

A. JUSTINE DOWD, PhD

e: jdowd@ucalgary.ca

I. POSITIONS

2017-2018 **Maternity leave**

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

2016 Awarded \$30,000 for a Mitacs Accelerate Internship in partnership with the Calgary Chapter of the Canadian Celiac Association.

Development of a Self-Regulatory Smartphone App for Adults with Celiac Disease

Canadian Celiac Association – Vancouver Chapter
Research Award - \$1500

Canadian Celiac Association – Kamloops Chapter
Research Award - \$500

2015 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

2018 Society of Behavioural Medicine

2016 Canadian Association of Nurses in Oncology

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

- 2017-Present **Reviewer** – Appetite;
- 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

COURSES TAUGHT:

2016 *Physical Activity and Psychosocial Approaches to Chronic Disease Management*. Faculty of Kinesiology, The University of Calgary, KNES 603.

GUEST LECTURER:

2016 *Exercise, Psychosocial Interventions & Cancer: Quality of Life & Psychosocial Outcomes*. The University of Calgary, MDSC 635 – Psychosocial Oncology.

An Evidence-Based Holistic Approach to Chronic Disease Management. Faculty of

Kinesiology, The University of Calgary, KNES 495 – Physiological Aspects of Aging, Disease and Physical Activity.

Self-Compassion & Stress Management. Faculty of Kinesiology, The University of Calgary, KNES 330 – Flexibility and Relaxation Techniques.

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:

2018 The Gut, Brain & Body Connection: Roles of Self-Compassion & Exercise in Optimizing Gut Health, Holistic Gut Health Seminar Series, Cores & Effect Pilates Studio, Bragg Creek, AB (February, 2018)

2017 Self-Compassion: How Get What You Want in Life by Being Kind to Yourself. Wellbeing & WorkLife Lunch-n-Learn, University of Calgary, AB (February, 2017).

2016 Self-Compassion: How Get What You Want in Life by Being Kind to Yourself. Invited presentation for the Kinesiology Graduate Student Association, University of Calgary, AB (November, 2016).
Invited presentation for the Ability Hub – Autism Support Ambassadors, Calgary, AB (November, 2016).

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 (bi-monthly presentations October 2015-August 2016).

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 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).

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).

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

Culos-Reed, S. N., **Dowd, A. J.**, Reimer, R. & Millet, G. (2016). *A 12-week Exercise Program for Adults with Celiac Disease: Effects on Quality of Life and Gut Microbiota*. Goal: Examine the effects of exercise on quality of life and gut microbiota in adults with celiac disease. Faculty of Kinesiology Seed Grant, University of Calgary (\$50,000). Postdoctoral lead; Co-Principal Investigator.

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., Mosewich, A., Jung, M. E., Welstead, L., Tang, K., Culos-Reed, S. N. (In prep). Creation of the POWER-C online self-compassion and self-regulatory skills program to promote effective self-management of celiac disease.

Dowd, A. J., Jackson, C. L., Tang, K., Nielsen, D., Higbee Clarkin, D., & Culos-Reed, S. N. (In prep). Development of a self-regulatory app for adults with celiac disease.

Dowd, A. J. & Jung, M. E. (In prep). Self-compassion among youth with celiac disease.

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

UNDER REVIEW

PUBLICATIONS

Jackson, C, **Dowd, A.J.**, Capozzi, L.C., Bridel, W., Lau, H.Y., Culos-Reed, S.N. (2018). A turning point: Head and neck cancer patients' exercise preferences and barriers before

and after participation in an exercise intervention. *European Journal of Cancer Care*, e12826.

- Dowd, A. J. & Jung, M. E.** (2017). Self-compassion directly and indirectly predicts dietary adherence and quality of life among adults with celiac disease. *Appetite*, 113, 293-300. doi: 10.1016/j.appet.2017.02.023
- Dowd, A. J.,** Chen, M. Y., Schmader, T., Jung, M. E., Zumbo, B. D., & Beauchamp, M. R. (2016). Psychosocial predictors of adolescent girls' physical activity and dietary behaviours after completing the *Go Girls!* group-based mentoring program. *Health Education Research*. Advance online publication. doi: 10.1093/her/cyw021
- 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*, 29(3), 391-398). 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., Nielsen, D. Higbee Clarkin, D., Tang, K. T-Y., Jackson, C., & Culos-Reed, S. N. (2018). *Development of a theory-based app to promote gut health for celiac disease: MyHealthyGut*. Presented at the Society of Behavioral Medicine conference, New Orleans, LA.

Dowd, A. J., Kronlund, L., Warbeck, C., Wytsma-Fisher, K., Gornicki, P., Parmar, C., Millet, G. Y., Reimer, R. A., Culos-Reed, S. N. (2018). *Effects of a pilot 12-week high intensity interval training and lifestyle intervention on behavioural and psychosocial outcomes among inactive adults with celiac disease*. Presented at the Society of Behavioral Medicine conference, New Orleans, LA.

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

Tang, K., Dowd, J., & Culos-Reed, N. (2017, September). An evidence-based online intervention for adults with celiac disease: Findings from the POWER-C study. *Campus Alberta Student Conference on Health (CASCH)*. University of Alberta, Alberta, Canada.

Tang, K., Dowd, J., & Culos-Reed, N. (2017, April). An evidence-based online intervention for adults with celiac disease: Findings from the POWER-C study. *Markin USRP Student Research Mini-Symposium*. University of Calgary, Alberta, Canada.

Tang, K., Dowd, J., & Culos-Reed, N. (2017, March). An evidence-based online intervention for adults with celiac disease: Findings from the POWER-C study. *Research Revealed: Undergraduate Forum for Kinesiology, Exercise Science, Sport Studies and Recreation*. University of Alberta, Alberta, Canada.

Tang, K., Dowd, J., Jackson, C., & Culos-Reed, N. (2016, December). MyHealthyGut: Development of a self-regulatory app to effectively manage celiac disease. *Students' Union Undergraduate Research Symposium*. University of Calgary, Alberta, Canada.

- Dowd, A. J.,** Cuthbert, C. & Culos-Reed, S. N. (2016, October). The role of self-compassion for nurses in clinical oncology. Verbal presentation at the Canadian Association for Nurses in Oncology, Calgary, AB.
- 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 Committee Member Jackson, Colleen, Master's Thesis (In Progress), University of Calgary
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

2016 Graduate Student Teaching Development Badge (In progress)

2011 Tri-Council Policy Statement (TCPS II) Certification

CONTINUING EDUCATION

2016 Celiac Disease, Gluten Sensitivity and the Gluten-Free Diet: What's New and What's Not. Shelley Case, RD. Dietitians of Canada, Coast to Coast Speaker Series. October 22, 2016.

2015 Research Communications and Media Training Workshop. Office of the Vice-President Research, University of Calgary, 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. Dec 4, 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.