., & **Rhodes, R.E.** (2020). Family-based habit intervention to promote parent support for child physical activity in Canada: protocol for a randomised trial. *BMJ Open*, 10(4), e033732.
- Rebar, A. & **Rhodes, R.E.** (2020). Progression of motivation models in exercise science: Where we have been and where we are heading. In G. Tenenbaum & R. Ecklund (Eds.) *Handbook of Sport Psychology* (4th Edition, pp. 913-928). Hoboken, NJ: Wiley.
- Rhodes, R.E.**, Baranova, M., Christian, H., & Westgarth, C. (2020). Increasing physical activity – by four legs rather than two: A systematic review of dog facilitated physical activity interventions. *British Journal of Sports Medicine* 54, 1202-1207.
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- Rhodes, R.E. & Wilson, K.E.** (2020). Personality and physical activity. In Hackfort, D., & Schinke, R.J. (Eds.), *The Routledge International Encyclopedia of Sport and Exercise Psychology* (pp. 413-425). International Society of Sport Psychology, London, UK: Taylor and Francis.
- Rhodes, R.E.,** Zhang, R., Zhang, C.Q. (2020). Direct and indirect relationships between the built environment and individual-level perceptions of physical activity: A systematic review. *Annals of Behavioral Medicine*, 54(7), 495-509.
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- Spence, J.C., **Rhodes, R.E.**, McCurdy, A., Mangan, A., Hopkins, D., & Mummery, W.K. (2020). Determinants of physical activity among adults in the UK during the COVID-19 pandemic: The DUK-COVID study. *British Journal of Health Psychology*, Early View.
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2019

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- Lai, H., Miles, R., Bredin, S.S.D., Kaufman, K., Chua, C., Hare, J., Norman, M., **Rhodes, R.E.**, Warburton, D.E.R. (2019). "With every step, we grow stronger": The cardiometabolic benefits of an Indigenous-led and community-based healthy lifestyle intervention. *Journal of Clinical Medicine*, 8(4), 1-15.
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