

A. JUSTINE DOWD

e: jdowd@ucalgary.ca

I. POSITIONS

- 2015-present **Post-doctoral Fellow** (Exercise & Health Psychology)
The University of Calgary, Calgary, AB, Canada
Concentrations: Chronic Disease Management, Celiac Disease and Gluten-Free Dietary Behaviour, Physical Activity, Self-compassion, Program Evaluation, Exercise Psychology, Health Psychology
Advisor: Dr. Nicole Culos-Reed
- 2014-2015 **Post-doctoral Fellow** (Exercise & Health Psychology)
The University of British Columbia | Okanagan, Kelowna, BC, Canada
Concentrations: Program Evaluation, Exercise Psychology, Health Psychology, Celiac Disease and Gluten-Free Dietary Behaviour, Self-compassion
Advisor: Dr. Mary Jung

II. EDUCATION

- 2011-2014 **PhD Candidate in Kinesiology** (Exercise & Health Psychology)
The University of British Columbia, Vancouver, BC, Canada
Concentrations: Exercise Psychology, Health Psychology, Belonging, Celiac and Gluten-Free Dietary Behaviour, Quantitative Research Methods
Doctoral dissertation: The Need to Belong and Health Promotion
Advisor: Dr. Mark Beauchamp
Supervisory committee: Drs. Mary Jung, Toni Schmader & Bruno Zumbo
- 2008-2010 **Master's in Kinesiology** (Exercise & Health Psychology)
Western University¹, London, ON, Canada
Concentrations: Adolescent Obesity, Group-Mediated Cognitive-Behavioural Interventions, Physical Activity Counseling (Motivational Interviewing)
Master's thesis project: A Group-Mediated Cognitive-Behavioural Exercise Intervention for Obese Adolescents: Effects of Exercise Intensity on Independent Physical Activity, Social Cognitions, Body Composition and Fitness
Advisors: Dr. Harry Prapavessis
- 2003-2008 **Bachelor of Arts Honours** (Psychology)
Bachelor of Physical and Health Education (with Thesis)
Queen's University, Kingston, ON, Canada
Concentrations: Kinesiology, Social Psychology, Childhood Obesity, Coaching
Undergraduate honours thesis project: Effectiveness of a Childhood Obesity Treatment Program Based on Quality of Life
Advisor: Dr. Amy Latimer

¹The University of Western Ontario was recently rebranded as Western University.

III. AWARDS, HONOURS, SOCIETIES & SERVICES

AWARDS, HONOURS

- 2015 Awarded \$15,000 from the Calgary Chapter of the Canadian Celiac Association. Remaining \$60,000 pending from the Edmonton Chapter of the Canadian Celiac Association and from a Mitacs Accelerate Internship. Project Goal = \$75,000.
Development of a Self-Regulatory Smartphone App for Adults with Celiac Disease
- Canadian Institutes of Health Research
Postdoctoral Fellowship – \$135,000
An Evidence-Based Online Intervention to Promote Adherence to a Gluten-Free Diet Among Adults with Celiac Disease
- 2014 Canadian Society for Psychomotor Learning and Sport Psychology
Young Scientist Award – \$300 award + \$1500 travel award
Go Girls! Findings from a Group-Based Mentoring Healthy Lifestyle Program for Adolescent Girls
- Canadian Celiac Association
J.A. Campbell Young Investigator Research Award – \$5,000
Self-Compassion and Celiac Disease
- University of British Columbia
Four-Year Fellowship Award – \$18,000 + tuition
- 2013 University of British Columbia
Research Assistant – \$6,000
Involved in data collection for CIHR-Funded Trial: Adolescents in Motion
- University of British Columbia
Graduate Support Initiative Tuition Award – \$3,000
- 2012 University of British Columbia
Research Assistant – \$6,000
Attended and assisted with workshops and data collection for CIHR-Funded Trial: Adolescents in Motion
- 2011 Canadian Institutes of Health Research
Doctoral Research Award – \$105,000
The Need to Belong and Health Promotion
- University of British Columbia
Four-year Fellowship Award – \$18,000/year + tuition (declined until 2014)
- University of British Columbia
Research Assistant – \$6,000
Involved in planning committee meetings for CIHR-Funded Trial: Adolescents in Motion
- University of British Columbia
Graduate Student Travel Award – \$800

- 2009 Social Sciences and Humanities Research Council of Canada
 Master's Joseph-Armand Bombardier Canada Graduate Scholarship – \$17,500
Effects of a Group-Mediated Cognitive-Behavioural Intervention for Obese Adolescents
- Ontario Ministry of Training, Colleges and Universities
 Master's level - Ontario Graduate Scholarship – \$15,000 (declined)
- Western University
 Graduate Research Scholarship – \$6,231
- Canadian Obesity Network Student Conference
 1st Place Poster Presentation – \$250
- Western University
 3rd Place Poster Presentation in Social Sciences at Western Research Forum
- Canadian Obesity Network
 Research Day Travel Award – \$500 (declined)
- 2008 Western University
 Graduate Research Scholarship – \$11,269
- Western University
 Research Travel Award – \$400
- Canadian Obesity Network
 Research Day Travel Award – \$200
- 2006 Exchange at University of New South Wales, Australia in 3rd year university
- 2003 Dean's Honour List at Queen's University (2003-2008)

MEMBERSHIP IN ACADEMIC OR PROFESSIONAL SOCIETIES

- 2015-Present Canadian Celiac Association
- 2011-Present North American Society for the Psychology of Sport and Physical Activity
- 2009-2015 Canadian Society for Psychomotor Learning and Sport Psychology

ACADEMIC SERVICES

- 2015-Present **Committee Member** – Postdoctoral Seminar Series
- 2014-Present **Reviewer** – Health Psychology Open; Journal of Sport & Exercise Psychology; Journal of Human Nutrition & Dietetics; Journal of Science & Medicine in Sport
- Scientific Advisor** – WholeLife Holistic Nutrition
- 2012-2015 **Mentored Reviewer** – Appetite; Health Psychology; Journal of Sport & Exercise Psychology

- 2011-2012 **Board Member** – Pediatric Obesity Foundation
- 2007-2008 **Chair** – Pediatric Obesity Foundation Benefit (raised over \$10,000 to support research and treatment for pediatric obesity).
- 2009-2010 **Founder and Chapter President** – Canadian Obesity Network at Western University.
- 2007-2009 **Community Development Coordinator for the Pediatric Obesity Foundation** – Fundraising (raised over \$450,000), gained research and clinical experience.

IV. TEACHING EXPERIENCE

GENERAL AREAS OF ACADEMIC SPECIALIZATION:

Exercise Psychology
Chronic Disease: Coping & Management
Health Behaviour Change
Health Promotion
Physical Activity Promotion
Program Evaluation
Research Methods
Self-Compassion

GUEST LECTURER:

2015 *Self-Compassion and Chronic Disease Management: Applications to Cancer*. Faculty of Kinesiology, The University of Calgary, KNES 503 – Special Topics in Kinesiology.

Communication – Enhancing Behaviour Change and the Role of Technology. Faculty of Kinesiology, The University of Calgary, KNES 697 – Exercise and Sport Psychology.

2013 *Program Evaluation*. School of Kinesiology, The University of British Columbia, KNES 469 - Chronic Health Issues, Physical Activity and Community Practice.

2011 *Group-Mediated Cognitive-Behavioural Interventions*. Department of Physical and Health Education, The University of Nipissing, PHED 4007 – Exercise and Health Psychology.

Exercise and Psychological Well-being. School of Kinesiology, The University of British Columbia. HKIN 231 – Sport and Exercise Psychology.

2009 *REACH: Exercise and Healthy Lifestyle Program - Preliminary Findings*. Department of Kinesiology, Western University, KIN 2000 – Physical Activity and Health.

Physical Activity in Special Populations. Department of Kinesiology, Western University.

2008 *Introduction to Health Promotion*. Department of Kinesiology, Western University, HLTH 1002 – Social Determinants of Health.

TEACHING ASSISTANT:

2013 KNES 469 - Exercise Prescription for Special Populations. School of Kinesiology, University of British Columbia.

2011 KNES 469 - Exercise Prescription for Special Populations. School of Kinesiology, University of British Columbia.

2010 KIN 3476 – Exercise & Health Behaviour Change. School of Kinesiology, Western University.

2009 KIN 2032 – Research Design in Human Kinetics. School of Kinesiology, Western University.

2008 KIN 2032 – Research Design in Human Kinetics. School of Kinesiology, Western University.

INVITED PRESENTATIONS:

2015 Coping with Celiac Disease.

Invited presentation at the Kamloops Chapter of the Canadian Celiac Association “Your Pathway to Health” conference, Kamloops, BC (September, 2015).

Self-Compassion: How to Take Better Care of Other People by Being Kind to Yourself.
Invited presentations for the RECHARGE study participants (family caregivers of cancer patients), University of Calgary, Calgary, AB (October & November, 2015).

Invited presentation for the Thrive Centre Volunteer Training, University of Calgary, Calgary, AB (September, 2015).

Invited presentation for the Health and Wellness Lab, University of Calgary, Calgary, AB (June, 2015).

Self-Compassion: How Get What You Want in Life by Being Kind to Yourself.
Invited presentation at Okanagan College, Kelowna, BC (March, 2015).
Invited presentation at Global Fitness, Kelowna, BC (February, 2015).

2014 *Go Girls!*: Findings from a Group-Based Mentoring Healthy Lifestyle Program for Adolescent girls.

Invited presentation for the Young Scientist Award from the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON (October, 2014).

Findings from the *Go Girls!* Program Evaluation.

Invited presentation at Big Brothers Big Sisters of Canada National Convention, Toronto, ON (July, 2014).

2014 Successful Strategies for Living Gluten-Free.

Invited presentation at the Canadian Celiac Association National Conference, Calgary, AB (May, 2014).

Invited presentation at the Gluten-free Expo, Calgary, AB (March, 2014).

Invited presentation at the Gluten-free Expo, Vancouver, BC (January, 2014).

V. GRANTS, PUBLICATIONS AND PRESENTATIONS

GRANTS

Dowd, A. J. & Jung, M. E. (2015). *Self-Compassion: How to Get What You Want in Life By Being Kind to Yourself*. Goal: Examine how self-compassion can help university students, staff and faculty cope with stress. Pitch This! Well-being Initiative, University of British Columbia at Okanagan (\$300). Postdoctoral lead; Co-Principal Investigator.

Dowd, A. J., Beauchamp, M. R. & Jung, M. E. (2012-2015). *Go Girls! Program Evaluation*. Goal: Conduct an evaluation of a group-based mentoring program for adolescent girls. Ontario Ministry of Education Research Grant (\$59,656). Student lead; Co-Principal Investigator.

Dowd, A. J., Beauchamp, M. R. & Jung, M. E. (2012-2013). *Experiences with a Gluten-free Diet*. Goal: Explore psychosocial predictors of adherence to a gluten-free diet among

adults with celiac disease. Faculty of Education Humanities and Social Sciences Seed Grant (\$6,420). Student lead; Co-Principal Investigator.

WORK IN PROGRESS

Dowd, A. J. & Jung, M. E. (2015). Self-compassion directly and indirectly predicts dietary adherence and quality of life among adults with celiac disease. *Appetite*.

Dowd, A. J. & Jung, M. E. (2015). Self-compassion among youth with celiac disease. *TBD*.

Dowd, A. J. & Jung, M. E. (2015). The effects of a brief self-compassion intervention on well being on a university campus. *TBD*.

Jackson, C. L., Lau, H., Bridel, W., **Dowd, A. J.**, Capozzi, L. C., & Culos-Reed, S. N. (2015). Head and neck cancer patients' exercise preferences and barriers during and after participation in an exercise intervention. *Supportive Care in Cancer*.

Jackson, C. L., Bridel, W., Lau, H., **Dowd, A. J.**, Capozzi, L. C., & Culos-Reed, S. N. (2015). Head and neck cancer patient's perspectives on considerations for exercise program design. *Oncology Nursing Forum*.

UNDER REVIEW

Dowd, A. J., Chen, M. Y., Schmader, T., Jung, M. E., Zumbo, B. D., & Beauchamp, M. R. (2015). Psychosocial predictors of adolescent girls' physical activity and dietary behaviours after completing the *Go Girls!* group-based mentoring program. *Health Education Research*, Invited revise and resubmit, due December 12, 2015.

PUBLICATIONS

McEwan, D., Harden, S. M., Zumbo, B. D., Sylvester, B. D., Kaulius, M., Ruissen, G., **Dowd, A. J.**, & Beauchamp, M. R. (2015). A meta-analytic review of the effects of goal setting on physical activity behavior. *Health Psychology Review*. Advance online publication. Retrieved from <http://dx.doi.org/10.1080/17437199.2015.1104258>.

Dowd, A. J., Harden, S. M., & Beauchamp, M. R. (2015). Mentors' experiences in the *Go Girls!* group-based lifestyle program: Findings from a qualitative program evaluation. *American Journal of Health Behavior*, 39(5), 698-708. doi: 10.5993/AJHB.39.2.13

Dowd, A. J., Jung, M. E., Chen, M. Y., Case, S. & Beauchamp, M. R. (2015). Prediction of adherence to a gluten-free diet using protection motivation theory. *Journal of Human Nutrition and Dietetics*. Advance online publication. doi: 10.1111/jhn.12321

Dowd, A. J., Harden, S. M., & Beauchamp, M. R. (2015). Adolescent girls' experiences in the *Go Girls!* group-based lifestyle program. *American Journal of Health Behavior*, 39(2), 267-276. doi: 10.5993/AJHB.39.2.13

- Dowd, A. J.**, Chen, M. Y., Jung, M. E., Beauchamp, M. R. (2015). 'Go Girls!': Psychological and behavioral outcomes associated with a healthy lifestyle program for adolescent girls. *Translational Behavioral Medicine*, 5(1), 77-86. doi:10.1007/s13142-014-0285-9
- Clarson, C., Brown, H., De Jesus, S., Jackman, M., Mahmud, F. H., Prapavessis, H., Robinson, T., Shoemaker, K., Watson, M., **Dowd, A. J.** & Hill, D. J. (2014). Sustained reduction in BMI z-score with metformin extended release and structured lifestyle intervention in obese adolescents. *International Scholarly Research Notices*, 2014. doi:10.1155/2014/659410.
- Sylvester, B. D., Standage, M., **Dowd, A. J.**, Martin, L. J., Sweet, S. N., & Beauchamp, M. R. (2014). Perceived variety, psychological needs satisfaction, and exercise-related well-being. *Psychology & Health*, 29(9), 1044-1061. doi: 10.1080/08870446.2014.907900
- Dowd, A. J.**, Schmader, T., Sylvester, B. D., Jung, M. E., Zumbo, B. D., Martin, L. J., & Beauchamp, M. R. (2014). Effect of social belonging and task framing on exercise cognitions and behavior. *Journal of Sport and Exercise Psychology*, 36(1), 80-92. doi: 10.1123/jsep.2013-0114
- Morton, K. L., Sylvester, B. D., **Wilson, A. J.**, Lonsdale, C., & Beauchamp, M. R. (2014). Transformational Leadership. In A. G. Papaioannou and D. Hackfort (Eds.) *Routledge Companion to Sport and Exercise Psychology: Global Perspectives and Fundamental Concepts* (p. 571-587). London: Routledge.
- Beauchamp, M.R., Liu, Y, Morton, K.L., Martin, L. J., Wilson, A. H., **Wilson, A. J.**, Sylvester, B. D., Zumbo, B. D., & Barling, J. (2014). Transformational teaching and adolescent physical activity: Multilevel and mediational effects. *International Journal of Behavioral Medicine*, 21, 537-546. doi: 10.1007/s12529-013-9321-2
- Dowd, A. J.**, Tamminen, K. A., Jung, M. E., Case, S., McEwan, D., & Beauchamp, M. R. (2013). Motives for adherence to a gluten-free diet: A qualitative investigation involving adults with coeliac disease. *Journal of Human Nutrition and Dietetics*. doi: 10.1111/jhn.12203
- Latimer-Cheung, A. E., Arbour-Nicitopoulos, K., Brawley, L.R., Gray, C., **Wilson, A.J.**, Prapavessis, H., Tomasone, J. R., Wolfe, D., & Martin Ginis, K.A. (2013). Developing physical activity interventions for adults with spinal cord injury. Part 2: Motivational counseling and peer-mediated interventions for people intending to be active. *Rehabilitation Psychology*, 58(3), 307-315. doi:10.1037/a0032816
- Wilson, A. J.**, Liu, Y., Keith, S. E., Wilson, A. H., Kermer, L. E., Zumbo, B. D., & Beauchamp, M. R. (2012). Transformational teaching and child psychological needs satisfaction, motivation, and engagement in elementary school physical education. *Sport, Exercise and Performance Psychology*, 1(4), 215-230. doi: 10.1037/a0028635

Wilson, A. J., Jung, M. E., Cramp, A. G., Simatovic, J., Prapavessis, H., & Clarson, C. L. (2012). Effects of a group-based exercise and self-regulatory intervention on obese adolescents' physical activity, social cognitions, body composition and strength: A randomized feasibility study. *Journal of Health Psychology, 17*(8), 1223-1237. doi: 10.1177/1359105311434050

Meloff, L. R., Humeniuk, A. M., Shigemi, J., **Wilson, A. J.,** & Nieman, P. (2010). Risk factors for coronary heart disease among overweight children: A case for cholesterol screening in Canada. *Childhood Obesity, 6*(5), 257-262. doi:10.1089/chi.2010.0505

Wilson, A. J., Prapavessis, H., Jung, M. E., Cramp, A. G., Lendhart, L., Vascotto, J., Shoemaker, J. K., Watson, M., Robinson, T., & Clarson, C. (2009). Lifestyle modification and metformin as long-term treatment options for obese adolescents. *BMC Public Health 9*, 434. doi:10.1186/1471-2458-9-434

Wilson, A. J., Latimer, A. E., Meloff, L. R. (2009). Correlates of change in a childhood obesity treatment program. *Journal of Clinical Outcomes Management, 16*(7), 315-321.

OTHER PUBLICATIONS

Dowd, A. J., Beauchamp, M. R., & Jung, M. E. (2014). *Go Girls! Program evaluation final report*. Report presented to Big Brothers Big Sisters of Canada.

Wilson, A. J., & Gray, C. (2010). *SCI Action Canada: Motivational interviewing and physical activity manual*. Manual prepared for SCI Action Canada: Community University Research Alliance

PUBLISHED ABSTRACTS

Dowd, A. J., Chen, M. Y., Schmader, T., Jung, M. E., Zumbo, B. D., Beauchamp, M. R. (2015). Psychosocial predictors of adolescent girls' physical activity and dietary behaviors after completing the *Go Girls!* group-based mentoring program. *Journal of Sport and Exercise Psychology, 37*(Supp June).

McEwan, D., Harden, S. M., Zumbo, B. D., Sylvester, B. D., Kaulius, M., Ruissen, G., **Dowd, A. J.,** & Beauchamp, M. R. (2015). A meta-analytic review of the effects of goal setting on physical activity behavior. *Annals of Behavioral Medicine, 49*(Supp 1), S171.

Clarson, C., Brown, H., De Jesus S., Jackman, M., Mahmud, F. H., Prapavessis, H., Shoemaker, K., **Wilson, A. J.,** Hill, D. J. (2013). Sustained reduction in BMI z-score with metformin extended release and structured lifestyle intervention in obese adolescents. American Diabetes Association 73rd Scientific Session.

Sylvester, B. D., **Wilson, A. J.,** Beauchamp, M. R. (2013). Examining discriminant validity between experiencing variety and psychological needs satisfaction in exercise. *Journal of Sport and Exercise Psychology, 34*(Supp July), s308.

- Wilson, A. J.,** Sylvester, B. D., & Beauchamp, M. R. (2012). Effects of social belonging on self-regulatory efficacy and intentions to exercise. *Journal of Sport and Exercise Psychology, 34*(Supp July), s301.
- Beauchamp, M. R., Liu, Y., Morton, K. L., Martin, L. J., Wilson, A. H., **Wilson, A. J.,** Sylvester, B. D., Kermer, L.E., Perlmutter, L. S. (2012). Transformational teaching and adolescent physical activity behavior: Multilevel and mediational effects. *Journal of Sport and Exercise Psychology, 34*(Supp July), S199-200.
- Wilson, A. H., Liu, Y., Morton, K. L., Martin, L. J., Sylvester, B. D., **Wilson, A. J.,** Perlmutter, L. S., Kermer, L.E., & Beauchamp, M.R. (2012). Adolescents' perceptions of transformational teaching, affective responses, and concentration in physical education classes. *Journal of Sport and Exercise Psychology, 34*(Supp July), S301-302.
- Wilson, A. J.,** Gray, C., Latimer, A. E., Prapavessis, H., Wolfe, D., & Martin Ginis, K. (2011). Effects of physical activity coaching for individuals with SCI: A proof of principle study. *Journal of Sport and Exercise Psychology, 33*(Supp July) s195.
- Wilson, A. J.,** Jung, M. E., Cramp, A. G., Simatovic, J., Prapavessis, H., & Clarkson, C. L. (2011). Psychosocial predictors of adolescent physical activity: Findings from the REACH trial. *Journal of Sport and Exercise Psychology, 33* (Supp July) s195.
- Gray, C., Prapavessis, H., Campbell, N., McGowan, E., Rivas, D., **Wilson, A. J.** (2010). Barrier-efficacy prospectively predicts children's self-reported and objectively measured physical activity. *Obesity Reviews, 11*(Supp July) s1.
- Gray, C., Prapavessis, H., Campbell, N., Rivas, D., McGowan, E., **Wilson, A. J.** (2010). An integrated self-efficacy and basic psychological needs satisfaction in physical activity scale for children: Factor structure and composition. *Journal of Sport and Exercise Psychology, 32*(Supp July) s169.
- Elkayam, J., Prapavessis, H., Jung, M., McGowan, E., & **Wilson, A. J.** (2009). The effect of a media literacy intervention on body dissatisfaction. *International Journal of Behavioural Nutrition and Physical Activity, (Supp July)*.

PRESENTATIONS

- Dowd, A. J., & Jung, M. E.** (2015). *Self-compassion and psychosocial coping among adults with celiac disease*. Poster presentation at the International Celiac Disease Symposium, Prague, Czech Republic.
- Dowd, A. J., Jung, M. E., Chen, M. Y., & Beauchamp, M. R.** (2015). *Prediction of adherence to a gluten-free diet using protection motivation theory among adults with celiac disease*. Poster presentation at the International Celiac Disease Symposium, Prague, Czech Republic.

- Dowd, A. J.,** Chen, M. Y., Schmader, T., Jung, M. E., Zumbo, B. D., & Beauchamp, M. R. (2015). *Psychosocial predictors of adolescent girls' physical activity and dietary behaviours after completing the Go Girls! group-based mentoring program*. Verbal presentation at the North American Society for the Psychology of Sport and Physical Activity, Portland, OR.
- Dowd, A. J.,** Chen, M. Y., Schmader, T., Jung, M. E., Zumbo, B. D., & Beauchamp, M. R. (2014). *Psychosocial predictors of adolescent girls' physical activity and dietary behaviours after completing the Go Girls! group-based mentoring program*. Verbal presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.
- Harden, S. M., **Dowd, A. J.,** & Beauchamp, M. R. (2014). *Mentors' experiences in the Go Girls! group-based lifestyle program: Findings from a qualitative program evaluation*. Verbal presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.
- Watson, M, **Dowd, A.J.,** Hill, D.J., Prapavessis, H., Robinson, T., Shoemaker, K., Clarson, C.L. (2014). *Effects of comprehensive, intensive lifestyle intervention combined with metformin extended release in obese adolescents*. 5th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity, Winnipeg, MB.
- Dowd, A. J.,** Chen, M., Beauchamp, M. R. (2013). *Effects of a group-based healthy lifestyle program for adolescent girls*. Verbal presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, Kelowna, BC.
- Dowd, A. J.,** Tamminen, K. A., Jung, M. E., Case, S., McEwan, D., & Beauchamp, M. R. (2013). *Motives to adhere to a gluten-free diet among adults with celiac disease: A qualitative investigation involving adults with celiac disease*. Poster presentation at the International Celiac Disease Symposium, Chicago, IL.
- Sylvester, B. D., **Wilson, A. J.,** & Beauchamp, M. R. (2013). *Considering the experience of variety from the perspective of self-determination theory: Conceptual foundations and preliminary validity evidence*. Presented at the Society of Behavioral Medicine conference, San Francisco, CA.
- Wilson, A. J.,** Sylvester, B. D., Martin, L. J., Beauchamp, M. R. (2012). *Effects of social belonging on exercise behaviour and social cognitions among lonely individuals*. Verbal presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, Halifax, NS.
- Wilson, A. J.,** Sylvester, B. D., & Beauchamp, M. R. (2012). *Effects of social belonging on self-regulatory efficacy and intentions to exercise*. Poster presentation at the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.

- Wilson, A. J.,** Jung, M. E., Cramp, A. G., Simatovic, J., Prapavessis, H., & Clarson, C. (2010). *A group-mediated cognitive-behavioural exercise intervention for obese adolescents.* Verbal presentation at the Canadian Society for Psychomotor Learning and Sport Psychology, Ottawa, ON.
- Wilson, A. J.,** Simatovic, J., Jung, M. E., Cramp, A. G., Prapavessis, H. (2010). *Exercise programs for obese adolescents: What is the right intensity?* Poster presented at the International Congress of Behavioural Medicine, Washington, DC, USA.
- Wilson, A. J.,** Simatovic, J., Kasman, S., Radford, L., Rivas, D., Jung, M., Prapavessis, H., Yao, C., & Clarson, C. (2010, October). *Long-term physical activity behaviour in obese adolescents: Effects of an exercise and group-mediated cognitive-behavioural intervention.* Poster presented at the Childhood & Adolescent Obesity Conference, Hamilton, ON.
- Wilson, A. J.,** Simatovic, J., Kasman, S., Radford, L., Rivas, D., Krawec, K., & Prapavessis, H. (2010). *Exercise intensity and outcome expectations in obese adolescents: Preliminary findings.* Poster presented at the Canadian Obesity Network Student Meeting, Ottawa, ON.
- Wilson, A., J.,** Jung, M. E., Cramp, A. G., & Prapavessis, H. (2009). *REACH: A group-mediated cognitive-behavioural physical activity intervention for obese adolescents.* Oral presentation at the Eastern Canadian Sport and Exercise Psychology Symposium, Toronto, ON.
- Wilson, A. J.,** Latimer, A. E., & Meloff, L. R. (2008). *Effectiveness of a pediatric obesity treatment program based on quality of life.* Oral and poster presentation at the Canadian Obesity Network Student and New Professional Research Day, Calgary, AB.
- Wilson, A. J.,** Latimer, A. E., & Meloff, L. R. (2008). *Effectiveness of a pediatric obesity treatment program based on quality of life.* Oral presentation at the Eastern Canadian Sport and Exercise Psychology Symposium, Sudbury, ON.

STUDENT SUPERVISION

Supervisory Jackson, Colleen, Master's Thesis (In Progress), University of Calgary
Committee Member Student Degree Start Date: 2014/9

Co-Supervisor Mowatt, Morgan, Bachelor's, University of British Columbia | Okanagan
Student Degree Start Date: 2012/9
Project Description: Undergraduate Practicum Student

CERTIFICATIONS

2015 Graduate Student Teaching Development Badge (In progress)

2011 Tri-Council Policy Statement (TCPS II) Certification

CONTINUING EDUCATION

2015 Research Communications and Media Training Workshop. Office of the Vice-President
Research, University of Calgary, TBC Dec 11, 2015.

Professional Development Day. Postdoctoral Association of the University of Calgary,
University of Calgary, Nov 6, 2015.

Graduate Student Teaching Development Badge courses. Taylor Institute of
Teaching and Learning, University of Calgary.

ePortfolio: The Basics of ePortfolio Implementation. Oct 15, 2015.

Facilitating Learners in Effective Discussions. Oct 23, 2015.

Writing Learning Outcomes. TBC Dec 4, 2015.

Engaging in the Scholarship of Teaching and Learning. TBC Dec 10, 2015.

The Connection Project: The Future of Well-being. Dr. Chopra. October 8, 2015.

Mindfulness, Connection & Compassion. Dr. Shauna Shapiro. Center for
Greater Good, October 2, 2015.

Skills of Communication. Mitacs Step, February 6, 2015.

Career Professionalism. Mitacs Step, February 5, 2015.

2014 Foundations of Project Management I. Mitacs Step, November 12-13, 2014.

Networking Skills. Mitacs Step, November 25, 2014.

Self-Compassion and the Cultivation of Happiness. Dr. Kristen Neff, Center for Greater
Good, November 7, 2014.

Assessing Student Learning Using Connect (UBC online blackboard).

University of British Columbia, Centre for Teaching, Learning and Technology, February
13, 2014.

Participatory Learning Techniques. University of British Columbia, Centre for Teaching, Learning and Technology, February 8, 2014.

Keep Your Learners Focused with Learning Objectives. University of British Columbia, Centre for Teaching, Learning and Technology, February 9, 2014.

2012 Motivational Interviewing for Helping Professionals, University of British Columbia – Continuing Studies, September 18-19, 2012.