

Amanda L Rebar

[maiden name: Hyde, A. L.] | Curriculum Vitae

Associate Professor of Psychology, Director of Motivation of Health Behaviours Lab,

Health Promotion, Education, and Behavior

Arnold School of Public Health

University of South Carolina

Education

- Doctor of Philosophy (Ph.D.)** – The Pennsylvania State University 2013
University Park, Pennsylvania, United States of America
Kinesiology (Concentration: Psychology of Movement and Sport)
Supervisor: Prof David E. Conroy
- Master of Science (M.S.)** – The Pennsylvania State University 2010
University Park, Pennsylvania, United States of America
Kinesiology (Concentration: Psychology of Movement and Sport)
Supervisor: Prof David E. Conroy
- Bachelor of Science (B.S.)** – Indiana University 2008
Bloomington, Indiana, United States of America
Major: Psychology
Minors: Biology, Kinesiology

Teaching

- Personal and Community Health (HPEB 321)** – *University of South Carolina* Fall 2025
- Consumer Health in Contemporary Society (HPEB 547)** – *University of South Carolina* Spring 2025 - *current*
- Psychology Honours Thesis Coordinator** – Central Queensland University 2015 - 2016, 2019 - *current*
- Course Coordinator and Instructor** – Central Queensland University 2014 - 2016
Research Methods for Speech Pathology (Allied Health)
- Guest Speaker for HealthLink Program** – Emmaus College Students (year 10 Students) Allied 2013
Health Assistance Certificate 3 Program
Topic: *Careers Opportunities in Health Research*
- Teaching Assistant for The Biophysical Bases of Kinesiology** – The Pennsylvania State University 2012 – 2013

Instructor for Continuing Education Psychology of Movement Behavior – The Pennsylvania State University	2012
Lab Instructor and Teaching Assistant for Introduction to Kinesiology – The Pennsylvania State University	2008 – 2009
Teaching Assistant for The Psychology of Movement and Sport – The Pennsylvania State University	2008
Undergraduate Teaching Assistant for Psychology Statistical Techniques – Indiana University	2007 – 2008

Grants and Fellowships (total: \$1,321,336)

(*signifies senior investigator)

Beachamp, M., Rebar, A. L., et al. (submitted September 2024). The 'Global Goals Project': An international randomized trial to examine the effectiveness of open goals to promote physical activity (pending). <i>Social Sciences and Humanities Research Council of Canada</i> .	Under review
Maher, J. P., Etnier, J. L., & Rebar, A. L. (submitted January 2024). Manipulating action plans to improve physical activity behavior and cognitive health in older adults. <i>Royal Midwest</i>	Under review
Dunton, G. et al. (Rebar, A. L. as consultant) (2024). Using real-time data capture to examine implicit attitudes as mediators of physical activity adherence in interventions. (R03 CA292977-01). \$166,000	2024-2026
Swann, C., et al. Rebar, A. L. (2023). Open(ing up) goals in physical activity: What works, when, and for whom? Australian Research Council Discovery Project (GA350863). \$438,567 AUD.	2024-2026
McCalman, J. Boer, H., Conte, K., Dickson, M., Lovett, R., Miller, A., Onnis, L., Passey, M., Ramanathan, S., Rebar, A. L. , Saunders, V. (2024). <i>Working together: A collective impact approach to achieve the reforms underpinning the Closing the Gap targets</i> . Mid-Career Researcher Grant. \$4,988,655.25 AUD.	2024
Rebar, A. L. , Thomson, M., & Signal, T. <i>Australian meat processing corporation social impact assessment - stage 1</i> . Australian Meat Processing Corporation. \$40,000 AUD.	2023
Rebar, A. L. , Condie, M., Sprajcer, M., Mason, H., Schoeppe, S., Paterson, J., Vincent, G., Jha, M., Rigney, G., Gerace, A., Alley, S., de Luca, K., Stanton, R., & Vandelanotte, C. (2023). <i>cohort model supervision proposal for lab-based community style supervision</i> . Central Queensland University School of Graduate Research. \$9,847 AUD.	2023
Van Itallie, A., Vandelanotte, C., Stanton, R., Rebar, A. L. , Hayman, M., Williams, S., Fenning, A., Schoeppe, S., Doering, T., Alley, S. A., Khalesi, S., & Hodgetts, D. <i>10,000 Steps ActiveKIT – increasing Queensland women's physical activity</i> . Queensland Government. \$120,000 AUD.	2022
Rebar, A. L. , Trotter, M., & Rolfe, J. <i>Business model for putting the people into Australian farmers' business models</i> . Department of Industry, Innovation & Science - Innovation Connections Researcher Placement. \$45,498 AUD.	2022
Capper, A., Rebar, A. L. , & Anastasi, A. <i>Litter and marine debris clean up and prevention</i> . Community Sustainability Action Grants. \$49,928 AUD.	2021
Rebar, A. L. <i>Understanding perspectives of a habit-based intervention for prison staff</i> . New South Wales Department of Customer Service Behavioral Insights Unit. \$3,089 AUD.	2021

Alfrey, K-L., & Rebar, A. L. <i>Second annual Online Conference for Undergraduate Research in Australia.</i> Centre for Research in Equity & Advancement of Teaching & Education (CREATE) Research Stimulus Grants Scheme, Central Queensland University. \$9,738 AUD.	2021
Alfrey, K-L., & Rebar, A. L. <i>Online Conference for Undergraduate Research in Australia.</i> Centre for Research in Equity & Advancement of Teaching & Education (CREATE) Research Stimulus Grants Scheme, Central Queensland University. \$6,911 AUD.	2020
Doran, C., Rebar, A. L. , Meredith, P., & McAllister, M. <i>Understanding the links between health and safety culture, bullying and mental health in the construction industry.</i> Mates in Construction Australia. \$63,932 AUD.	2020
Rebar, A. L. , & Gardner, B. Drawing on the science of habit to increase long-term physical activity behaviour and improve health outcomes of cardiovascular and pulmonary exercise rehabilitation. <i>Foundation for High Blood Pressure Research.</i> \$20,000 AUD.	2020
Rebar, A. L. , Stanton, R., Burke, K., Crawford, C., & Signal, T. <i>Royal Flying Doctors Service: Drought wellbeing service evaluation.</i> Royal Flying Doctors Service. \$25,000 AUD.	2019
Rebar, A. L. <i>Ensuring competence of electrical work through more stringent and relevant skills maintenance.</i> Worksafe Queensland. \$49,440 AUD.	2018
Stanton, R., Rebar, A. L. , & Rosenbaum, S. <i>How hard can it be? Assessing fitness in people with depression.</i> Central Queensland University Merit Grant. \$34,874.	2017
Rebar, A. L. , Judd, J., Gardner, B., & Askew, C. <i>Towards a better understanding of why people do or do not adopt an active lifestyle during and following cardiac and pulmonary rehabilitation.</i> Central Queensland University & Bundaberg Health Promotions, Ltd. Bundaberg Health Promotions Ltd. Partner Investigators: Kelly Dooley, Simon Halloran, Lucy Ashby, & Michael Strahan. \$54,232 AUD.	2017
Rebar, A. L. , Alfrey, K-L, Cope, K., Neal, J., & Gardner, B. <i>LIVIN Strong program evaluations study support award.</i> LIVIN. \$2,500 AUD.	2017
Stanton, R., Rebar, A. L. , & Rosenbaum, S. <i>Exercise and depression – assessing translation to public awareness.</i> Central Queensland University Population Research Grant Scheme. \$19,500 AUD.	2017
'Khalesi, S., Williams, S., Vandelanotte, C., Rebar, A. L. , Dwyer, T., Heidke, P. <i>Psychological distress in nursing students: Roles of modifiable lifestyle behaviours.</i> Central Queensland University New Staff Grant. \$14,796 AUD.	2017
Hayman, M., Vandelanotte, C., Short, C., Reaburn, P., Alley, S., Schoeppe, S., Rebar, A. L. , & Brown, W. <i>Fit4Two: A tailored eHealth physical activity intervention for pregnant women integrated into clinical practice – a randomized controlled trial.</i> Central Queensland University Merit Grant. \$13,625 AUD.	2016
*Alfrey, K-L., Cope, K., & Rebar, A. L. <i>Fly-in, Fly-out study support award.</i> LIVIN. \$1,498 AUD.	2016
Vandelanotte, C., Rebar, A. L. , Schoeppe, S., Alley, S., Hayman, M. <i>Physical activity measurement equipment and support.</i> Central Queensland University Research Infrastructure Block Grant. \$74,214 AUD.	2016
Alley, S., Schoeppe, S., Rebar, A. L. , & Vandelanotte, C. <i>Population Research Grant.</i> Central Queensland University. \$19,500 AUD.	2016
Rebar, A. L. <i>Ringling Pavlov's Bell – Using conditioning tasks to enhance physical activity and reduce cardiovascular disease.</i> Central Queensland University. \$61,095 AUD.	2016 - 2019

Rebar, A. L. <i>Ringling Pavlov's Bell – Using conditioning tasks to enhance physical activity and reduce cardiovascular disease.</i>	2016 - 2019
National Health and Medical Research Council Early Career Fellowship Australian Government. \$314,644 AUD.	
Rebar, A. L. & Vandelanotte, C. <i>Australians' perceptions of physical activity and exercise.</i>	2015
Population Research Lab Grant Scheme, Central Queensland University. \$19,500 AUD.	
Hagger, M., Vandelanotte, C., Rebar, A. L. , Sonj, H. <i>Joint funded Health Collaborative Research Network (Health CRN) post-doctoral research fellow to foster collaboration.</i>	2015 - 2016
Curtin University and Central Queensland University. \$200,184 AUD.	
Duncan, M. J., Vandelanotte, C., Short, C., Rebar, A. L. , Rogers, N., Brown, W. <i>Efficacy of a web- and smartphone-based intervention to improve multiple health behaviours: The Balance project.</i>	2014
Queensland Centre for Social Science Innovation. \$70,000 AUD.	
Rebar, A. L. , Vandelanotte, C., Short, C., & Schoeppe, S. <i>"But I don't have time to exercise!" An investigation of physical activity time utility.</i>	2014
Population Research Lab Grant Scheme, Central Queensland University. \$15,000 AUD.	
Rebar A. L. <i>Uncovering physical activity habits.</i>	2013
Population Research Lab Grant Scheme, Central Queensland University. \$15,000 AUD.	
Rebar, A. L. , Vandelanotte, C., Burton, N., Duncan, M. J., & Short, C. <i>A healthy mind in a healthy body: A two-group randomised trial evaluating web-based physical activity interventions to improve mental and physical health in people with depression – A pilot study.</i>	2013
Health Collaborative Research Network Merit Grant, Central Queensland University. \$14,790 AUD.	

Honours and Awards (total: \$25,525 & \$5,870 USD)

Associate Member	2022 – current
Habit Application and Theory Research Group ('HabitAT'), University of Surrey	
Honorary Research Associate	2022 – current
Telethon Kids Institute	
Cogent Psychology Research Spotlight Award	2022
Gardner, B., Lally, P., & Rebar, A. L. , Cogent Psychology	
Young Tall Poppy Science Award	2021
Office of the Queensland Chief Scientist and Australian Institute of Policy and Science	
Reviewer of the Year	2019
Psychology of Sport & Exercise	
Publication Recognition Award	2019
Central Queensland University	
Publication Recognition Award	2018
Central Queensland University	
Visiting Senior Research Fellow	2018
King's College London, United Kingdom	
Publication Recognition Award	2017
Central Queensland University	

OPAL Award for Excellence in Engagement	2017
Students: Alfrey, K-L., Neal, J., & Cope, K., Supervisors: Rebar, A. L. , & Gardner, B. Central Queensland University	
Publication Recognition Award	2016
Central Queensland University	
Women's Academic Maternity Funding Award	2015 – 2016
Advance Queensland. \$14,000 AUD	
Vice Chancellor's Award for Outstanding Early Career Researcher	2014
Central Queensland University. \$5,000 AUD	
Student Voice Award for Educator of the Year	2014
Central Queensland University	
Special Purpose Collaborative Funding Award	2014
The Health Collaborative Research Network. \$1,000 AUD	
Special Purpose Collaborative Funding Award	2014
The Health Collaborative Research Network. \$1,525 AUD	
Special Purpose Collaborative Funding Award	2013
The Health Collaborative Research Network. \$4,000 AUD	
The Department of Kinesiology Graduate Student Research Award	2012
Department of Kinesiology, The Pennsylvania State University	
Department nomination for the Kligman Graduate Fellowship	2012
Department of Kinesiology, The Pennsylvania State University	
Ruth W. Ayres-Givens Scholarship	2010
The Pennsylvania State University. \$1,675 USD	
The Women in Science and Engineering Institute Travel Grant Award	2010
The Pennsylvania State University. \$400 USD	
National Science Foundation Graduate Fellowship Application Incentive Award	2008
The Pennsylvania State University. \$1,000 USD	
The Penn State University Fund for Excellence in Graduate Recruitment Award	2008
The Pennsylvania State University. \$2,295 USD	
Excellence in Research	2008
Indiana University	
Hutton Honors College Research Partnership Grant	2006
Indiana University. \$500 USD	

Publications

(*signifies senior authorship)

Peer-Reviewed Journal Articles

- 180 Alley, S. A., Waters, K., Parker, F., Peiris, D. L. H. K., **Rebar A. L.**, & Vandelanotte, C. (2025). The effectiveness of digital physical activity interventions in older adults: A systematic umbrella review and meta-meta analysis. *International Journal of Behavioral Nutrition and Physical Activity*.
- 179 *McLaurin, T., Gardner, B., Rebar, A. L., Shriane, A., & Vincent, G. (2024). Do people rely more on habits when sleepy? An ecological momentary study. *Journal of Sleep Research*.
- 178 *Alfrey, K.-L., Gardner, B., Judd, J., Askew, C. D., Vandelanotte, C., & Rebar, A. L. (2024). Physical activity behaviour and motivation during and following pulmonary and cardiac rehabilitation: A repeated measures study. *MDPI – Behavioral Sciences, special issue The Role of Behavioural Science in Improving Public Health*. 10.20944/preprints202409.0358.v1
- 177 Hill, V., Ferguson, S., **Rebar, A. L.**, & Vincent, G. (2024). In defence of the arousal and sleep displacement hypotheses: Considering the role of automatic processes in pre-sleep technology use. A response to Bauducco et al. and Reichenberger et al. *Sleep Medicine Reviews*.
- 176 Gardner, B., Lally, P., & **Rebar, A. L.** (2024). Can – and should – automaticity be self-reported using a single item? A secondary analysis of 16 datasets. *Applied Psychology: Health & Wellbeing*. <https://doi.org/10.1111/aphw.12600>
- 175 *Hill, V., Meaklim, H., Ferguson, S., Junge, M., Vincent, G., & **Rebar, A. L.** (2024). Bedtime procrastination and sleep disturbances: a call for targeted research and interventions to improve sleep health *Journal of Clinical Sleep Medicine*.
- 174 *Shriane, A., Vincent, G. E., Ferguson, S. A., **Rebar, A. L.**, Kolbe-Alexander, T., & Rigney, G. (2024). Improving sleep health in paramedics through an app-based intervention: A randomised waitlist control pilot trial. *BMC Public Health*.
- 173 Quossi, A., Maltagliati, S., Fessler, L., Gardner, B., Miller, M. W., Sander, D., **Rebar, A. L.**, & Cheval, B. (2024). Exercise addiction: The dark side of automatic reactions toward exercise? *International Journal of Sport and Exercise Psychology*.
- 172 Bettapalli, S. N., **Rebar, A. L.**, & Abdullah, S. M. (2024). Speaking of health: Linking language to exercise motivation and behavior of cardiovascular and pulmonary rehabilitation patients. *Interspeech*.
- 171 Vandelanotte C, Short C, Plotnikoff R, Schoeppe S, Alley S, To Q, **Rebar A. L.**, Duncan MJ (2024). Does intervention engagement mediate physical activity change in a web-based computer-tailored physical activity intervention? - Secondary outcomes from a randomised controlled trial. *Frontiers in Digital Health*, 6:1356067.
- 170 Gardner, B., **Rebar, A. L.**, de Wit, S., & Lally, P. (2024). What is habit and how can it be used to change real-world behaviour? Narrowing the theory-reality gap. *Social and Personality Psychology Compass*.
- 169 *Pike, C., & **Rebar, A. L.** (2024). What would a trauma informed workplace ideally look like in legal aid? A qualitative perspective from lawyers. *Psychiatry, Psychology and Law*. <https://doi.org/10.1080/13218719.2024.2343783>
- 168 **Rebar, A. L.**, Lagoa, C. M., Gardner, B., & Conroy, D. E. (2024). The specification of a computational model of physical activity habit. *Exercise and Sport Sciences Reviews*.
- 167 *Hill, V., Ferguson, S., Vincent, G. E., & **Rebar, A. L.** (2023). Beyond circadian timing: A new model of bedtime procrastination. *Sleep Health*.
- 166 Gupta, C...Rebar, A. L., et al. (2023). Exploring the prioritisation of sleep, diet, and physical activity as pillars of health: Correlates and associations with health behaviours in Australian adults. *Journal of Activity, Sedentary, and Sleep Behaviours*.

- 165 *Hill, V.M., Ferguson, S.A., Vincent, G.E., & **Rebar, A. L.** (2023). It's satisfying but destructive?: A qualitative study on the experience of bedtime procrastination in new career starters. *British Journal of Health Psychology*.
- 164 *Newman, K., Forestier, C., Cheval, B., Zenko, Z., de Chanalleilles, M., Gardner, B., & **Rebar, A. L.** (2023). Comparing habit-behaviour relationships for organised versus leisure time physical activity. *Peer Community In: Health & Movement Sciences*. <https://doi.org/10.24072/pcjournal.311>
- 163 Kwasnicka, D., Potthoff, S., Hagger, M., Vandelanotte, C., **Rebar, A. L.**, Short, C. E., Crook, D., & Gardner, B. (2023). Challenging assumptions underlying physical activity promotion for healthcare professionals: A data-prompted interview study. *Health Promotion Journal of Australia*. <http://doi.org/10.1002/hpja.784>
- 162 **Rebar, A. L.**, Williams, R., Short, C. E., Plotnikoff, R., Duncan, M. J., Mummery, W. K., Alley, S., Schoeppe, S., To, Q., & Vandelanotte, C. (2023). The impact of action plans on habit and intention strength for physical activity in a web-based intervention – Is it the thought that counts? *Psychology and Health*.
- 161 *Hill, M., Paterson, K., & **Rebar, A. L.** (2023). Secondary traumatic stress in partners of paramedics: A narrative review. *Australasian Emergency Care*.
- 160 *Forshaw, A., Alfrey, K.-L., Maher, J. P., & **Rebar, A. L.** (2023). But that's who I am: The inability to enact physical activity identity is associated with depression and anxiety symptoms. *Mental Health and Physical Activity*. <https://doi.org/10.1016/j.mhpa.2023.100524>
- 159 Alfrey, K.-L., Condie, M., Waters, K., & **Rebar, A. L.** (2023). The role of identity in human behaviour research: A systematic scoping review. *Identity*. <https://doi.org/10.1080/15283488.2023.2209586>
- 158 Reifsteck, E. J., Hevel, D. J., Anderson, S. N., **Rebar, A. L.**, Maher, J. P. (2023). Investigating intraindividual variability of psychological needs satisfaction and relations with subsequent physical activity. *Journal of Sport and Exercise Psychology*. <https://doi.org/10.1123/jsep.2022-0140>
- 157 Lee, L. M., & **Rebar, A. L.** (2023). Correctional officer training: Can a five-minute intervention improve prisoner outcomes? *Midwest Economics Association Annual Conference Proceedings*. https://loganmlee.sites.grinnell.edu/FMI_Paper.pdf
- 156 Schoeppe, S., Wateres, K., Salmon, J., Williams, S. L., Power, D., Alley, S., **Rebar, A. L.**, Hayman, M., Duncan, M. J., & Vandelanotte, C. (2023). Experience and satisfaction with a family-based physical activity intervention using activity trackers and apps: A qualitative study. *International Journal of Environmental Research and Public Health*. <https://www.mdpi.com/1660-4601/20/4/3327#>
- 155 Gardner, B., Mainsbridge, C. P. **Rebar, A. L.**, Cooley, D., Honan, C., O'Brien, J. & Pedersen, S. K. (2023). Breaking the habit? Identifying discrete dimensions of sitting automaticity and their responsiveness to a sitting-reduction intervention. *International Journal of Behavioral Medicine*. <https://link.springer.com/article/10.1007/s12529-023-10155-4>
- 154 Englert, C., **Rebar, A. L.**, Rhodes, R. E., & Pfeffer, I. (2023). New developments in the intention-behavior gap for physical activity – Recent trends, controversies, and critical outlooks. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2023.1119973>
- 153 Nhongo, D., Holt, A., Flenady, T., **Rebar, A. L.**, & Bail, K. (2023). Nurse staffing and adverse events in residential aged care: Retrospective multi-site analysis. *Collegian*. <https://doi.org/10.1016/j.colegn.2022.09.017>
- 152 Arnautovksa, U., Kesby, J., Korman, N., **Rebar, A. L.**, Chapman, J., Warren, N., Rossell, S. L., Dark, F., Siskind, D. (2022). Biopsychology of physical activity in people with schizophrenia: An integrative perspective on barriers and intervention strategies. *Neuropsychiatric Disease and Treatment*. <https://www.tandfonline.com/doi/pdf/10.2147/NDT.S393775>

- 151 *Smallwood, R., Curcio, A., & **Rebar, A. L.** (2022). Internal locus of control buffers the impact of daily stressors on Australian farmers' wellbeing. *Australian Journal of Rural Health*. <https://doi.org/10.1111/ajr.12948>
- 150 Alley S. J., Plotnikoff R. C., Duncan M. J., Short C. E., Mummery W. K., To Q., Schoeppe S., **Rebar A. L.**, & Vandelanotte C (2022). Does matching a personally tailored physical activity intervention to participants' learning style improve intervention effectiveness and engagement? *Journal of Health Psychology*. <https://doi.org/10.1177/13591053221137184>
- 149 Vandelanotte, C., Duncan, M. J., Plotnikoff, R. C., **Rebar, A. L.**, Alley, S. J., Schoeppe, S., To, Q., Mummery, W. K., & Short, C. E. (2022). Impact of a web-based personally tailored physical activity intervention on depression, anxiety, stress and quality of life: Secondary outcomes from a randomized controlled trial. *Mental Health and Physical Activity*. <https://doi.org/10.1016/j.mhpa.2022.100477>
- 148 *Hill, V., **Rebar, A. L.**, Ferguson, S. A., Shriane, A. E., Vincent, G. (2022). Go to bed! A systematic review and meta-analysis of bedtime procrastination correlates and sleep outcomes. *Sleep Medicine Reviews*. <https://doi.org/10.1016/j.smrv.2022.101697>
- 147 Schoeppe, S., Salmon, J., Williams, S., Power, D., Waters, K., Alley, S., **Rebar, A. L.**, Hayman, M., Duncan, M. J., & Vandelanotte, C. (2022). Feasibility of using activity trackers and apps to increase physical activity in whole families: The Step it Up Family intervention. *Digital Health*. <https://doi.org/10.1177/20552076221129083>
- 146 *Luong, M.-L. N., Bennell, K. L., Himan, R. S., & **Rebar, A. L.** (2022). A test of the impact of pain on automatic motivational processes in people with knee osteoarthritis. *Psychology of Sport and Exercise*. <https://doi.org/10.1016/j.psychsport.2022.102293>
- 145 de Oliveira Calado, G. D., de Oliveira Araújo, A., Oliveira, G. T. A., Sasaki, J. E., **Rebar, A. L.**, da Silva Machado, D. G., & Elsangedy, H. M. (2022). Positive implicit associations for physical activity predict physical activity and affective responses during exercise. *Journal of Sport and Exercise Psychology*. <https://doi.org/10.1123/jsep.2021-0228>
- 144 **Rebar, A. L.**, Lally, P., Verplanken, B., Diefenbacher, S., Kwasnicka, D., Rhodes, R. E., Lanzini, P., Koutoukidis, D. A., Venema, T. A. G., & Gardner, B. (2022). Changes in virus-transmission habits during the COVID-19 pandemic: A cross-national, repeated measures study. *Psychology and Health*. <https://doi.org/10.1123/jsep.2021-0228>
- 143 **Rebar, A. L.**, Rhodes, R. E., & Verplanken, B. (2022). Habits and behavioral complexity – dynamic and distinct constructs. *Health Psychology Review*. <https://doi.org/10.1123/jsep.2021-0228>
- 142 Short, C. E., Crutzen, R., Stewart, E., O'Rielly, J., Dry, M., Skuse, A., Quester, P., **Rebar, A. L.**, Vandelanotte, C, Duncan, M, & Vincent, A. (2022). Exploring the interplay between message format, need for cognition and personal relevance on processing messages about physical activity: A two-arm randomised experimental trial. *International Journal of Behavioral Medicine*. <https://doi.org/10.1123/jsep.2021-0228>
- 141 *Cushan-Kain, G., Gardner, B., Verplanken, B., Lally, P., Rhodes, R. E., Kwasnicka, D., Alfrey, K.,-L., & **Rebar, A. L.** (2022). Identifying as someone who avoids virus transmission strengthens physical distancing habit-behaviour relationships: A longitudinal multi-national study during the COVID-19 pandemic. *Applied Psychology: Health & Wellbeing*. <https://doi.org/10.1111/aphw.12369>
- 140 Dunton, G.F., Rothman, A.J., Leventhal, A.M., **Rebar, A.L.**, Gardner, B., Intille, S.S. (2022). Towards consensus in conceptualizing and operationalizing physical activity maintenance. *Psychology of Sport and Exercise*. <https://doi.org/10.1016/j.psychsport.2022.102214>

- 139 Sharouni, T-J., McClymont, R. G., Alcorn, C., **Rebar, A. L.**, Law, K. H., Jackson, B., Caltabiano, N., & Dimmock, J. A. (2022). Within- and between-person relationships between spontaneous self-affirmations, coping style, and wellbeing. *Stress and Health*. <https://doi.org/10.1002/smi.3145>
- 138 Maher, J. P., Batts, M., **Rebar, A. L.**, Mead, M. P., Zaplatosch, M. E., Hevel, D. J., Adams, W. M., & McGuirt, J.T. (2022). Bidirectional associations between daily stress and sleep among Black emerging adults. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaac015>
- 137 Gardner, B., Lally, P., & **Rebar, A. L.** (2022). How does habit form? Guidelines for tracking real-world habit formation. *Cogent Psychology*. <https://doi.org/10.1080/23311908.2022.2041277>
- 136 Chapman, J., Seymour, J., Pratt, G., Patterson, S., **Rebar, A. L.**, Tillston, S. (2022). Changes in self-determined motivation for exercise in people with mental illness participating in a community-based exercise service in Australia. *Health and Social Care in the Community*. <https://doi.org/10.1111/hsc.13588>
- 135 *King, S., **Rebar, A. L.**, Oliveri, P., & Stanton, R. (2021). Australian paramedic students' mental health literacy and attitudes towards mental health. *Journal of Mental Health Training, Education, and Practice*. <https://doi.org/10.1108/JMHTEP-03-2021-0027>
- 134 Schoeppe, S., Duncan, M. J., Plotnikoff, R. C., Mummery, W. K., **Rebar, A. L.**, Alley, S., To, Q., Short, C. E., & Vandelanotte, C. (2022). Acceptability, usefulness, and satisfaction with a web-based video-tailored physical activity intervention: The TaylorActive randomized controlled trial. *Journal of Sport and Health Science*. <https://doi.org/10.1016/j.jshs.2021.09>
- 133 **Rebar, A. L.**, Hamilton, K., Rhodes, R. E., & Gardner, B. (2022). Habit facilitates actioning sun protective behavior intentions. *Behavioral Medicine*. <https://doi.org/10.1080/08964289.2021.1903380>
- 132 *Rasera, M., Jayasinghe, H., Parker, F., Short, C. E., Conroy, D. E., Jackson, B., Dimmock, J. A., Rhodes, R. E., de Vries, H., Vandelanotte, C., & **Rebar, A. L.** (2021). An early phase trial testing the proof of concept for a gamified smartphone app in manipulating automatic evaluations of exercise. *Sport, Exercise, and Performance Psychology*. <https://doi.org/10.1037/spy0000278>
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Books

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Book Sections

- 15 **Rebar, A. L.**, Alfrey, K.-L., & Gardner, B. (2021). Theories of physical activity motivation. In Z. Zenko & L. Jones (Eds.), *Essentials of exercise and Sport psychology: An open access textbook*.
- 14 **Rebar, A. L.** (2021). Willpower versus unhealthy temptations – spoiler alert – willpower usually loses. In Kwasnicka, D., ten Hoor, G., Knittle, K., Potthoff, S., Cross, A., & Olson, J. (Eds.), *Practical health psychology: Translating behavioural research to practice*. <https://doi.org/10.17605/OSF.IO/M72P5>
- 13 Gardner, B., **Rebar, A.**, & Lally, P. (2020). Habit interventions. In M. S. Hagger, L. D. Cameron, K. Hamilton, N. Hankonen & T. Lintunen (Eds.), *The Handbook of Behavior Change* (pp. 599-616). Cambridge University Press.
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- 12 **Rebar, A. L.**, & Rhodes, R. E. (2020). Progression of motivation models in exercise science: Where we have been and where we are heading. In R. C. Eklund & G. Tenenbaum (Eds.), *Handbook of sport psychology (4th Edition)*. John Wiley and Sons Inc. <https://doi.org/10.1002/9781119568124.ch44>
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- 2 Ram, N., Conroy, D. E., Pincus, A., **Hyde, A. L.**, Molloy, L. (2012). Tethering theory to method: Using measures of intraindividual variability to operationalize individuals' dynamic characteristics. In J. R. Harring & G. R. Hancock (Eds.), *Advances in longitudinal modeling in the social and behavioral sciences*. (81-110). New York: Routledge.
- 1 Conroy, D. E. & **Hyde, A. L.** (2011). Achievement motivation processes. In G. Tenenbaum, R. Eklund, & A. Kamata (Eds.), *Measurement in sport and exercise psychology* (303-316). Champaign, Illinois: Human Kinetics.

Presentations

Invited Presentations

- 24 **Rebar, A. L.** (June 2024). *Imagine the Possibilities*. European Health Psychology Society's Habit Special Interest Group. Virtual.
- 23 **Rebar, A. L.** (September 2024). *Uncovering the Power of Habit for Improving Health Behaviours*. Invited Keynote for 3rd International Conference on Behavioral Sciences and Applied Psychology & International Conference on Mental Health and Behavioral Medicine, Kuala Lumpur, Malaysia.
- 22 **Rebar, A. L.** (August 2023). It's all in the research questions: How to get the most out of science by understanding what makes a really good research question or hypothesis. Online Conference for Undergraduate Research in Australasia. Virtual.
- 21 **Rebar, A. L.** (August 2023). *The science of making and breaking habits*. Body-Brain-Mind Laboratory, China. Virtual.
- 20 **Rebar, A. L.** (September 2022). *Research questions*. Keynote speech. Online Conference for Undergraduate Research in Australasia. Virtual.
- 19 **Rebar, A. L.** (July 2021). *Habits III: Habits and Queensland's Public Health Programs*. Queensland Health. Virtual.

- 18 **Rebar, A. L.** (May 2021). *Habits II: Application in Public Health*. Queensland Health. Virtual.
- 17 **Rebar, A. L.** (March 2021). *Habits I: Theory and Understanding*. Queensland Health. Virtual.
- 16 **Rebar, A. L.** (September 2020). *Undergraduate research experience: It's so much more than just collecting data and crunching numbers*. Keynote speech. Online Conference for Undergraduate Research 2020. Virtual.
- 15 **Rebar, A. L.** (November 2019). *Habit training in exercise rehabilitation for cardiovascular and pulmonary rehabilitation patients*. University of Melbourne Centre for Behaviour Change. Melbourne, Australia
- 14 **Rebar, A. L.** (November 2019). *What the effects of exercise are on depression and anxiety, and what it means for people in the real world*. Deakin University. Melbourne, Australia
- 13 **Rebar, A. L.**, (February 2019). *Video presentation at the Bundaberg Physical Activity Rehabilitation Research Forum*. Bundaberg, Queensland, Australia
- 12 **Rebar, A. L.** (June 2018). *FLEX – An app that applies associative learning theory with gamification to target non-conscious physical activity behavioural biases*. Duke University, Durham, UNC Lineberger Comprehensive Cancer Center Research Seminar, North Carolina, United States of America.
- 11 Short, C. E., & **Rebar, A. L.** (June 2018). *Something borrowed, something new? How attention to engagement and dual process theories can enhance the efficacy of digital behaviour change interventions*. University of North Carolina, Chapel Hill, North Carolina, United States of America.
- 10 **Rebar, A. L.** (June 2018). *FLEX – An app that applies associative learning theory with gamification to target non-conscious physical activity behavioural biases*. TechTalk, University of South Carolina, Columbia, South Carolina, United States of America.
- 9 **Rebar, A. L.** (February 2018). *Progression of Motivation Models in Exercise Science: Where we have been and where we are heading*. Invited talk for faculty seminar. University of Western Australia, Perth, Western Australia, Australia.
- 8 **Rebar, A. L.** (September 2016). *The science of motivation*. Invited talk for faculty seminar. University of British Columbia, Vancouver, British Columbia, Canada.
- 7 **Rebar, A. L.** (August 2016). *The science of motivation*. Invited talk for faculty seminar. Utah State University, Logan, Utah, United States of America.
- 6 **Rebar, A. L.** (June 2015). *The new generation of health behavior motivation theories: Non-conscious regulation of health behaviors*. Invited Lecture for the International Society of Behavioral Nutrition and Physical Activity Conference, Edinburgh, United Kingdom.
- 5 **Rebar, A. L.** (August 2014). *Using measures of within-person variability to operationalize the dynamics of behaviour*. University of Queensland, Brisbane, Australia.
- 4 **Rebar, A. L.** (June 2014). *The core affect hypothesis of the antidepressive and anxiolytic effects of physical activity*. University of Toronto, Toronto, Canada.
- 3 **Rebar, A. L.** (June 2014). *The automatic regulation of physical activity*. Utah State University, Logan, Utah, United States of America.
- 2 **Rebar, A. L.** (February 2014). *The automatic regulation of physical activity*. Curtin University, Perth, Australia.
- 1 **Rebar, A. L.** (February 2014). *Cognitive biases in physical activity: The case of automatic evaluations*. University of Western Australia, Perth, Australia.

Workshops

- 2 **Rebar, A. L.** Actioning aim-appropriate research approaches. *Online Conference for Undergraduate Research in Australasia 2022*. Online.
- 1 Taylor, A., Faulkner, G., & **Rebar, A. L.** Designing and evaluating physical activity interventions for people with mental health issues. Workshop hosted at the *International Society of Behavioural Nutrition and Physical Activity 2017 Annual Meeting*, Victoria, British Columbia, Canada.

Authored Presentations

- 124 Samuelson, M., Do, B., **Rebar, A. L.**, Wang, W.-L., Hewus, M., & Dunton, G. (2025). *Unpacking the role of automatic associations in physical activity behavior: Insights from a real-world ecological momentary assessment study*. Society of Behavioral Medicine annual meeting, San Francisco, California, USA.
- 123 Lee, J., Jamison, S., Horn, K., Prine, H., Pellegrini, C., **Rebar, A. L.**, & Yang C-H. (2025). Momentary association between affect and domain-specific cognition in African American older adults: An ambulatory assessment study. Poster presentation accepted at the 2025 Society of Behavioral Medicine annual meeting, San Francisco, California, USA.
- 122 Lee, J., Jamison, S., Horn, K., Prine, H., Pellegrini, C., **Rebar, A.**, & Yang C-H. (2025). Fall risk discriminates older African Americans' daily movement behavior patterns. Poster presentation accepted at the 2025 Society of Behavioral Medicine annual meeting, San Francisco, California, USA.
- 121 Alfrey, K-L., Williams, R., Condie, M., Vincent, G., & **Rebar, A. L.** (2024). *Exploring the cognitive dynamics of identity and behaviour*. Accepted for oral presentation at the Australasian Society for Behavioural Health and Medicine 2025, Gold Coast, Queensland, Australia.
- 120 *Bulman, M., Fernandez, M., Ally, S. A., **Rebar, A. L.**, & de Luca, K. (2024). *What do people with low back pain and their significant others perceive as barriers and facilitators to physical activity? Protocol for a focus group study*. Chiropractic Australia Research Foundation.
- 119 *Waterman, M., **Rebar, A. L.**, & Schoeppe, S. (2024). *The role of automatic evaluations and self-reported attitudes in physical activity motivation in youth*. Asia-Pacific Society for Physical Activity. Perth, Australia.
- 118 Alfrey, K-L., Williams, R., Condie, M., Vincent, G., & Rebar, A. L. (2024). *Exploring the cognitive dynamics of identity and behaviour*. The Australasian Society for Behavioural Health and Medicine 2025, Gold Coast, Queensland, Australia.
- 117 Hill, M. A., Vincent, G. E., Paterson, J. L., Rebar, A. L. (2024). *A repeated measures investigation of post-traumatic stress symptoms among paramedics over time*. Australasian College of Paramedicine International Conference, Sydney, New South Wales, Australia.
- 116 Putter, K., Rebar, A. L., Dimmock, J. A., Teague, S. (2024). *Social influences on mothers' ratings of maternal-fetal attachment (2024)*. American Public Health Association, United States of America.
- 115 Gupta, C., Duncan, M. J., Ferguson, S., **Rebar, A. L.**, Vandelanotte, C., Sprajcer, M., Khalesi, S., Booker, L. A., Rampling, C., Rigney, G., & Vincent, G. (2024). *How do Australian shiftworkers and non-shiftworkers prioritise sleep, diet, and physical activity?* Australasian Sleep Association Conference, Adelaide, South Australia, Australia.
- 114 *Alfrey, K-L., Condie, M., & **Rebar, A. L.** (2024). *Becoming the 'me' I want to be: Defining identity's contribution within and across behaviour change context*. Rapid Communication Presentation at the Australasian Society for Behavioural Health and Medicine (ASBHM) 2024 Conference, Adelaide, South Australia, Australia.
- 113 Hill, M. A., Paterson, J. L. Paterson, & **Rebar, A. L.** (2024). *Crossover of traumatic stress between paramedics and their intimate partners*. Frontline Mental Health Conference, Gold Coast, QLD, Australia.

- 112 Mesiha, M., Randall, S., **Rebar, A. L.**, Obst, S. J., & Heales, L. (2023). *Exploring the beliefs, perceptions, and experiences of individuals living with tendinopathy: A systematic review of qualitative studies and meta-ethnography*. E-poster presentation for Australian Physiotherapy Association IGNITE, Online.
- 110 Arnautovska, U., Kesby, J., Warren, N., Frances, D., **Rebar, A. L.**, Chapman, J., & Rossell, S., Korman, N., Siskind, D. (2023). *Biopsychological perspective on physical activity in people with schizophrenia*. Paper presented at the European Health Psychology Society. Bremen, Germany.
- 109 Schoeppe, S., Mago, S., Salmon, J., Williams, S. L., Power, D., **Rebar, A. L.**, Hayman, M., Duncan, M. J., Vandelanotte, C., Alley, S. (2023). *Parental support and modelling of physical activity in a family-based intervention using activity trackers and apps*. Symposium: *The role of parents in promoting physical activity and sports involvement in children*. International Congress on Evidence-based Parenting Support, Online.
- 108 **Rebar, A. L.**, Williams, R., Short, C. E., Plotnikoff, R., Duncan, M. J., Mummery, K., Alley, S., Schoeppe, S., To, Q., & Vandelanotte, C. (2022). *The Impact of Action Plans on Habit and Intention Strength for Physical Activity in a Web-Based Intervention – Is it the thought that counts?* Paper presented at the Australasian Society for Behavioural Health and Medicine, Online.
- 107 *Williams, R., Alfrey, K-L., & **Rebar, A. L.** (2022). *The multiplicity of self: How many identity hats are we wearing?* Paper presented at the Online Conference for Undergraduate Research in Australasia, Online.
- 106 *Parker, F., **Rebar, A. L.**, Jha, M., Rigney, G., Vincent, G., & Salavati, K. (2022). *Reducing sleep problems in Australian adults: Sleep hygiene recommendations in mHealth app informed by behaviour change*. Paper presented at the Online Conference for Undergraduate Research in Australasia, Online.
- 105 *Waters, K., Vandelanotte, C., Salmon, J., Williams, S., Power, D., Alley, S., Rebar, A. L., Hayman, M., Duncan, M. J., & Schoeppe, S. (2022). *Experience and satisfaction with an activity tracker and app intervention (Step it Up Family) to increase physical activity in families*. Paper presented at the Asia Pacific Society for Physical Activity 2021 Conference, Online.
- 104 Reifsteck, E., Hevel, D., Anderson, S., **Rebar, A. L.**, & Maher, J. P. (2022). *Investigating intraindividual variability of psychological needs satisfaction and relations with subsequent physical activity*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Honolulu, Hawaii, United States of America.
- 103 Timme, S., Kanning, M., **Rebar, A. L.**, Do, B., Hewus, M., & Dunton, G. (2022). *Why we need momentary assessment of exercise-related automatic associations*. Paper presented at the 54th Jahrestagung der Arbeitsgemeinschaft Sportpsychologie (ASP), Muenster, Germany.
- 102 *Hill, V. **Rebar, A. L.**, Ferguson, S., & Vincent, G. (2022). *Go to bed! A systematic review and meta-analysis of bedtime procrastination determinants and sleep outcomes*. Poster presentation at Sleep 2022, Charlotte, North Carolina, United States of America.
- 101 Reifsteck, E. J., Hevel, D. J., Anderson, S. N., **Rebar, A. L.**, & Maher, J. P. (2022). *Investigating intraindividual variability of psychological needs satisfaction and relations with subsequent physical activity*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity annual conference, Island of Hawaii, Hawaii, United States of America.
100. Timme, S., Kanning, M., **Rebar, A. L.**, Do, B., Hewus, M., & Dunton, G. (2022). *Why we need momentary assessment of exercise-related automatic associations*. Jahrestagung der Arbeitsgemeinschaft für Sportpsychologie. Germany.

99. **Rebar, A. L.** (2021). *Drawing on the science of habit to increase long-term physical activity behaviour and improve health outcomes of cardiovascular and pulmonary exercise rehabilitation*. 2021 High Blood Pressure Research Council of Australia Annual Scientific Meeting, Online.
98. Schoeppe, S., Salmon, J., Williams, S., Power, D., Alley, S., **Rebar, A. L.**, Hayman, M., Duncan, M. J., & Vandelanotte, C. (2021). *Feasibility of using activity trackers and apps to increase physical activity in the whole family: The Step It Up Family program*. Paper presented at the Australasian Society of Physical Activity, Online.
97. *Forshaw, A., Maher, J. P., & **Rebar, A. L.** (2021). *But that's who I am: How inability to enact physical activity identity impacts on depression and anxiety symptoms*. Paper presented at the Online Conference for Undergraduate Research in Australasia (OCURA), Online.
96. *Waters, K., Alfrey, K. L., & **Rebar, A. L.** (2021). *Theory of hedonic motivation as applied to physical activity*. Paper presented at the Online Conference for Undergraduate Research in Australasia (OCURA), Online.
95. Maltagliati, S. P., Sarrazin, P., Boisgontier, M., **Rebar, A. L.**, Gardner, B. (2021). How the COVID-19 pandemic has changed our physical activity habits. *International Society of Sport Psychology*: Taipei, Taiwan.
94. Gardner, B., Richards, R., **Rebar, A. L.**, Lally, P., Thwaite, T., & Beeken, R. (2021). *How to break habits? How 'dormant habits' may undermine weight loss maintenance*. Paper presented at the International Society for Behavioral Nutrition, and Physical Activity X-Change, Online.
93. *Irvine, L., Alfrey, K.-L., Judd, J., Askew, C., Gardner, B., Vandelanotte, C., & **Rebar, A. L.** (2020). *Get physical: The link between physical activity and fitness among exercise rehabilitation patients*. Paper presented at the Online Conference for Undergraduate Research in Australia, Online.
92. *D'Avila, H., Parker, F., Short, C. E., & **Rebar, A. L.** (2020). *Replication and extension of a mHealth intervention targeting automatic evaluations*. Paper presented at the Online Conference for Undergraduate Research in Australia, Online.
91. *Parker, F., Alley, S., Dumuid, D., van Uffelen, J. G. Z., Schoeppe, S., Parkinson, L., Hunt, S., Power, D., Duncan, M., Schneiders, A. G., Vandelanotte, C., Chastin, S., & **Rebar, A. L.** (2020). *Reallocation of time use for older Australians: Mental health-related quality of life across a tailored web-based physical activity intervention*. Paper presented at the Online Conference for Undergraduate Research in Australia, Online.
90. *Forshaw, A., Alfrey, K-L., Gardner, B., Vandelanotte, C., & **Rebar, A. L.** (2020). *Time spent communicating between FIFO workers and partners and the impact on relationship satisfaction*. Paper presented at the Online Conference for Undergraduate Research in Australia, Online
89. *Kroll, J., Hamilton, K., Rhodes, R., Gardner, B., & **Rebar, A. L.** (2020). *The role of skin cancer risk in people's intention to engage in sun safe behaviour*. Paper presented at the Online Conference for Undergraduate Research in Australia, Online.
88. *Rea, A., Alfrey, K-L., Vandelanotte, C., Gardner, B., & **Rebar, A. L.** (2020). *Influences of FIFO work on perceived sleep quality, nutrition and stress*. Paper presented at the Online Conference for Undergraduate Research in Australia, Online.
87. *Waters, K., Alfrey, K.-L., & **Rebar, A. L.** (2020). *Long-term unemployed adults in regional Queensland: Understanding motivation to improve employability*. Paper presentation at the Online Conference for Undergraduate Research in Australia. Online.
86. **Rebar, A. L.** (2020). *How to assess change in automatic processes throughout an intervention*. Paper presentation at International Society of Behavioral Nutrition and Physical Activity Conference, Auckland, New Zealand. Cancelled because of COVID-19.

- 85 **Rebar, A. L.**, Short, C. E., & Gardner, B. (2020). *Making behaviour change automatic – How to translate dual process theories into physical activity and nutrition interventions*. Symposium at International Society of Behavioral Nutrition and Physical Activity Conference, Auckland, New Zealand. Cancelled because of COVID-19.
- 84 **Rebar, A. L.**, Rasera, M., Jayasinghe, H., Short, C. E., Conroy, D. E., Jackson, B., Dimmock, J. A., Rhodes, R. E., de Vries, H., & Vandelanotte, C. (2020). *Flex: An app that enhances automatic evaluations of exercise*. Paper presentation at Society of Behavioral Medicine, San Francisco, California, USA. Cancelled because of COVID-19.
- 83 **Rebar, A. L.**, Alfrey, K.-L., Gardner, B., Askew, C., Judd, J., & Vandelanotte, C. (2020). *How exercise rehabilitation programs impact physical activity habits amongst cardiovascular and pulmonary disease patients*. Symposium presentation at Society of Behavioral Medicine, San Francisco, California, USA. Cancelled because of COVID-19.
- 82 Schoeppe, S., **Rebar, A. L.**, & Vandelanotte, C. (2020). *Step it Up Family: Efficacy of an activity tracker-and app intervention to increase physical activity in the entire family*. Paper presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand.
- 81 Schoeppe, S., **Rebar, A. L.**, & Vandelanotte, C. (2020). *Feasibility of increasing physical activity in the entire family using activity trackers and apps: The Step it Up Family Program*. Paper presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand.
- 80 Wright, K. E., Furzer, B. J., **Rebar A. L.**, Jackson, B., Dimmock, J. A., More, A., Thornton, A., , Kramer, B., Colthart, A. (2020). *Exercise is medicine ... when you enjoy it: exercise enjoyment, relapse prevention efficacy, and health outcomes for youth within a drug and alcohol treatment service*. Paper presented at the ESSA Research to Practice, Perth, Western Australia, Australia.
- 79 Hayman, M., Alfrey, K.-L., Schoeppe, S., Cannon, S., Altazan, A., Comardelle, N., Currie, S., Denton, C., Harrison, C., Lamerton, T., Mena, G. P., Moran, L., Mottola, M., Nagpal, T., **Rebar, A. L.**, Short, C., & Vincze, L. (2020). *Mobile applications for Exercise during pregnancy: Quality and presence of Behaviour Change Techniques*. Paper presented at the ESSA Research to Practice, Perth, Western Australia, Australia.
- 78 *Alfrey, K.-L., Gardner, B., Judd, J., Askew, C., Vandelanotte, C., & **Rebar, A. L.** (2019). *The role of mental health in exercise rehabilitation for cardiac and pulmonary patients*. Paper presented at the 2019 Australasian Council for Undergraduate Research Conference, Newcastle, New South Wales, Australia.
- 77 *Smallwood, R., Alfrey, K.-L., Gardner, B., Judd, J., Askew, C., Vandelanotte, C., & **Rebar, A. L.** (2019). *Exploring exercise perceptions and experiences of cardiac and pulmonary rehabilitation patients*. Paper presented at the 2019 Australasian Council for Undergraduate Research Conference, Newcastle, New South Wales, Australia.
- 76 *Parker, F., Rasera, M., Jayasinghe, H., Short, C. E., Conroy, D. E., Jackson, B., Dimmock, J. A., Rhodes, R. E., de Vries, H., Vandelanotte, & **Rebar, A. L.** (2019). *Flex brain game demographics: Informing automatic evaluation of exercise through gamification*. Paper presented at the 2019 Australasian Council for Undergraduate Research Conference, Newcastle, New South Wales, Australia.
- 75 *Abell, K., Maher, J., & Rebar, A. L. (2019). *Physical activity behaviour: A dual process approach predicting health behaviour change*. Paper presented at the 2019 Australasian Council for Undergraduate Research Conference, Newcastle, New South Wales, Australia.
- 74 *Alfrey, K.-L., Gardner, B., Judd, J., Askew, C., Vandelanotte, C., & **Rebar, A. L.** (2019). *The journey beyond cardiac and pulmonary exercise rehabilitation: Does physical activity and motivation endure?* Paper presented at the 2019 Wide Bay Health Symposium, September 2019. Bundaberg, Queensland, Australia.

- 73 *Mook, N., Devino, K., Brown, D., **Rebar, A. L.**, & Pelligrini, C. (2019). *Differences in stepping and standing based on self-reported exercise identity in persons following total knee replacement*. Paper presented at the American College of Rheumatology Annual Meeting, Atlanta, Georgia, United States of America.
- 72 Stanton, R., **Rebar, A. L.**, & Rosenbaum, S. (2019). *Physical activity patterns of Australians with lived experience of mental illness*. Paper presented at Society for Mental Health Research Conference, Melbourne, Victoria, Australia.
- 71 *Jayasinghe, H., Short, C. E., Hume, C., Braunack-Mayer, A., Rasera, M., **Rebar A. L.** (2018). *Moderator analysis of enjoyment on FLEX app and automatic evaluations towards exercise*. Paper presented at the South Australian Population Health Conference, Adelaide, South Australia, Australia.
- 70 Gardner, B., Smith, L., Flint, S., **Rebar, A. L.**, Dewitt, S., Whall, H., & Quail, S. (2019). *Is workplace sitting perceived as sitting? Exploring mental representations of sedentary behavior*. Paper presented at the European Health Psychology Society, September 2019, Dubrovnik, Croatia.
- 69 *Jayasinghe, H., Short, C. E., Hume, C., Braunack-Mayer, A., Rasera, M., **Rebar, A. L.** (2019). *Moderator analysis of enjoyment on FLEX app and automatic evaluations towards exercise*. Poster presented at the International Society of Behavioral Nutrition and Physical Activity, Prague, Czech Republic.
- 68 Duncan, M. J., Oftedal, S., **Rebar, A. L.**, Murawski, B., Short, C. E., Rayward, A. T., Vandelanotte, C. (2019). *Patterns of physical activity, sitting time and sleep in Australian adults: A latent class analysis*. Poster presented at the International Society of Behavioral Nutrition and Physical Activity, Prague, Czech Republic.
- 67 Jayasinghe, H., Short, C. E., Braunack-Mayer, A., **Rebar, A. L.**, Rasera, M., & Hume, C. (2019). *Effectiveness of FLEX app targeted at improving physical activity amongst adults*. Paper presented at the State Population Health Conference, Adelaide, South Australia, Australia.
- 66 Kwasnicka, D., **Rebar, A. L.**, Vandelanotte, C., Gardner, B., Duncan, M., Short, C. E., & Hagger, M. (2019). *Physical Activity Tailored intervention in Hospital Staff (PATHS): a randomised controlled trial on online tailored program*. Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC, United States of America.
- 65 Chevance, G., Bernard, P., Chamberland, P. E., & **Rebar, A. L.** (2019). *The association between implicit attitudes and physical activity behavior: systematic review and meta-analysis*. Poster presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, March 2019, Washington DC, United States of America.
- 64 Furzer, B., **Rebar, A. L.**, Jackson, B., Dimmock, J., Thornton, A., Wright, K., Coltart, A. (2018). *Exercise enjoyment, relapse prevention efficacy, and health outcomes for youth within a drug and alcohol treatment service*. Poster presented at the Society for Mental Health Research, Noosa, Queensland, Australia.
- 63 **Rebar, A. L.**, Rosenbaum, S., Gardner, B., & Vandelanotte, C. (2018). *An exercise psychology theory-based approach to addressing the treatment gap in the integration of physical activity within Australia's mental health care system*. Paper presented at International Society of Physical Activity & Health, London, United Kingdom.
- 62 Stanton, R., **Rebar, A. L.**, & Rosenbaum, S. (2018). *Associations between physical activity and beliefs regarding the usefulness of exercise in people with and without lived experience of mental illness*. Poster presented at the Society for Mental Health Research 2018 Conference, November 2018, Queensland, Australia.
- 61 Maher, J. P., **Rebar, A. L.**, & Dunton, G. (2018). *Feasibility and validity of assessing older adults' physical activity and sedentary behavior through ecological momentary assessment*. Poster presented at the International Society of Physical Activity and Health, October 2018, London, United Kingdom.

- Wilson, A., **Rebar, A. L.**, Short, C. E., Rhodes, R. E., & Gardner, B. (December 2018). *FIFO Workers and their Partners*. Paper presentation at the 20th Australia and New Zealand Marketing Academy Conference. Adelaide, South Australia, Australia.
- 60 **Rebar, A. L.**, Jackson, B., Alfrey, K.-L., Gardner, B., Vandelanotte, C., & Dimmock, J. (2018). *Using ecological momentary assessment to understand differences in associations of exercise time and psychological stress*. Poster presented at the 39th annual meeting and conference of the Society of Behavioral Medicine, April 2018, New Orleans, United States of America.
- 59 Kwasnicka, D., Vandelanotte, C., **Rebar, A. L.**, Gardner, B., Short, C. E., Duncan, M. J., & Hagger, M. (2017). *Applying motivational, self-regulatory and habit-formation techniques in a computer-tailored physical activity intervention in healthcare professionals*. Paper presented at the 31st Conference of the European Health Psychology Society, Padova, Italy.
- 58 Short, C. E., Dry, M., Skuse, A., Quester, P., Vincent, A., **Rebar, A. L.**, Vandelanotte, C., Duncan M. J., Crutzen, R. (2017). *Exploring the interplay between message format, personal relevance and need for cognition on physical activity message processing*. Paper presented at the 31st Conference of the European Health Psychology Society, Padova, Italy.
- 57 Rhodes, R. E., & **Rebar, A. L.** (2017). *Reviving the conceptual intricacies of the intention construct in health research: Recommendations and future directions*. Paper presented at the 31st Conference of the European Health Psychology Society, Padova, Italy.
- 56 *Alfrey, K.-L., & Rebar, A. L. (2017). *Preliminary findings from the Fly-In, Fly-Out Lifestyle study*. Poster presented at the 23rd International Symposium on Shiftwork and Working Time, Uluru, Northern Territory, Australia.
- 55 Alley, S., Duncan, M. J., Schoeppe, S., **Rebar, A. L.**, & Vandelanotte, C. (2017). *8-year trends in health behaviours: Older compared to younger Queensland adults*. Poster presented at the International Society of Behavioural Nutrition and Physical Activity Conference, June 2017, Victoria, British Columbia, Canada.
- 54 *Kwasnicka, D., **Rebar, A. L.**, Vandelanotte, C., Gardner, B., Short, C. E., Duncan, M., Hagger, M. (2017). *Data prompted interviews exploring the self-regulatory and automatic components of a physical activity intervention for healthcare professionals*. In Kothe, E., Kwasnicka, D., Mullan, B., Novoradovskaya, E. (Chairs). *Developing and maintaining health behaviors: The role of habit and automaticity*. Symposium conducted at the Australasian Society of Behavioural Health and Medicine and Australian Psychological Society College of Health Psychologists Conference, Gold Coast, Queensland, Australia.
- 53 Hamilton, K., Kirkpatrick, A., **Rebar, A. L.**, & Hagger, M.S. (2017). *Child sun safety: Application of an integrated behaviour change model*. Paper presented at the Australasian Society of Behavioural Health and Medicine and Australian Psychological Society College of Health Psychologists Conference, July 2017, Gold Coast, Australia.
- 52 *Kwasnicka, D., Vandelanotte, C., **Rebar, A. L.**, Gardner, B., Short, C. E., Duncan, M., & Hagger, M. (2017). *Physical Activity Tailored intervention in Hospital Staff (PATHS): A randomised controlled trial of computer-tailored program*. Poster presented at the Third UCL Centre for Behaviour Change Digital Health Conference 2017: Harnessing digital technology for behaviour change, London, United Kingdom.
- 51 Short, C. E., James, E. L., **Rebar, A. L.**, Duncan, M. J., Courneya, K., Plotnikoff, R. C., Crutzen, R., Parameshwar, N. B., Vandelanotte, C. (2017). *What exactly are breast cancer survivors hoping to achieve by participating in a physical activity program? An exploration of long-term goals*. Paper presented at the Cancer Survivorship Conference, Adelaide, Australia.
- 50 Bullard, T., **Rebar, A. L.**, Cohen, J. D., Palac, D., Wichman, A. L., Kramer, A., McAuley, M., & Mullen, S. P. (2017). *Exercise-related attitudinal changes after 20 hours of cognitive training*. Poster presented at the Annual Meeting of the

Society of Behavioral Medicine Annual Meeting and Scientific Sessions. San Diego, California, United States of America.

- 49 Duncan, M. J., Rosenkranz, R., Rebar, A., Vandelanotte, C., Maeder, A., Caperchione, C., Van Itallie, A., Savage, T., Mummery, W. K., Kolt, G. (2017). *Increased objectively measured physical activity is associated with improved levels of energy and fatigue in a web-based physical activity RCT*. Paper presented at Sports Medicine of Australia, Melbourne, Victoria, Australia.
- 48 *Cope, K., **Rebar, A. L.**, Schoeppe, S., Alley, S., Short, C. E., Dimmock, J. A., Jackson, B., Conroy, D. E., Rhodes, R. E., Vandelanotte, C. (2016). *Formative research for increasing physical activity and reducing CVD risk with evaluative conditioning*. Poster presented at the Queensland Cardiovascular Research Showcase, Brisbane, Queensland, Australia.
- 47 Alley, S., Duncan, M. J., Schoeppe, S., **Rebar, A. L.**, & Vandelanotte, C. (2016). *Active ageing and web-based physical activity interventions targeting older adults*. Poster presented at the Queensland Cardiovascular Research Showcase, Brisbane, Queensland, Australia.
- 46 Kwasnicka, D., Vandelanotte, C., Gardner, B., & **Rebar, A. L.**, Hagger, M. (2016). *Comparing self-regulatory and automatic processes in a computer-tailored physical activity intervention in frontline healthcare professionals*. Poster presented at the 30th conference of the European Health Psychology Society, Aberdeen, United Kingdom.
- 45 Alley, S., Wellens, P., Schoeppe, S., de Vries, H., **Rebar, A. L.**, Short, C. E., Duncan, M. J., & Vandelanotte, C. (2016). *Associations of social media use, sedentary behavior and body mass index*. Poster presented at International Society of Behavioral Nutrition and Physical Activity Conference, Cape Town, South Africa.
- 44 Vandelanotte, C., Duncan, M. J., Stanton, R., Rosenkranz, R. R., Caperchione, C. M., **Rebar, A. L.**, Savage, T. N., Mummery, W. K., & Kolt, G. S. (2016). *Criterion validity and responsiveness to change of the Active Australia Survey according to different subgroups*. Paper presented at Sports Medicine Australia Conference, Melbourne, Australia.
- 43 Kwasnicka, D., Vandelanotte, C., Gardner, B., & **Rebar, A. L.**, Hagger, M. (2016). *Comparing self-regulatory and automatic processes in a computer-tailored physical activity intervention in frontline healthcare professionals*. Poster presented at the International Congress of Behavioral Medicine Conference, Melbourne, Australia.
- 42 *Geard, D., Reaburn, P., **Rebar, A. L.**, & Dionigi, R. (2016). *Testing a model of successful ageing in a cohort of masters swimmers*. Poster presented at the Twenty-First European College of Sport Science Congress, Vienna, Austria.
- 41 Duncan, M. J., Vandelanotte, C., Trost, S. G., **Rebar, A. L.**, Rogers, N., Burton, N., Kellet, L., Cook, S., Brown, W. J. (2016). *Exploring the process of researchers and industry teaming up to create lifestyle behaviour change app*. Symposium conducted at the International Society of Behavioral Nutrition and Physical Activity conference. Cape Town, South Africa
- 40 Short, C., E., Ding D., **Rebar, A. L.**, Duncan, M. J., Vandelanotte, C. (2016). *Self-efficacy for multiple behaviour change: Is there a 'gateway effect'?* Symposium presentation at the International Society of Behavioral Nutrition and Physical Activity Conference, Cape Town, South Africa.
- 39 **Rebar, A. L.**, Andersson, M., Boles, C., Burton, N., Duncan, M., Short, C., Happell, B., Sargent, C., & Vandelanotte, C. (2015). *Healthy Mind, Healthy Body: A randomized trial of a computer-tailored vs interactive web-based physical activity intervention for people with depressive symptoms*. In K. De Cocker (Chair). *The effects of web-based computer-tailored interventions targeting health-related behaviours in different population groups*. Symposium conducted at the International Society of Behavioral Nutrition and Physical Activity Conference, Edinburgh, United Kingdom.
- 38 **Rebar, A. L.**, Ram, N., & Conroy, D. E. (2015). *A practical introduction on why and how to Use a Single-Category Implicit Association Test of physical activity*. In D. Chan (Chair), *Methodology and measurement in health psychology and behavioural*

- medicine: Some critical thoughts and evaluation.* Symposium conducted at the Australian Society for Behavioural Health and Medicine, Perth, Australia.
- 37 *Geard, D., Reaburn, P., **Rebar, A. L.**, & Dionigi, R. (2014). *Is the masters athlete a model of successful ageing?* Paper presented at the Jupiters Pan Pacific Masters Games International Sports Science Symposium, Gold Coast, Australia.
- 36 Duncan, M. J., Short, C. E., **Rebar, A. L.**, & Vandelanotte, C. V. (2014). *Variable bed and wake times and relationships with physical activity and dietary quality.* Paper presented at the Be Active Conference, Canberra, Australia.
- 35 **Rebar, A. L.**, Vandelanotte, C., van Uffelen, J., Short, C., & Duncan, M. J. (2014). *Associations of overall sitting time and sitting time in different contexts with depression, anxiety, and stress symptoms.* Poster presented at the International Society of Behavioral Nutrition and Physical Activity Conference, San Diego, California, United States of America.
- 34 **Rebar, A. L.**, Duncan, M. J., van Uffelen, J., Short, C., Maher, J. P. & Vandelanotte, C. (2014). *How to promote less sitting: How Australian adults rated likelihood to adhere to public health sitting messages.* Poster presented at the International Society of Behavioral Nutrition and Physical Activity Conference, San Diego, California, United States of America.
- 33 Vandelanotte, C., **Rebar, A. L.**, Duncan, M. J., & Short, C. E. (2014). *People with high use of online social networks sit more but are not less active than people with low usage of online social networks.* Paper presented at the International Society of Behavioral Nutrition and Physical Activity Conference, San Diego, California, United States of America.
- 32 Short, C. E., **Rebar, A. L.**, Vandelanotte, C., & Duncan, M. J. (2014). *Self-efficacy for changing physical activity and sitting time behaviors simultaneously.* Poster presented at The International Society of Behavioral Nutrition and Physical Activity Conference, San Diego, California, United States of America.
- 31 Vandelanotte, C., Kirwan, M., **Rebar, A. L.**, Alley, S., Short, C., Fallon, L., Buzza, G., Schoeppe, S., Maher, C., & Duncan, M. J. (2014). *Do freely accessible physical activity promotion websites use evidence-based and Web 2.0 supported tools to enable health behavior change?* Paper presented at the 5th International Congress on Physical Activity and Public Health, Rio de Janeiro, Brazil.
- 30 *Geard, D., Reaburn, P., **Rebar, A. L.**, & Dionigo, R. (2013). *The master athlete as a model of successful ageing.* Poster presented at the Enabling Active Ageing 12th National Conference of Emerging Researchers in Ageing, Sydney, Australia.
- 29 Roche, M. J., Pincus, A. L., **Hyde, A. L.**, Conroy, D. E., & Ram, N. (2013). *Dependent personality and interpersonal behavior in daily life.* 1st place poster presented at session II of the Association for Psychological Science Annual Meeting, Washington, DC, United States of America.
- 28 Maher, J. P., Doersken, S. E., Elavsky, S., **Hyde, A. L.**, & Conroy, D. E. (2013). *Daily physical activity and sedentary behavior have additive effects on satisfaction with life in emerging adults.* Poster presented at the Society of Behavioral Medicine Conference, San Francisco, California, United States of America.
- 27 Conroy, D. E., **Hyde, A. L.**, & Maher, J. P. (2013). *Evaluative conditioning increases physical activity but does not reduce sedentary behavior.* Poster presented at the Society of Behavioral Medicine Conference, San Francisco, California, United States of America.
- 26 Roche, M. J., Pincus, A. L., Conroy, D. E., Ram, N., **Hyde, A. L.**, & Wilhite, E. R. (2013). *Advancements in modeling if-then affective signatures.* Poster presented at the Society for Personality Assessment Annual Meeting, San Diego, California, United States of America.

- 25 **Hyde, A. L.**, Elavsky, S., Doerksen, S. E., & Conroy, D. E. (2012). *The stability of implicit attitudes toward physical activity and their relations with physical activity*. In D. E. Conroy (Chair), *Automaticity and physical activity*. Symposium conducted at The North American Society for Sport and Physical Activity Conference, Honolulu, Hawaii, United States of America.
- 24 Maher, J. P., **Hyde, A. L.**, Pincus, A. L., Ram, N., & Conroy, D. E. (2012). *A daily analysis of physical activity and satisfaction with life in emerging adults*. Paper presented at The North American Society for Sport and Physical Activity Conference, Honolulu, Hawaii, United States of America.
- 23 Doerksen, S. E., Elavsky, S., Maher, J. P., **Hyde, A. L.**, Conroy, D. E. (2012). *Daily fluctuations in self-efficacy and physical activity*. Poster presented at The North American Society for Sport and Physical Activity Conference, Honolulu, Hawaii, United States of America.
- 22 Conroy, D. E., Doerksen, S. E., Elavsky, S., **Hyde, A. L.**, Maher, J. P. (2012). *Automatic and controlled motivational processes regulate daily sedentary behavior*. Poster presented at The North American Society for Sport and Physical Activity Conference, Honolulu, Hawaii, United States of America.
- 21 Roche, M. J., Pincus, A. L., **Hyde, A. L.**, Ram, N., & Conroy, D. E. (2012). *Within-person covariation of interpersonal perception*. Poster presented at The Society for Interpersonal Theory and Research, Montreal, Quebec, Canada.
- 20 Roche, M. J., Pincus, A. L., Ram, N., **Hyde, A.L.**, & Conroy, D.E. (2012). *Person- specific longitudinal assessment of interpersonal complementarity*. Paper presented at The Society for Interpersonal Theory and Research, Montreal, Quebec, Canada.
- 19 **Hyde, A. L.**, Doerksen, S. E., Elavsky, S., Maher, J. P., & Conroy, D. E. (2012). *Habits predict physical activity on days when intentions are low*. Paper presented at The Society of Behavioral Medicine Conference, San Francisco, California, United States of America.
- 18 Roche, M. J., Pincus, A. P., Conroy, D. E., **Hyde, A. L.**, & Ram, N. (2012). *Interpersonal signatures associated with pathological narcissism*. Paper presented at The Society for Personality Assessment Annual Meeting, Chicago, Illinois, United States of America.
- 17 Ram, N., Conroy, D. E., Pincus, A. L., Lorek Dattilo, A., **Hyde, A. L.**, & Roche, M. (2011). *Age differences in affect complexity: Is it actually age-related heterogeneity of context?* Paper presented at the 64th Annual Meeting of the Gerontological Society of America, Boston, Massachusetts, United States of America.
- 16 **Hyde, A.L.** & Conroy, D.E. (2011). *Experimentally-manipulated achievement goal states regulate self-conscious emotional responses to feedback*. Poster presented at The Association for Psychological Science Conference, Washington, DC, United States of America.
- 15 Conroy, D. E., Doersken, S. E., Elavsky, S., **Hyde, A. L.**, & Maher, J. P. (2011). *Attitudinal fluctuations covary with fluctuating intentions for physical activity and sedentary behavior*. Poster presented at The Association for Psychological Science Conference, Washington, DC, United States of America.
- 14 Doerksen, S. E., Fiolo, N. J., **Hyde, A. L.**, Elavsky, S., & Conroy, D. E. (2011). *Self-determined free time behavioral regulations predict different leisure activity participation*. Poster presented at The Thirteenth Canadian Congress on Leisure Research, St. Catherines, Ontario, Canada.
- 13 Fiolo, N. J., Doerksen, S. E., **Hyde, A. L.**, Elavsky, S., & Conroy, D. E. (2011). *Relationships between leisure quality, free-time motivations, and subjective well-being*. Poster presented at The Thirteenth Canadian Congress on Leisure Research, St. Catherines, Ontario, Canada.

- 12 Doerksen, S. E., **Hyde, A. L.**, Elavsky, S., Fiolo, N. J., & Conroy D. E. (2011). *Intraindividual relations between weekly fluctuations in physical activity and well-being*. Poster presented at The 32nd Annual Meeting of The Society of Behavioral Medicine, Washington, DC, United States of America.
- 11 Hughes, S. T., Pincus, A. L., Conroy, D. E., **Hyde, A. L.**, & Ram, N. (2011). *Big 5 personality predictors of flux and spin in interpersonal behavior, perception, and affect*. Poster presented at The Society for Personality Assessment Annual Meeting, Boston, Massachusetts, United States of America.
- 10 **Hyde, A.L.**, Elavsky, S., Doerksen, S. E., & Conroy, D. E. (2010). *Physical activity habits bias physical activity self-reports*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology, Ottawa, Ontario, Canada.
- 9 Conroy, D. E., Pincus, A. L., **Hyde, A. L.**, & Ram, N. (2010). *Sources of intraindividual variation in the rise and fall of self-conscious emotions*. Poster presented at The Association for Psychological Science Conference, Boston, Massachusetts, United States of America.
- 8 Gowda, A., Valdes, D., Martino, A., **Hyde, A. L.**, Conroy, D. E., Pincus, A. L., & Ram, N. (2010). *Personality and situational predictors of social avoidance in college students*. Poster presented at The Association for Psychological Science Conference, Boston, Massachusetts, United States of America.
- 7 **Hyde, A. L.**, Conroy, D. E., Pincus, A. L., & Ram, N. (2010). *Intra- and interindividual associations between physical activity and daily affect*. Poster presented at The Association for Psychological Science Conference, Boston, Massachusetts, United States of America.
- 6 Molloy, L. E., **Hyde, A. L.**, Conroy, D. E., Pincus, A. L., & Ram, N. (2010). *Self-consistency and correspondence: Intraindividual variation and covariation in control and self-esteem*. Poster presented at The Association for Psychological Science Conference, Boston, Massachusetts, United States of America.
- 5 Pincus, A. L., Conroy, D. E., **Hyde, A. L.**, & Ram, N. (2010). *Pathological narcissism and the dynamics of self-conscious emotions*. Poster presented at The Association for Psychological Science Conference, Boston, Massachusetts, United States of America.
- 4 **Hyde, A. L.** & Conroy, D. E. (2009). *The distinctiveness of implicit attitudes for physical activity/sedentary behavior in relation to explicit motivation for physical activity, self-perceptions, and social desirability*. Poster presented at The Association for Psychological Science Conference, San Francisco, California, United States of America.
- 3 **Hyde, A. L.** & Conroy, D. E. (2009). *The mere thought of failure and success bias attentional processing*. Poster presented at The Conference of The Society for the Study of Motivation, San Francisco, California, United States of America.
- 2 **Hyde, A. L.**, Staples, A., Bates, J. E. (2008). *Inattention in still face as a predictor of toddlerhood behavior problems*. Poster presented at The Conference on Human Development, Indianapolis, Indiana, United States of America.
- 1 Staples, A., **Hyde, A. L.**, Bates, J. E. (2005). *Temperament and the relation between sleep disruption and toddler negative emotion*. Poster presented at the Midwestern Psychological Association Conference, Chicago, Illinois, United States of America.

Reports

(*signifies senior authorship)

- 8 Doran, C. M., **Rebar, A. L.**, Waters, K. M., Meredith, P., Ross, V. (2020). Workplace bullying: A review of potential impacts with a focus on male dominated industries. *Mates in Construction*.

- 7 *Alfrey, K.-L., **Rebar, A. L.**, Forshaw, A., Irvine, L., Stanton, R., Burke, K., Crawford, C., & Signal, T. (2022). Understanding mental health in the outback. *Royal Flying Doctor Services*.
- 6 **Rebar, A. L.**, & Alfrey, K.-L. (2022). Social innovation research project and evaluation. *Office of Social Innovation*, Central Queensland University, Australia.
- 5 *Alfrey, K.-L., Parker, F., Waters, K., Rea, A., & **Rebar, A. L.** (2020). Online Conference for Undergraduate Research in Australia: 2020 Conference Report. Presented to the *Centre for Research in Equity and Advancement of Teaching and Education (CREATE)*, *School of Graduate Research*, & *Research Division*, CQUniversity Australia.
- 4 **Rebar, A. L.** (2018). Project update for electrical safety, habit, competence and complacency study. *Queensland Electrical Safety*. Brisbane, Queensland, Australia.
- 3 **Rebar A. L.** (2018). Project update for exercise rehabilitation study. *Bundaberg Health Promotions, Ltd. and Central Queensland University*. Bundaberg, QLD, Australia.
- 2 **Rebar, A. L.**, Neal, J. (2018). LIVIN Strong Program Evaluation Report. *LIVIN*, Sydney, NSW, Australia.
- 1 **Rebar, A. L.**, Neal, J., Alfrey, K.-L., Cope, K., Gardner, B. (2017). LIVIN Strong Program Evaluation Report. *LIVIN*, Sydney, NSW, Australia.

Supervision

PhD Students (total: 8, completed: 3, in progress: 3, withdrawn = 2)

Masters Students (total: 6, completed: 4, in progress: 2)

Employment History

Associate Professor of Public Health — University of South Carolina Columbia, South Carolina, USA	2024 – <i>current</i>
Associate Professor of Psychology — Central Queensland University Rockhampton, Queensland, Australia	2016 – 2024
Research Advancement Post-Doctoral Research Fellow — Central Queensland University Rockhampton, Queensland, Australia	2013 – 2016
Quantitative Social Science Initiative Research Fellow — The Pennsylvania State University University Park, Pennsylvania, United States of America	2011 – 2012
Graduate Research Assistant — The Pennsylvania State University Motivation Lab Advisor: Prof David E. Conroy University Park, Pennsylvania, United States of America	2008 – 2013
Research Assistant and Team Manager — The Pennsylvania State University Tools for Articulating Within-Person Dynamic Models of Interpersonal Interactions (Interpersonal Study of Aging, Health, and Interpersonal Behavior) National Institute of Health (RC1 AG032379) University Park, Pennsylvania, United States of America	2010 – 2011

Research Assistant – Indiana University 2005 - 2008
Social Development Psychology Lab
Advisors: Prof John E Bates & Dr Angela Staples
 Bloomington, Indiana, United States of America

Service Professional Engagement

Expert Panel Member 2024
 American Thoracic Society Assembly on Pulmonary Rehabilitation

Grant Reviewer 2024
 Australian Research Council, Linkage Partnership Grants

Member 2024
 Student Engagement Committee
 Health Promotion, Education & Behavior Faculty Committee, University of South Carolina

Consult on behaviour change maintenance for public health programs for state of Queensland 2022
 Prevention Program Collective group of Queensland

Abstract Reviewer 2022
 Exercise & Sports Science Australia, Research to Practice Conference

Abstract Reviewer 2021
 Society of Behavioral Medicine 43rd Annual Meeting and Scientific Sessions

Course Review Panel Member 2021
 CQUniversity Doctoral Course

Unit Reviewer 2021
 University of Sunshine Coast

Supervisor Work Experience 2021
 Year 11 and 10 students from regional Queensland

Abstract Reviewer 2021, 2022
 International Society of Behavioural Nutrition and Physical Activity

Research Higher Degree Leadership Team 2020 - *current*
 Appleton Research Institute, Central Queensland University

Leadership Team Member 2020 - *current*
 Appleton Research Institute, Central Queensland University

Panel Member 2020
 Research Ready Grant Program, Central Queensland Hospital and Health Service

Rising Star Undergraduate Conference Trainer and Host	2020
Central Queensland University	
Co-Chair Science, Technology, Engineering, and Mathematics Leadership Team	2020
Central Queensland University	
Women's Research Higher Degree Award Selection Panel Committee Member	2020
Central Queensland University	
School Representative for Research Planning Day Academic Panel	2020
Central Queensland University	
Science, Technology, Engineering, and Mathematics Committee Co-Director	2020
Central Queensland University	
Panel speaker on a career in research	2019
Australasian Conference for Undergraduate Research	
Symposium chair	2019
Australasian Conference for Undergraduate Research	
3 minute Thesis judge	2019
Central Queensland University, School of Health, Medical, and Applied Sciences	
Abstract reviewer	2019
European Federation of Sport Psychology's 2019 Congress	
Invited web-article submission	2018
Science Trends	
Invited Speaker for <i>Research and Academic Careers in Psychology</i>	2018
CQUniversity Student Psychological Society	
Two first author papers cited	2018
United States Physical Activity Guidelines for Americans	
Featured	2018
Australian Health Policy Collaboration's Australia's Mental and Physical Health Tracker	
Abstract reviewer	2018
International Society of Physical Activity and Health Congress	
Invited Speaker for writing time habits	2017
Central Queensland University, School of Health, Medical, and Applied Sciences	
Member of abstract reviewing team	2017
Exercise and Sports Science Australia	
Member of abstract reviewing team	2017
International Society of Behavioral Nutrition and Physical Activity	

Instructor for Gladstone Social Innovation Perfect Pitch Masterclass Central Queensland University	March 2017
Founding Director of the Motivation of Health Behaviours Lab Central Queensland University	2016 - <i>current</i>
Volunteer for Research Elements Pilot Central Queensland University	2016-2017
Executive Member Australian Society of Behavioural Health and Medicine	2016 – 2019
Panel Member National Health and Medical Research Council PhD Scholarships	2016, 2017
Assistant Chair National Health and Medical Research Council Project Grants Panel 3B: Genetics + Molecular Biology + Bioinformatics & Computational Biology	2016
Selection Panel Member for Engaged Research Grants School of Human, Health, and Social Sciences; Central Queensland University	June 2016
Booth Host for Central Queensland University's Psychology program at Career Expo Central Queensland University	2016
Selection Committee Panel Member for Post-Doctoral position Central Queensland University	2015
Selection Committee Panel Member for Post-Doctoral position Central Queensland University and Curtin University	2015
Invited Speaker for the Early Career Researchers Program Central Queensland University	2015
Peer Review Panel Member Alternate <i>NHMRC Postgraduate Scholarships</i>	2015
Host and Organizer of Health Collaborative Research Network Symposium Central Queensland University	2014
External Reviewer of Masters Thesis¹ University of Southern Queensland	2014
Independent Assessor of Honours Theses Proposals Central Queensland University	2013- <i>current</i>
Independent Assessor of Honours Theses Central Queensland University	2013- <i>current</i>
Reward Reviewer <i>American Psychological Society Student Council RISE Research Award Competition</i>	2013

Committee Member of National Fellowships Committee Sigma Delta Epsilon, Graduate Women in Science	2012
Co-president of Kinesiology Graduate Student Association	2009 – 2012
Campus Representative for Association for Psychological Science Student Caucus	2009 – 2010
Workshop Instructor for Women in the Sciences and Engineering camp	2009

Editor Positions

<i>Psychology of Sport and Exercise</i> – Guest Editor of Special Issue: <i>Best practices for open and replicable research in the psychology of sport and exercise</i>	2023 - current
Peer Community In Health and Movement Sciences – <i>Recommender and Managing Board</i>	2022 - current
<i>Applied Psychology: Health and Wellbeing</i> – <i>Associate Editor</i>	2022 - current
<i>Frontiers in Psychology – Special Edition: Physical activity and the intention-behaviour gap</i> – <i>Associate Editor</i>	June 2021 - current
<i>International Review of Sport and Exercise Psychology</i> – <i>Associate Editor</i>	March 2021 - current
<i>Stress & Health</i> – <i>Statistical and Methodological Consulting Editor</i>	July 2020 - current
<i>Scandinavian Journal of Medicine & Science in Sports</i> – <i>Associate Editor</i>	April 2020 - current
<i>Psychology of Sport & Exercise</i> – <i>Associate Editor</i>	January 2020 - current
<i>Research Quarterly for Exercise and Sport</i> – <i>Associate Editor</i>	Nov 2018 - current
<i>Journal of Science and Medicine in Sport</i> – <i>Associate Editor</i>	Aug 2017 – Aug 2019
<i>Psychology of Sport and Exercise</i> – Guest Editor of Special Issue: <i>Responsiveness to change of the psychological determinants and outcomes of physical activity and sedentary behavior</i>	Mar 2017 – Mar 2019
<i>Mental Health and Physical Activity</i> – Guest Editor of Special Issue: <i>Identifying and understanding the determinants and physical activity behavior change processes for people with mental health issues</i>	Jan 2017 – Oct 2017
<i>BMC Public Health</i> – <i>Associate Editor</i>	Nov 2014 – Jun 2016

Editorial Board Memberships

<i>Sport, Exercise, and Performance Psychology</i>	September 2024 – current
<i>Annals of Behavioral Medicine</i>	August 2023 - current
<i>Psychology of Sport and Exercise</i>	Jun 2015 - current
<i>Mental Health and Physical Activity</i>	Jun 2015 - current
<i>Journal of Science and Medicine in Sport</i>	Jun 2014 - current