



Présente / Presents  
**Kathleen A. Martin Ginis**

**CURRICULUM VITAE  
JANUARY 2005**

**NAME:** Kathleen Anne Martin Ginis  
(née: Kathleen Anne Martin)

**UNIVERSITY AFFILIATION:** Associate Professor  
Department of Kinesiology  
McMaster University  
Hamilton, ON  
L8S 4K1

**ADJUNCT AFFILIATIONS:** Associate Member  
School of Rehabilitation Science  
McMaster University  
Hamilton, ON  
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Adjunct Professor  
Department of Kinesiology  
University of Waterloo  
Waterloo, ON  
N2H 4W4

**DEGREES RECEIVED:** Ph.D., Kinesiology 1996  
Area of Specialty: Psychology  
University of Waterloo  
Supervisor: Lawrence Brawley

M.A., Kinesiology, 1993  
Area of Specialty: Psychology  
University of Western Ontario  
Supervisor: Craig Hall

B.Sc., Psychology, 1992  
University of Toronto  
Thesis Supervisor: Peter Herman

**PROFESSIONAL ASSOCIATION MEMBERSHIPS**

1. Society of Behavioral Medicine (SBM)
2. American Psychological Association (APA), Division 38 (Health Psychology)
3. North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
4. Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)

**PROFESSIONAL EMPLOYMENT HISTORY**

July 2002 -

Associate Professor  
**McMaster University**  
Department of Kinesiology  
Chair: Dr. Neil McCartney

Jan. 1999 – July 2002

Assistant Professor  
**McMaster University**  
Department of Kinesiology  
Chair: Dr. Janet Starkes

Oct. 1996- Oct. 1998

Lecturer  
Postdoctoral Fellow  
**Wake Forest University**  
Department of Psychology  
Chair: Dr. Deborah Best  
Department of Health & Exercise Science  
Chair: Dr. Paul Ribisl

June 1998

Visiting Professor  
**Michigan State University**  
Department of Exercise Science  
Chair: Dr. Deborah Feltz

March-June 1997

Visiting Professor  
**University of Limerick**  
Department of Exercise & Sport Science  
Chair: Dr. Phil Jakeman

## **ACADEMIC/PROFESSIONAL AWARDS AND DISTINCTIONS**

### **Achievement Awards**

- New Investigator Award  
Canadian Institutes of Health Research (CIHR), 2004-2009
- Abstract Citation Recipient for Excellence in a Research Submission  
Society of Behavioral Medicine, 2002
- Early Distinguished Career Award  
North American Society for the Psychology of Sport and Physical Activity, 2001
- Nominee, President's Award for Excellence in Graduate Student Supervision  
McMaster University, 2000, 2001, 2002, 2004
- Outstanding Dissertation Award  
American Psychological Association, Division 47, 1997
- Young Scientist Award for Scholarly Research  
Canadian Society for Psychomotor Learning and Sport Psychology, 1995
- Award for Academic Excellence  
University of Waterloo Faculty of Applied Health Sciences, 1995 & 1996
- Graduate with High Distinction  
University of Toronto, 1992

### **Scholarships and Fellowships**

- Social Sciences and Humanities Research Council of Canada  
Postdoctoral Fellowship (2 years full funding), 1996
- University of Waterloo Graduate Scholarship, 1994, 1995, 1996
- Social Sciences and Humanities Research Council of Canada  
Doctoral Fellowship (2 years full funding), 1994 - 1996
- Ontario Graduate Scholarship (1 year full funding), 1994 - 1995
- University College General Scholarship, University of Toronto, 1992
- Petro-Canada Olympic Torch Scholarship, 1990, 1991

## RESEARCH PROGRAM SUMMARY

My general research area is health psychology with a particular focus on psychosocial antecedents and consequences of physical activity. More specifically, I have developed a research program that focuses on two areas. The first area focuses on understanding the relationship between exercise and quality of life (QOL) among people with chronic disease and disability. I am particularly interested in the effects of exercise on self-perceptions (e.g., self-efficacy, body image) that might mediate changes in QOL among patient populations such as those spinal cord injury or heart disease. The second area is concerned with studying and identifying aspects of the self that predict the adoption and adherence of exercise and other health-related behaviours in the general population.

### 1. Publications (published and in press)

	Refereed Articles	Refereed Abstracts	Book Chapters	Books
First Author	28	15	3	
Co-Author	31	27	4	2
<b>Total</b>	<b>59</b>	<b>42</b>	<b>7</b>	<b>2</b>

### 2. Research Grants

	External		Internal		Total		External Grants Pending
	Number and amount		Number and amount		Number and amount		Number and amount
Principal Investigator	5	\$576,717	7	\$14,099	12	\$589,716	2 \$735,000
Co-Investigator	8	\$868,903	0		8	\$868,903	
<b>Total</b>	<b>13</b>	<b>\$1,445,620</b>	<b>7</b>	<b>\$14,099</b>	<b>20</b>	<b>\$1,597,719</b>	<b>\$ 735,000</b>

## 1. PUBLICATIONS

### A) REFEREED JOURNALS AND BOOK CHAPTERS

#### In Press (6)

**Martin, K.A.** & Leary, M. R. (in press). Single, female, physically active: Effects of exercise status and body weight on stereotyped perceptions of young women. *Journal of Personality and Social Behavior*, 16.

**Martin Ginis, K. A.**, O'Brien, J., & Watson, J. (in press). The importance of self-presentational motives for exercise: A preliminary cross-cultural comparison of Irish and American university students. *Irish Journal of Psychology*.

McCall, L. A., & **Martin Ginis, K. A.** (in press). The effects of persuasive messages on exercise-related thoughts and behaviours among coronary artery bypass surgery patients. *Journal of Applied Biobehavioral Research*.

Gammage, K., Hall, C., & **Martin Ginis K. A.** (in press). Self-presentation in exercise contexts: Differences between high and low frequency exercisers. *Journal of Applied Social Psychology*.

Arbour, K. P., & **Martin Ginis, K. A.** (in press). Helping middle-aged women translate physical activity intentions into action: Combining the theory of planned behaviour and implementation intentions. *Journal of Applied Biobehavioral Research*.

#### 2005

**Martin Ginis, K. A.**, & Hicks, A. L. (2005). Exercise research issues in the spinal cord injured population. *Exercise and Sport Science Reviews*, 33, 49-53.

Latimer, A. E., & **Martin Ginis, K. A.** (2005). The importance of subjective norms for people who care what others think of them. *Psychology and Health*, 20, 53-62.

#### 2004 (11)

Bray, S. R., Gyurcsik, N. C., **Martin Ginis, K. A.**, & Culos-Reid, S. N. (2004). The proxy efficacy exercise questionnaire: Development of an instrument to assess female exercisers' proxy efficacy beliefs in structured group exercise classes. *Journal of Sport & Exercise Psychology*, 26, 442-456.

Elston, T., & **Martin Ginis, K. A.** The effects of self-set versus assigned goals on exercisers' self-efficacy for an unfamiliar task. *Journal of Sport & Exercise Psychology*, 26, 500-504.

Fleming, J. C., & **Martin Ginis, K. A.** (2004) The effects of commercial exercise video models on women's self-presentational efficacy and exercise task self-efficacy. *Journal of Applied Sport Psychology*, 16, 92-102.

Gammage, K., **Martin Ginis, K. A.**, & Hall, C. R. (2004). Self-presentational efficacy expectancy: Its influence on anxiety in an exercise context. *Journal of Sport and Exercise Psychology*, 26, 179-190.

Gammage, K. L., Hall, C. R., Prapavessis, H., Maddison, R., Haase, A., & **Martin, K.A.** (2004). Re-examination of the factor structure and composition of the self-presentation in exercise questionnaire (SPEQ). *Journal of Applied Sport Psychology, 16*, 82-91.

Latimer, A. E., & **Martin Ginis , K. A.**, Hicks, A. L., & McCartney, N. (2004). An examination of the mechanisms of exercise-induced change in psychological well-being among people with spinal cord injury. *Journal of Rehabilitation Research and Development, 41*, 643-652.

Latimer, A. E & **Martin Ginis K. A.**, & B. C. Craven (2004). Psychosocial predictors of exercise intentions and behavior among people with spinal cord injury. *Adapted Physical Activity Quarterly, 21*, 71-85.

Latimer, A. E. & **Martin, K. A.** (2004). Physical activity and health. In N. B. Anderson (Ed.), *The encyclopedia of health and behavior: Volume 2 (pp. 656-659)*. New York: Sage.

**Martin Ginis, K. A.**, & Leary, M. R. (2004). A self-presentational approach to understanding health damaging behavior. *Journal of Applied Sport Psychology, 16*, 59-74.

Watson, J., **Martin Ginis, K. A.**, & Spink, K. S. (2004). Team building in an exercise class for the elderly. *Activities, Adaptation, & Aging, 28*, 35-47.

Woodgate, J., **Martin Ginis, K. A.**, Sinden, A. R. (2003). Physical activity and social physique anxiety in older women: The moderating effects of self-presentation efficacy. *Journal of Applied Biobehavioral Research, 8*, 116-127.

### **2003** (8)

**Martin Ginis, K. A.**, Latimer, A. E., McKechnie, K., Ditor, D. S., McCartney, N., Hicks, A. L., Bugaresti, J., & Craven, C. (2003). Using physical activity to enhance subjective well-being among people with spinal cord injury: The mediating influence of stress and pain. *Rehabilitation Psychology, 48*, 157-164.

**Martin Ginis, K. A.**, Jung, M. E., & Gauvin, L. (2003). To see or not to see: The effects of exercising in mirrored environments on sedentary women's feeling states and self-efficacy. *Health Psychology, 22*, 354-361.

**Martin Ginis, K. A.**, Latimer, A. E., & Jung, M. E. (2003). No pain no gain? The effects of varying levels of exercise intensity on the exerciser stereotype. *Social Behavior and Personality, 31*, 283-290.

Bray, S. R., & **Martin, K. A.** (2003). The influence of competition location on individual athletes' performance and psychological states. *Psychology of Sport and Exercise, 4*, 117-123.

Ditor, D. S., Latimer, A. E., **Martin Ginis, K. A.**, Arbour, K. P., McCartney, N., & Hicks, A. L. (2003). Maintenance of exercise participation in individuals with spinal cord injury: Effects on quality of life, stress and pain. *Spinal Cord, 41*, 446-450.

Hicks, A. L., **Martin, K. A.**, Ditor, D. S., Latimer, A. E., Craven, C., Bugaresti, J., & McCartney N. (2003). Long-term exercise training in persons with spinal cord injury: effects on strength, arm ergometry performance and psychological well-being. *Spinal Cord*, *41*, 34-43.

Lichtenberger, C. M., **Martin Ginis, K. A.**, MacKenzie, C. L., McCartney, N. (2003). The relationship between body image concerns, fitness, and depression among men and women in a cardiac exercise rehabilitation program. *Journal of Cardiac Rehabilitation*, *23*, 53-59.

Sinden, A. R., **Martin Ginis, K. A.**, & Angove, J. (2003). Older women's reactions to revealing and non-revealing exercise attire. *Journal of Aging and Physical Activity*, 445-458.

## **2002** (6)

Culos-Reed, S. N., Brawley, L. R., **Martin, K. A.**, & Leary, M. R. (2002). Self-presentation concerns and health behaviors among cosmetic surgery patients. *Journal of Applied Social Psychology*, *32*, 560-569.

**Martin, K. A.**, & Brawley, L. R. (2002). Self-handicapping in physical achievement settings: The contributions of self-esteem and self-efficacy *Self and Identity*, *1* 337-351.

**Martin, K. A.**, Latimer, A. E., Francoeur, C., Hanley, H., & Watson, K. (2002). Sustaining exercise motivation and participation among people with spinal cord injury: Lessons learned from a 9-month intervention. *Palaestra*, *18*, 38-40, 51.

**Martin, K. A.** & Lichtenberger, C. M. (2002). Fitness enhancement and body image change. In T. F. Cash & T. Pruzinsky (Eds.) *Body images: A handbook of theory, research, and clinical practice* (pp. 414-421). New York: Guilford Press.

Murphy, S. M., & **Martin, K. A.** (2002). The use of imagery in sport. In T. S. Horn (Ed.), *Advances in sport psychology* (2<sup>nd</sup> ed.). Champaign, IL: Human Kinetics.

Wilkins, S., Finch, E., Letts, L., **Martin, K. A.**, Moreland, J., Richardson, J., & Wishart, L. (2002). Development of interprofessional clinical research collaboration in gerontology. *Gerontology and Geriatrics Education*, *22*, 93-106.

## **2001** (6)

Buscher, L., **Martin, K. A.**, & Crocker, S. (2001). Point of purchase messages framed in terms of cost, convenience, taste, and energy improve healthy snack selection in a college food service. *Journal of the American Dietetic Association*, *101*, 909-913.

**Martin, K. A.** & Fox, L. D. (2001). Group and leadership effects on social anxiety experienced during an exercise class. *Journal of Applied Social Psychology*, *31*, 1000-1016.

**Martin, K. A.**, & Leary, M. R. (2001). Self-presentational determinants of health risk behavior among college freshmen. *Psychology and Health*, *16*, 17-27

**Martin, K. A.,** Leary, M. R., & O'Brien, J. (2001). The role of self-presentation in the health practices of a sample of Irish adolescents. Journal of Adolescent Health, 28, 259-262.

**Martin, K. A.,** & Sinden, A. R. (2001). Who will stay and who will go? A review of older adults' adherence to randomized controlled trials of exercise. Journal of Aging and Physical Activity, 9, 91-114.

Bray, S. R., Gyurcsik, N. C., Culos-Reid, S. N., Dawson, K. A., & **Martin, K. A.** (2001). An exploratory investigation of the relationship between proxy efficacy, self-efficacy and exercise attendance. Psychology and Health 16, 425-434.

#### **2000** (8)

**Martin, K. A.,** Sinden, A. R., & Fleming, J. C. (2000). Inactivity may be hazardous to your image: The effects of exercise habit information on impression formation. Journal of Sport and Exercise Psychology, 22, 309-317.

**Martin, K. A.** (2000). Psychometric properties of the Physical Activity Scale for the Elderly. In J. Maltby, C. A. Lewis, & A. Hill (Eds.), Commissioned reviews on 300 Psychological Tests (pp. 110-112). Wales, UK: Edwin Mellen Press.

**Martin, K. A.** (2000). Validity and reliability of the Social Physique Anxiety Scale. In J. Maltby, C. A. Lewis, & A. Hill (Eds.), Commissioned reviews on 300 Psychological Tests (pp. 131-135). Wales, UK: Edwin Mellen Press.

\*Bray, S. R., \***Martin, K. A.,** & Widmeyer, W. N. (2000). The relationship between evaluative concerns and sport competition state anxiety among youth skiers. Journal of Sport Science, 18, 1-9.

**Martin, K. A.,** Leary, M. R., & Rejeski, W. J. (2000). Self-presentational concerns in older adults: Implications for health and well-being. Basic and Applied Social Psychology, 22, 169-179.

Hausenblas, H. A., & **Martin, K. A.** (2000). Bodies on display: Female aerobic instructors and social physique anxiety. Women in Sport and Physical Activity Journal, 9, 1-14.

Reboussin, B. A., Rejeski, W. J., **Martin, K. A.,** Callahan, K., Dunn, A. L., King, A. A., & Sallis, J. F. (2000). Correlates of satisfaction with body function and body appearance in middle- and older-aged adults: The Activity Counseling Trial (ACT). Psychology and Health, 15, 239-254.

**Martin, K. A.,** Bowen, D. J., Dunbar-Jacob, J., & Perri, M. G. (2000). Who will adhere? Key issues in the study and prediction of adherence in randomized controlled trials. Controlled Clinical Trials, 21, S195-199.

#### **1999** (5)

**Martin, K. A.,** Moritz, S. E., & Hall, C. R. (1999). Imagery use in sport: A literature review and applied model. The Sport Psychologist, 13, 245-268.

**Martin, K. A.,** Rejeski, W. J., Miller, M. E., James, M. K., Ettinger, W. H., & Messier, S. P. (1999). Validation of the PASE in older adults with knee pain and physical disability. Medicine and Science in Sports and Exercise, *31*, 627-633.

**Martin, K. A.,** & Brawley, L. R. (1999). Is the Self-Handicapping Scale reliable outside of academic achievement settings? Personality and Individual Differences, *27*, 901-911.

**Martin, K. A.** & Leary, M. R. (1999). Would you drink after a stranger? The influence of self-presentational motives on willingness to take a health risk. Personality and Social Psychology Bulletin, *25*, 1092-1100.

Hall, C. R., **Martin, K.A.,** Moritz, S. E., & Munroe, K. J. (1999). The cognitive and motivational uses of imagery by competitive athletes. In J. Cruz (Ed.), Psychology applied to sport and exercise. Braga, Portugal: SHO.

### **1998** (5)

O'Brien, J. & **Martin, K. A.** (1998). Up and running: Interventions in exercise psychology. Irish Journal of Psychology, *19*, 439-446.

Rejeski, W. J., **Martin, K. A.,** Miller, M. E., Ettinger, W. H., & Rapp, S. (1998). Perceived importance and satisfaction with physical function in patients with knee osteoarthritis. Annals of Behavioral Medicine, *20*, 141-148.

**Martin, K. A.,** & Hausenblas, H. A. (1998). Psychological commitment to exercise and eating disorder symptomatology among female aerobic instructors. The Sport Psychologist, *12*, 180-190.

Rejeski, W. J., Ettinger, W. H., **Martin, K. A.,** & Morgan, T. (1998). Prescribing physical activity for disability in knee osteoarthritis: A central role for self-efficacy and pain. Arthritis Care and Research, *11*, 94-101.

Brawley, L. R., **Martin, K. A.,** & Gyurcsik, N. C. (1998). Conceptualizing and measuring perceived barriers to exercise. In J. Duda (Ed.), Advances in sport and exercise psychology measurement (pp. 312-334). Morgantown, WV: Fitness Information Technology.

### **1997** (3)

**Martin, K. A.,** Rejeski, W. J., Leary, M. R., McAuley, E., & Bane, S. (1997). Is the Social Physique Anxiety Scale really multidimensional? Conceptual and statistical arguments for a unidimensional model. Journal of Sport & Exercise Psychology, *19*, 360-368.

**Martin, K. A.,** & Hall, C. R. (1997). Situational and intrapersonal moderators of competitive state anxiety. Journal of Sport Behavior, *20*, 125-136.

Hall, C. R., & **Martin, K. A.** (1997). Measuring movement imagery abilities: Revision of the Movement Imagery Questionnaire. Journal of Mental Imagery, *21*, 143-154.

### **1996** (2)

**Martin, K. A.,** & Mack, D. (1996). Relationships between physical self-presentation and sport competition trait anxiety: A preliminary study. Journal of Sport & Exercise Psychology, 18, 75-82.

Moritz, S. E., Hall, C. R., **Martin, K. A.,** & Vadocz, E. (1996). What are confident athletes imaging? An analysis of imagery content. The Sport Psychologist, 10, 171-177.

**1995** (3)

**Martin, K. A.,** & Hall, C. R. (1995). Using mental imagery to enhance intrinsic motivation. Journal of Sport & Exercise Psychology, 17, 54-69.

\*Brawley, L. R., & \***Martin, K. A.** (1995). The interface of social and sport psychology. The Sport Psychologist, 9, 469-497.

Klavora, P., Gaskovski, P., **Martin, K. A.,** Forsyth, R. D., Helsegrave, R. J., Young, M., & Quinn, R. P. (1995). The effect of Dynavision rehabilitation on behind-the-wheel driving ability and selected psychomotor abilities of persons post-stroke. The American Journal of Occupational Therapy, 49, 534-542.

## **Manuscripts Currently Under Review**

1. Latimer, A. E., & **Martin Ginis, K. A.** (accepted pending revisions). Reactions to an acute bout of exercise predict older adults' subsequent motivation to join an exercise program. *American Journal of Health Promotion*.
2. Latimer, A. E., & **Martin Ginis, K. A.** et al. (accepted pending revisions). Attenuating the Effects of Stress on Well-being Among individuals with SCI: A potential role for exercise. *Journal of Therapeutic Recreation*.
3. Lindwall, M., & Martin Ginis, K. A. (under review). Moving towards a favourable image: The self-presentational benefits of exercise and physical activity. *Scandinavian Journal of Psychology*.
4. Hicks, A.L., Adams, M. E., **Martin Ginis, K. A.** et al. (revised and resubmitted). Long-term BWSTT and subsequent follow-up in persons with chronic SCI: Effects on functional walking ability and measures of subjective well-being. *Spinal Cord*.
5. **Martin Ginis, K. A.**, Jung, M. E., Brawley, L. R. et al. (under review). The effects of physical activity enjoyment on sedentary older adults' physical activity attitudes and intentions. *Journal of Applied Biobehavioral Research*.
6. Latimer, A. E., & **Martin Ginis, K. A.** (accepted pending revisions). Examining the utility of the Theory of Planned Behavior for predicting leisure time physical activity among individuals with spinal cord injury. *Rehabilitation Psychology*.
7. **Martin Ginis, K. A.**, Latimer, A. E., Hicks, A. L., Craven, C.(revised and resubmitted). Development and evaluation of an activity measure for people with spinal cord injury. *Medicine and Science in Sports and Exercise*.
8. **Martin Ginis, K. A.**, Latimer, A. E., Brawley, L. R., Jung, M. E., & Hicks, A. L. (under revision). From weight training to activities of daily living: Helping older adults make the connection. *Medicine and Science in Sports and Exercise*.

## **B) TEXTBOOKS**

Lox, C., **Martin, K. A.**, & Petruzello, S. (2003). The psychology of exercise: Integrating theory and practice. Scottsdale, AZ: Holcomb Hathaway.

Lox, C., **Martin Ginis, K. A.**, & Petruzello, S. (in preparation for 2005 release). The psychology of exercise: Integrating theory and practice (2<sup>nd</sup> edition). Scottsdale, AZ: Holcomb Hathaway.

### C) PUBLISHED ABSTRACTS

#### ACCEPTED FOR CONFERENCES AND IN PRESS

#### **2004** (6)

Arbour, K. P., Latimer, A. E., Jung, M. E., & **Martin Ginis, K. A.** (2004). Moving beyond the stigma: Self-presentational benefits of exercise in individuals with a physical disability. *Journal of Sport & Exercise Psychology*, 26, S27.

Latimer, A.E., **Martin Ginis, K. A.**, Craven, B. C., Norman, G. & Hicks, A. L. (2004). The Physical Activity Recall Assessment for Persons with SCI (PARA-SCI): Preliminary reliability and validity data. *Medicine & Science in Sports & Exercise* 36, S110..

**Martin Ginis, K. A.**, Brawley, L. R., Latimer, A. E., Jung, M. E., & Hicks, A. L. (2004). From weight training to ADL performance: Helping older adults make the connection *Medicine & Science in Sports & Exercise* 36, S283.

**Martin Ginis, K. A.**, Jung, M. E., Latimer, A. E., Brawley, L. R., & Hicks, A. L. (2004). Lifting esteem: The effects of a strength-training intervention on older adults' self-esteem and its correlates. *Journal of Sport & Exercise Psychology*, 26, S130.

Stacy, D. L., **Martin Ginis, K. A.**, Poling, M., & Gibala, M. J. (2004). The effects of hydrotherapy on recovery and performance during high intensity training. *Medicine & Science in Sports & Exercise*, 36, S14.

Latimer, A. E., **Martin Ginis, K. A.** & Craven, C. (2004). The role of pain in predicting physical activity intention and behavior among individuals with spinal cord injury: A biopsychosocial perspective. *Annals of Behavioral Medicine*, 27, s039.

#### **2003** (7)

Angove, J., **Martin Ginis K. A.** & Sinden, A. (2003). Physical activity and social physique anxiety in older women: the moderating effects of self-presentation efficacy. *Journal of Sport & Exercise Psychology*, 25 (supplement), s22.

Jung, M. E., & **Martin Ginis, K. A.** (2003). Predicting physical activity in young women at risk for osteoporosis. *Journal of Sport & Exercise Psychology*, 25 (supplement), s77.

Latimer, A., **Martin Ginis, K. A.**, Kitchen, L. A., Howarth, K. R., & Hicks, A. L. (2003). Redefining exercise: development of an exercise intensity classification system for people with spinal cord injury. *Journal of Sport & Exercise Psychology*, 25 (supplement), s88.

**Martin Ginis, K. A.**, Brawley, L. R., Jung, M. E., Shields, C., Latimer, A., Hicks, A. L., & McCartney, N. (2003). A single bout of exercise can improve activity-related thoughts and behaviors among very sedentary older adults. *Journal of Sport & Exercise Psychology*, 25 (supplement), s96.

Watson, J. D., **Martin Ginis, K. A.**, & Spink, K. S. (2003). Team building in an elderly exercise class: it takes a village! *Journal of Sport & Exercise Psychology*, 25 (supplement), s136.

Latimer, A. E., **Martin Ginis, K. A.** & Craven, C. (2003). Psychosocial predictors of exercise intentions and behavior among individuals with spinal cord injury. *Annals of Behavioral Medicine*, 25, s13.

**Martin Ginis, K. A.**, Brawley, L. R., Latimer, A. E., Jung, M. E., Shields, C. A., Hicks, A. L. (2003). Acute reactions to exercise predict subsequent activity in sedentary older adults. *Annals of Behavioral Medicine*, 25 (supplementary supplement), s59.

## **2002**

**Martin, K. A.**, Latimer, A. E., Hicks, A. L., McCartney, N. (2002). Self-efficacy, not satisfaction, predicts exercise adherence after spinal cord injury. *Annals of Behavioral Medicine*, 24 (supplement), S050.

\*Latimer, A. E., **Martin, K. A.**, Hicks, A. L. (2002). An investigation of the efficacy of exercise as a pain reduction strategy for individuals with spinal cord injury. *Annals of Behavioral Medicine*, 24 (supplement), S149.

\*Citation award-winning paper as selected by the Society of Behavioral Medicine

Latimer, A. E., Jung, M. E., Martin, K. A., & Arbour, K. P. (2002). Benefits of benevolence: The impact of co-op placements in an exercise environment on attitudes toward persons with spinal cord injuries. *Journal of Sport & Exercise Psychology*, 24 (supplement), S85.

Latimer, A. E., **Martin, K. A.**, & Hicks, A. L. (2002). A little exercise never hurts: Factors mediating exercise-induced change in pain and well-being in people with spinal cord injury. *Journal of Sport & Exercise Psychology*, 24 (supplement), S86.

Ditor, D. S., Latimer, A. E., **Martin, K. A.**, Arbour, K. P., McCartney, N. & Hicks, A. L. (2002). Long-term maintenance of exercise participation by individuals with spinal cord injury: Effects of quality of life, stress and pain. *Annals of Behavioural Medicine*, 24 (Conference Suppl), 49.

Lichtenberger, C. M., **Martin, K. A.**, Fleming, J. C., & Wessel, J. (2002). A “joint” effort to build body image: the impact of exercise on the body image of women with knee osteoarthritis. *Journal of Sport & Exercise Psychology*, 24 (supplement), S87

Watson, J. D., **Martin, K. A.**, & O’Brien, J. (2002). It’s a small world after all: A cross-cultural comparison of self-presentational motives for exercise. *Journal of Sport & Exercise Psychology*, 24 (supplement), S131.

## **2001**

Lichtenberger, C., MacKenzie, C., **Martin, K.**, & McCartney, N (2001). Exercise To Beat The Body Image Blues: The Interrelationships Between Physical Fitness, Body Image, And Depression Among Middle – Old Age Cardiac Patients. *Journal of Cardiopulmonary Rehabilitation*, 21, 327.

MacKenzie, C., Lichtenberger, C., **Martin, K.**, & McCartney, N. (2001). Perceptions of Social Support and Self-Efficacy in Maintenance Cardiac Rehabilitation. *Journal of Cardiopulmonary Rehabilitation*, 21.

- Latimer, A.E., **Martin, K. A.**, Hicks, A.L., Ditor, D. S., Stewart, B. & McCartney, N. (2001). Determining the relation between change in upper body strength, physical functioning, handicap, pain, stress and health for persons with SCI. Canadian Journal of Applied Physiology, 26, 494.
- Hicks, A. L., Ditor, D. S., **Martin, K. A.**, Latimer, A. E., Stewart, B., Conolly, C., & McCartney, N. (2001). Exercise training in persons with spinal cord injury: Effects on strength, arm ergometry performance and psychological wellbeing. Canadian Journal of Applied Physiology, 26.
- Martin, K. A.**, Buscher, L., & Crocker, S. (2001). Benefit-framed, point of purchase messages improve healthy snack selection in a college food service. Annals of Behavioral Medicine, 23, S141.
- Martin, K. A.**, Latimer, A. E., McKechnie, K., Ditor, D. S., Connolly, C., Hicks, A. L., & McCartney, N. M. (2001). The effects of exercise training on HRQL among people with spinal cord injury and the mediating influence of pain. Annals of Behavioral Medicine, 23 (supplement to supplement), 90.
- Sinden, A. R., Angove, J., & **Martin, K. A.** (2001). T-shirts or tank-tops? Older women's physical appearance concerns, exercise attitudes, and efficacy. Annals of Behavioral Medicine, 23 (supplement), 68.
- Martin, K. A.**, Jung, M. E., & Sinden, A. R. (June, 2001). To see or not to see: The effects of exercising in mirrored and non-mirrored environments on exercise-induced affect. Journal of Sport & Exercise Psychology, 23, S26.
- Elston, T. L., **Martin, K. A.**, & Latimer, A. E. (June, 2001). Rising to the challenge: The effects of goal-setting and exercise stage on adherence to a 12-week exercise challenge. Journal of Sport & Exercise Psychology, 23, S32.
- Fleming, J. C., Latimer, A. E., & **Martin, K. A.** (June, 2001). You can't go wrong being physically active: The positive exerciser stereotype carries over to obsessive exercisers, physically active women, and health risk behaviors. Journal of Sport & Exercise Psychology, 23, S25.
- Latimer, A. E., Fleming, J. C., & **Martin, K. A.** (June, 2001). Who cares what other people think? Self-presentational concerns as a moderator of the Theory of Planned Behavior. Journal of Sport & Exercise Psychology, 23, S24.
- Angove, J., Sinden, A. R., & **Martin, K. A.** (June, 2001). Who wears short shorts? Examining exercise settings, social physique anxiety, and self-efficacy among older women. Journal of Sport & Exercise Psychology, 23, S34.
- Culos-Reid, S. N., Angove, J., & **Martin, K. A.** (June, 2001). Understanding exercise behaviour in individuals with fibromyalgia: The role of self-efficacy, social support, and self-presentation concerns. Journal of Sport & Exercise Psychology, 23, S18.

## 2000

Gammage, K., Hall, C., Prapavessis, H., Maddison, R., Haase, A., & **Martin, K.** (2000). Self-presentational concerns in exercise. Journal of Sport and Exercise Psychology, *22*, S41.

**Martin, K. A.**, Sinden, A.R., & Fleming, J. C. (2000). Inactivity may be hazardous to your image: Effects of exercise participation on social evaluations of men and women. Journal of Sport and Exercise Psychology, *22*, S76.

### **1999**

**Martin, K. A.**, Rejeski, W. J., Miller, M. E., James, M. K., Ettinger, W. H., & Messier, S. P. (1999). Validity of the Physical Activity Scale for the Elderly in older adults with knee pain and disability. Annals of Behavioral Medicine, *21*, S160.

Rejeski, W. J., Reboussin, B. A., **Martin, K. A.**, Callahan, K., Dunn, A. L., King, A. A., & Sallis, J. F. (1999). Satisfaction with body function and body appearance in middle- and older-aged adults: The Activity Counseling Trial (ACT). Annals of Behavioral Medicine, *21*, S83.

Hausenblas, H. A., & **Martin, K. A.** (1999). Bodies on display: Female aerobic instructors and social physique anxiety. Journal of Sport & Exercise Psychology, *21*, S56.

### **1998**

**Martin, K.A.** (1998). Single, female, physically active: Effects of exercise status and body weight on stereotyped perceptions of young women. Journal of Sport & Exercise Psychology, *20*, S23.

Culos, S. N., Brawley, L. R., **Martin, K. A.**, Leary, M. R., & Papaioannou, D. A. (1998). Physical activity to enhance appearance or health: self-presentational issues. Journal of Sport & Exercise Psychology, *20*, S21.

Rejeski, W. J., **Martin, K. A.**, Miller, M. E., Ettinger, W. H., & Rapp, S. (1998). Perceived importance and satisfaction with physical function in patients with knee osteoarthritis. Annals of Behavioral Medicine, *20*, S116.

### **1997**

**Martin, K. A.** & Brawley, L. R. (1997). Efficacy and esteem as predictors of self-handicapping in a physical activity setting. Journal of Sport & Exercise Psychology, *19*, S86.

Hausenblas, H. A., & **Martin, K. A.** (1997). Psychological commitment to exercise among female aerobic instructors. Journal of Sport & Exercise Psychology, *19*, S63.

Gyurcsik, N. C., Brawley, L. R., & **Martin, K. A.** (1997). Perceived barriers and adherence to physical activity: Measurement and prediction. Annals of Behavioral Medicine, *19*, S89.

### **1996**

**Martin, K. A.**, & Brawley, L. R. (1996). Self-presentational motives, self-esteem, and self-handicapping in sport. Journal of Sport & Exercise Psychology, *18*, S56.

Moritz, S. E., **Martin, K. A.**, & Hall, C. R. (1996). Testing for the mediational effects of imagery use and imagery ability on sport self-confidence. Journal of Sport & Exercise Psychology, 18, S59.

Gyurcsik, N. C., **Martin, K. A.**, & Brawley, L. R. (1996). Perceived barriers as a determinant of nonadherence: Problems of measurement and conceptualization. Journal of Applied Sport Psychology, 8, S71.

Paskevich, D. M., **Martin, K. A.**, & Brawley, L. R. (1996). Differentiating exercise-related cognitions on the basis of self-schemata: Relationships to intentions and behaviors. Journal of Applied Sport Psychology, 8, S72.

Hausenblas, H. A., & **Martin, K. A.** (1996). Eating disorders, social physique anxiety and aerobic instructors: Healthy role models or a population at risk? Journal of Applied Sport Psychology, 8, S81.

### **1995**

Brawley, L. R., Carron, A. V., Widmeyer, W. N., & **Martin, K. A.** (1995). Social cohesion as a predictor of the magnitude of group importance in leisure time sport. Journal of Sport & Exercise Psychology, 17, S32.

Paskevich, D. M., **Martin, K. A.**, & Brawley, L. R. (1995). Self-presentation processes in sport. Journal of Sport & Exercise Psychology, 17, S85.

**Martin, K. A.**, Bray, S. W., & Widmeyer, W. N. (1995). Sources of cognitive and somatic anxiety among competitive youth skiers. Journal of Applied Sport Psychology, 7, S88.

### **1994**

**Martin, K. A.**, & Hall, C. R. (1994). The effects of mental imagery on intrinsic motivation. Journal of Sport & Exercise Psychology, 16, S86.

**REFEREED PRESENTATIONS TO SCHOLARLY AND PROFESSIONAL GROUPS**  
**(A) FREE COMMUNICATIONS**

**2004**

Arbour, K. P., & **Martin Ginis, K. A.** (October, 2004). Lifting satisfaction: The relationship between young men's weight-training participation, muscle-building confidence, and behavior. *Paper presented at the annual meeting of the Canadian Society for the Study of Psychomotor Learning and Sport Psychology, Saskatoon, SK.*

Jung, M. E., Bray, S. R., & **Martin Ginis, K. A.** (October, 2004). Tracking chronic disease risk behaviors in first year university students. *Paper presented at the annual meeting of the Canadian Society for the Study of Psychomotor Learning and Sport Psychology, Saskatoon, SK.*

Latimer, A. E., **Martin Ginis, K. A.** & Craven, C. (March, 2004). The role of pain in predicting physical activity intention and behavior among individuals with spinal cord injury: A biopsychosocial perspective. *Paper presented at the Society of Behavioral Medicine.*

Arbour, K. P., Latimer, A. E., Jung, M. E., & **Martin Ginis, K. A.** (June, 2004). Moving beyond the stigma: Self-presentational benefits of exercise in individuals with a physical disability. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC.*

Latimer, A.E., **Martin Ginis, K. A.**, Craven, B. C., Norman, G. & Hicks, A. L. (June, 2004). The Physical Activity Recall Assessment for Persons with SCI (PARA-SCI): Preliminary reliability and validity data. *Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.*

**Martin Ginis, K. A.**, Brawley, L. R., Latimer, A. E., Jung, M. E., & Hicks, A. L. (June, 2004). From weight training to ADL performance: Helping older adults make the connection. *Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.*

**Martin Ginis et al.**, (June, 2004). Lifting esteem: The effects of a strength-training intervention on older adults' self-esteem and its correlates. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC.*

Stacy, D. L., **Martin Ginis, K. A.**, Poling, M., & Gibala, M. J. (June, 2004). The effects of hydrotherapy on recovery and performance during high intensity training. *Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.*

Wessel J, Francoeur C, McCartney N, **Martin Ginis K**, Williams R. (May, 2004). How does pain influence physical function in persons with osteoarthritis of the knee? *Paper presented at the Canadian Physiotherapy Association annual congress, Quebec City, QB.*

**2003**

Shields, C. A., Brawley, L. R., & **Martin Ginis, K. A.** (October, 2003). Who are men really impressing? Interactive effects of exercise status and gender on the impressions formed of men. *Paper*

*presented at the Canadian Society for Psychomotor Learning and Sport Psychology, Hamilton, ON.*

Jung, M. E. & **Martin Ginis, K. A.** (October, 2003). Mars and Venus at the gym: Gender differences in social comparison in older adults. *Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology, Hamilton, ON.*

Arbour, K. P. & **Martin Ginis, K. A.** (October, 2003). The promotion of regular physical activity amongst middle-aged women: Combining the theory of planned behaviour and implementation intentions. *Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology Hamilton, ON.*

Latimer, A. E., **Martin Ginis, K. A.**, Craven, B. C. (October, 2003) Failing to measure up: issues in assessing physical activity among individuals with a physical disability. *Paper presented at SCAPPS, Hamilton, Ontario.*

Salvador, C. & Martin Ginis, K. A. (October, 2003). Gender differences in exercise motivation among adults over the age of 70. *Paper presented at SCAPPS, Hamilton, Ontario.*

Angove, J., **Martin Ginis K. A.** & Sinden, A. (June, 2003). Physical activity and social physique anxiety in older women: the moderating effects of self-presentation efficacy. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.*

Jung, M. E., & **Martin Ginis, K. A.** (June, 2003). Predicting physical activity in young women at risk for osteoporosis. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.*

Latimer, A., **Martin Ginis, K. A.**, Kitchen, L. A., Howarth, K. R., & Hicks, A. L. (June, 2003). Redefining exercise: development of an exercise intensity classification system for people with spinal cord injury. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.*

**Martin Ginis, K. A.**, Brawley, L. R., Jung, M. E., Shields, C., Latimer, A., Hicks, A. L., & McCartney, N. (June, 2003). A single bout of exercise can improve activity-related thoughts and behaviors among very sedentary older adults. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.*

Watson, J. D., **Martin Ginis, K. A.**, & Spink, K. S. (June, 2003). Team building in an elderly exercise class: it takes a village! *Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.*

Latimer, A. E., **Martin Ginis, K. A.** & Craven, C. (March 2002). Psychosocial predictors of exercise intentions and behavior among individuals with spinal cord injury. *Paper presented at the Society of Behavioral Medicine, Salt Lake City, UT.*

**Martin Ginis, K. A.**, Brawley, L. R., Latimer, A. E., Jung, M. E., Shields, C. A., Hicks, A. L. (March, 2002). Acute reactions to exercise predict subsequent activity in sedentary older adults. *Paper presented at the Society of Behavioral Medicine, Salt Lake City, UT.*

Latimer, A. E., & **Martin Ginis, K. A.** (July 2003). The importance of subjective norms for people who care what others think. *Paper presented at the International Society of Behavioral Nutrition and Physical Activity, Quebec City, QC.*

Jung, M., **Martin Ginis, K. A.**, Phillips, S., & Lordon, C. (July 2003). The effects of generic vs population-specific educational materials on the dietary and physical activity health beliefs of women at risk for osteoporosis. *Paper presented at the International Society of Behavioral Nutrition and Physical Activity, Quebec City, QC.*

**Martin Ginis, K. A.**, Jung, M. E., Shields, C. A., Brawley, L. R., Latimer, A. E., Lichtenberger, C. M., & Elston, T. E. (August 2003). Short-haul: acute effects of strength training for seniors. *Paper presented at the American Psychological Association, Toronto, ON.*

## **2002**

**Martin, K. A.**, Latimer, A. E., Hicks, A. L., McCartney, N. (March, 2002). Self-efficacy, not satisfaction, predicts exercise adherence after spinal cord injury. *Paper presented at the Society of Behavioral Medicine, Washington, DC.*

\*Latimer, A. E., **Martin, K. A.**, Hicks, A. L. (March, 2002). An investigation of the efficacy of exercise as a pain reduction strategy for individuals with spinal cord injury. *Paper presented at the Society of Behavioral Medicine, Washington, DC.*

\*Citation award-winning paper

Latimer, A. E., Jung, M. E., Martin, K. A., & Arbour, K. P. (June, 2002). Benefits of benevolence: The impact of co-op placements in an exercise environment on attitudes toward persons with spinal cord injuries. *Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD.*

Latimer, A. E., Martin, K. A., & Hicks, A. L. (June, 2002). A little exercise never hurts: Factors mediating exercise-induced change in pain and well-being in people with spinal cord injury. *Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD.*

Lichtenberger, C. M., **Martin, K. A.**, Fleming, J. C., & Wessel, J. (June, 2002). A “joint” effort to build body image: the impact of exercise on the body image of women with knee osteoarthritis. *Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD.*

Watson, J. D., **Martin, K. A.**, & O’Brien, J. (June, 2002). It’s a small world after all: A cross-cultural comparison of self-presentational motives for exercise. *Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD.*

Fleming, J. C., & **Martin, K. A.** (2002). Over-exposed: The effects of commercial exercise videotapes on women’s body image and self-efficacy for exercise. *Paper presented at the annual meeting of the Canadian Society for the Study of Psychomotor Learning and Sport Psychology, Vancouver, BC.*

## **2001**

Lichtenberger, C., MacKenzie, C., **Martin, K.**, & McCartney, N (October, 2001). *Exercise to beat the body image blues: The interrelationships between physical fitness, body image, and depression among*

*middle – old age cardiac patients*. Paper presented at the meeting of the Canadian Association for Cardiac Rehabilitation, Halifax, NS.

MacKenzie, C., Lichtenberger, C., **Martin, K.**, & McCartney, N. (October, 2001). *Perceptions of social support and self-efficacy in maintenance cardiac rehabilitation*. Paper presented at the meeting of the Canadian Association for Cardiac Rehabilitation, Halifax, NS.

Latimer, A. E., **Martin, K. A.**, Hicks, A. L., Ditor, D. S., Stewart, B., Conolly, C., & McCartney, N. (October, 2001). *Determining the relation between change in upper body strength, physical functioning, handicap, pain, stress and health for persons with SCI*. Paper presented at the meeting of the Canadian Society for Exercise Physiology, Montreal, QB.

Hicks, A. L., Ditor, D. S., **Martin, K. A.**, Latimer, A. E., Stewart, B., Conolly, C., & McCartney, N. (October, 2001). *Exercise training in persons with spinal cord injury: Effects on strength, arm ergometry performance and psychological wellbeing*. Paper presented at the meeting of the Canadian Society for Exercise Physiology, Montreal, QB.

Angove, J., Culos-Reed, S. N., **Martin, K. A.**, & Brawley, L. R. (November, 2001). *Correlates of social physique anxiety and functional self-presentational concerns for individuals with fibromyalgia*. Paper presented at the meeting of the Canadian Society for the Study of Psychomotor Learning and Sport Psychology (SCAPPS), Montreal, QB.

Gammage, K. L., **Martin, K. A.**, & Hall, C. R. (November, 2001). *Self-presentational efficacy expectancy: Its influence on anxiety in an exercise context*. Paper presented at the meeting of the Canadian Society for the Study of Psychomotor Learning and Sport Psychology (SCAPPS), Montreal, QB.

Jung, M. E., **Martin, K. A.**, & Fleming, J. C. (November, 2001). *Lessons on recruiting: When 'sedentary' is a 4-letter word*. Paper presented at the meeting of the Canadian Society for the Study of Psychomotor Learning and Sport Psychology (SCAPPS), Montreal, QB.

Latimer, A. E., **Martin, K. A.**, Hicks, A. L., Ditor, D. S., Stewart, B., & McCartney, N. (November, 2001). *Exercise as a strategy for pain reduction and quality of life enhancement among individuals with spinal cord injury*. Paper presented at the meeting of the Canadian Society for the Society of Psychomotor Learning and Sport Psychology (SCAPPS), Montreal, QB.

**Martin, K. A.**, Latimer, A. E., Hanley, H., Francoeur, C., & Watson, K. (November, 2001). *Setting wheels in motion: An application of the Theory of Planned Behaviour to understanding exercise among persons with spinal cord injury*. Paper presented at the meeting of the Canadian Society for the Society of Psychomotor Learning and Sport Psychology (SCAPPS), Montreal, QB.

Sinden, A. R., & **Martin, K. A.** (November, 2001). *Tom and Mary retire: Does it pay to be perceived as an exerciser in your later years?* Paper presented at the meeting of the Canadian Society for the Society of Psychomotor Learning and Sport Psychology (SCAPPS), Montreal, QB.

**Martin, K. A.**, Jung, M. E., & Sinden, A. R. (June, 2001). *To see or not to see: The effects of exercising in mirrored and non-mirrored environments on exercise-induced affect*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.

Elston, T. L., **Martin, K. A.**, & Latimer, A. E. (June, 2001). *Rising to the challenge: The effects of goal-setting and exercise stage on adherence to a 12-week exercise challenge*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.

Fleming, J. C., Latimer, A. E., & **Martin, K. A.** (June, 2001). *You can't go wrong being physically active: The positive exerciser stereotype carries over to obsessive exercisers, physically active women, and health risk behaviors*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.

Latimer, A. E., Fleming, J. C., & **Martin, K. A.** (June, 2001). *Self-presentational concerns moderate the relationship between subjective norms and exercise intentions*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.

Angove, J., Sinden, A. R., & **Martin, K. A.** (June, 2001). *Who wears short shorts? Examining exercise settings, social physique anxiety, and self-efficacy among older women*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.

Culos-Reid, S. N., Angove, J., & **Martin, K. A.** (June, 2001). *Understanding exercise behaviour in individuals with fibromyalgia: The role of self-efficacy, social support, and self-presentation concerns*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.

Latimer, A. E., **Martin, K. A.**, McKechnie, K., Ditor, D. S., Connolly, C., Hicks, A. L. & McCartney, N. M. (May, 2001). *Improving quality of life and reducing depression in individuals with SCI through exercise: The role of pain and stress as mediators*. Paper presented at the XXIIIrd International Symposium of the centre de recherche en sciences neurologique. Montreal, Quebec.

**Martin, K. A.**, Buscher, L., & Crocker, S. (March, 2000). *Benefit-framed, point of purchase messages improve healthy snack selection in a college food service*. Paper presented at the meeting of the Society of Behavioral Medicine, Seattle, WA.

**Martin, K. A.**, Latimer, A. E., McKechnie, K., Ditor, D. S., Connolly, C., Hicks, A. L., & McCartney, N. M. (March, 2000). *The effects of exercise training on HRQL among people with spinal cord injury and the mediating influence of pain*. Paper presented at the meeting of the Society of Behavioral Medicine, Seattle, WA.

Sinden, A. R., Angove, J., & **Martin, K. A.** (March, 2000). *T-shirts or tank-tops? Older women's physical appearance concerns, exercise attitudes, and efficacy*. Paper to be presented at the meeting of the Society of Behavioral Medicine, Seattle, WA.

## **2000**

Graves, L. A. & **Martin K. A.** (October, 2000). *Do you want the good news or the bad news? The effects of message-framing on exercise-related thoughts among patients in a cardiac rehabilitation program.* Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON.

Gammage, K., Hall, C., Prapavessis, H., Maddison, R., Haase, A., & **Martin, K.** (June, 2000). Self-presentational concerns in exercise. Meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.

**Martin, K. A.,** Sinden, A.R., & Fleming, J. C. (June, 2000). Inactivity may be hazardous to your image: Effects of exercise participation on social evaluations of men and women. Meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.

**Martin, K. A.,** & Sinden, A. R. (August, 2000). *Better than the rest: Adherence among older adults in RCTs of exercise.* Paper presented at the meeting of the American Psychological Association, Washington, DC.

## **1999**

Rejeski, W. J., Reboussin, B. A., **Martin, K. A.,** Callahan, K., Dunn, A. L., King, A. A., & Sallis, J. F. (March, 1999). *Correlates of satisfaction with body function and body appearance in middle- and older-aged adults.* Paper presented at the Society of Behavioral Medicine, San Diego, CA.

**Martin, K. A.,** Rejeski, W. J., Miller, M. E., James, M. K., Ettinger, W. H., & Messier, S. P. (March, 1999). *Validation of the Physical Activity Scale for the Elderly in older adults with knee pain and disability.* Paper presented at the meeting of the Society of Behavioral Medicine, San Diego, CA.

**Martin, K. A.,** & Leary, M. R. (August, 1999). *What Lengths to Impress? Self-Presentation and Health Risk Among Freshmen.* Paper presented at the meeting of the American Psychological Association, Boston, MA.

Hausenblas, H. A., & **Martin, K. A.** (June, 1999). *Bodies on display: Female aerobic instructors and social physique anxiety.* Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Clearwater, FL.

## **1998**

Culos, S. N., Brawley, L. R., **Martin, K. A.,** Leary, M. R., & Papaioannou, D. A. (March, 1998). *Physical activity to enhance appearance or health: self-presentational issues.* Paper presented at the meeting of the Society of Behavioral Medicine, New Orleans, LA.

Rejeski, W. J., **Martin, K. A.,** Miller, M. E., Ettinger, W. H., & Rapp, S. (March, 1998). *Perceived importance and satisfaction with physical function in patients with knee osteoarthritis.* Paper presented at the meeting of the Society of Behavioral Medicine, New Orleans, LA.

**Martin, K.A.** (1998, June). *Single, female, physically active: Effects of exercise status and body weight on stereotyped perceptions of young women*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Chicago, IL.

**Martin, K. A., & Leary, M. R.** (1998, August). *Would you share a stranger's drink? Self-presentational motives and health risk behavior*. Paper presented at the meeting of the American Psychological Association, San Francisco, CA.

**Martin, K. A., & Lutes, L. D.** (1998, October). *Nowhere to hide: Group and leadership effects on social anxiety*. Presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Niagara Falls, ON.

### **1997**

**Martin, K. A. & Brawley, L. R.** (1997, June). *Efficacy and esteem as predictors of self-handicapping in a physical activity setting*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO..

Hausenblas, H. A., & **Martin, K. A.** (June, 1997). *Psychological commitment to exercise among female aerobic instructors*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.

Gyurcsik, N. C., Brawley, L. R., & **Martin, K. A.** (March, 1997). *Perceived barriers and adherence to physical activity: Measurement and prediction*. Paper presented at the meeting of the Society of Behavioral Medicine, San Francisco, CA.

**Martin, K. A., Leary, M. R., O'Brien, J., & O'Donnell, N. F.** (1997, October). *Looking good versus feeling good: Self-presentational motives for exercise among adolescents*. Presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Niagara Falls, ON.

**Martin, K. A., & Brawley, L. R.** (1997, August). *Don't expect too much from me: Self-handicapping in sport and physical activity*. American Psychological Association, Division 47, Dissertation Award Presentation, Chicago, IL.

### **1996**

**Martin, K. A., & Brawley, L. R.** (1996, June). *Self-presentational motives, self-esteem, and self-handicapping in sport*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Muskoka, ON.

Moritz, S. E., **Martin, K. A., & Hall, C. R.** (1996). *Testing for the mediational effects of imagery use and imagery ability on sport self-confidence*. Paper presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Muskoka, ON.

### **1995**

**Martin, K.A. & Brawley, L.R.** (1995, October). *Self-handicapping in sport*. Young Scientist Presentation, meeting of the Canadian Society for Psychomotor Learning and Sport

Psychology, Vancouver, BC.

**Martin, K.A.**, Paskevich, D. M., & Brawley, L. R. (1995, October) *Cognitive self-schemata and exercise-related thoughts, intentions, and behaviours*. Presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology.

**Martin, K. A.**, Bray, S. W., & Widmeyer, W. N. (1995, September). *Sources of cognitive and somatic anxiety among competitive youth skiers*. Presented at the meeting of the Association for the Advancement of Applied Sport Psychology, New Orleans, LA.

Brawley, L.R., Carron, A.V., Widmeyer, W. N., & **Martin, K. A.** (1995, June). *Social cohesion as a predictor of the magnitude of group importance in leisure time sport*. Presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Asilomar, CA.

Paskevich, D. M., **Martin, K. A.**, & Brawley, L. R. (1995, June). *Self-presentation processes in sport*. Presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Asilomar, CA.

#### **1994**

**Martin, K. A.**, & Brawley, L. R. (1994, October). *Self-handicapping in sport: A sport-specific version of the self-handicapping scale*. Presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Hamilton, ON.

Mack, D., & **Martin, K. A.** (1994, October). *Self-presentation concerns as correlates of sport competition trait anxiety in women's subjectively judged sports*. Presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Hamilton, ON.

**Martin, K. A.**, & Mack, D. (1994, October). *Self-presentation concerns as correlates of sport competition trait anxiety*. Presented at the meeting of the Association for the Advancement of Applied Sport Psychology, Lake Tahoe, NV.

**Martin, K. A.** & Hall, C. R. (1994, June). *The effects of mental imagery on intrinsic motivation*. Presented at the meeting of the North American Society for Psychology of Sport and Physical Activity, Clearwater, FL.

#### **1993**

Klavora, P., Gaskovski, P., **Martin, K. A.**, Goodman, J. M., Forsyth, R., Helsegrave, R., Young, M., & Quinn, R. P. (1993, September). *The effects of reaction time training on the driving skills of persons with stroke*. Presented at the Fourth Annual Conference of the Ontario Ministry of Transportation, Toronto, ON.

#### **b) Symposia**

##### **2004**

Rejeski, W. J., Brawley, L. R., Focht, B. C., Katula, J. Mihalko, S., & **Martin Ginis, K. A.** (June, 2004). *Innovations in physical activity interventions for older adults*. Symposium presented at Feature Session of the annual meeting of the American College of Sports Medicine, Indianapolis, IN.

Ekkekakis, P., Bixby, W.R., Culos-Reed, S. N., Hall, E. E., **Martin Ginis, K. A.** (June, 2004). *Teaching exercise psychology*. Symposium presented at the annual meeting of the North American Society for Psychology of Sport and Physical Activity.

### **2003**

**Martin Ginis, K. A.** & Latimer, A. E. (June, 2003). *What's pain got to do with it? Mediators of exercise-induced change in emotional well-being among people with chronic disability and disease*. Symposium paper presented at the North American Society for the Psychology of Sport and Physical Activity, Savannah, GA.

### **2000**

**Martin, K. A.** & Latimer, A. E. (October, 2000). *The importance of being in control: Perceived control as a mechanism of change in the exercise-HRQL relationship*. Symposium paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON.

**Martin, K. A.** (October, 2000). *Everything I learned about collaborative research I learned in Kindergarten*. Symposium paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON.

### **1999**

**Martin, K. A.**, Crocker, P., Culos-Reed, S. N., & Wilson, P. (October, 1999). *For better or for worse: The influence of self-presentation on health-risk and health-promoting behaviors*. Symposium organized for and presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology.

## INVITED ADDRESSES

1. University of Auckland, Health Psychology Speakers Series (October, 2004). *Who cares what other people think? Self-presentation processes and exercise.*
2. California State University Department of Kinesiology and Nutrition Science (April, 2004). *Conducting exercise trials of people with spinal cord injury: Lessons learned.*
3. Acadia University Kinesiology Society (March, 2004). *Moving On: Exercise after a spinal cord injury.*
4. Arthritis Health Practitioners Association, Toronto, ON (October, 2003). *Ready, Set, Go! Understanding readiness for health behaviour change.*
5. American Psychological Association (August, 2003). Thematic Programming Sessions on Optimizing the Quality of Life in Sickness and Health. *Can't get no satisfaction? Optimizing self- and life-satisfaction through physical activity.*
6. Acadia University, Wolfville, Nova Scotia (August, 2003). *Exercise after a spinal cord injury: Benefits, barriers, and body-weight support.*
7. North American Society for the Psychology of Sport and Physical Activity (June, 2002). Early Career Distinguished Scholar Award Lecture: *Who cares what other people think? Exercise, self-consciousness, and social anxiety.*
8. The Pennsylvania State University, Department of Kinesiology, College Park, PA (April, 2001). *Exercise after a traumatic spinal cord injury: Benefits, barriers, and body-weight support.*
9. The Ontario Long Term Care Association Convention and Trade Show, Toronto ON (March, 2001). *The Shalom Village-McMaster University exercise project: Does a regular exercise program improve health-related quality of life?*
10. University of Birmingham, Department of Exercise and Sport Science, Birmingham UK (February, 2001). *Putting exercise into context: The role of workout partners and places on exercise-related thoughts and feelings.*
11. University College Dublin, Department of Psychology, Dublin, Ireland (February, 2001). *Putting exercise into context: The role of workout partners and places on exercise-related thoughts and feelings.*
12. University of Limerick, Department of Sport and Exercise Science, Limerick, Ireland. (February, 2001). *Putting exercise into context: The role of workout partners and places on exercise-related thoughts and feelings.*
13. University of Western Ontario, Department of Kinesiology, London, ON (December, 1999). *Self-presentation as a factor in health-risk and health-promoting behaviours.*

14. University of Florida, Department of Exercise Science, Gainesville, FL (1999, April). *What lengths to impress? The role of self-presentation in health-risk and health-promoting behaviours.*
15. Wake Forest University Medical Center, Conference on Adherence to Behavioral and Pharmacological Interventions in Clinical Research in Older Adults, Winston-Salem, NC (1998, May). *Who will stay and who will go: Predictors of exercise adherence.*
16. University of Limerick, Department of Sport and Exercise Science, Co. Limerick, Ireland (1997, May). *A model of mental imagery for sport psychologists.*
17. Wake Forest University, Department of Psychology, Winston-Salem, NC (1996, January). *Don't expect too much from me: Self-handicapping in physical activity.*
18. Case Western Reserve University, Department of Psychology, Cleveland, OH (1996, November). *Self-handicapping in sport and physical activity.*

#### **INVITED LECTURES TO COMMUNITY GROUPS**

1. Canadian Federation of University Women-Hamilton Chapter (May, 2004). *Working it out: Women, physical activity, and psychological well-being.*
2. Shalom Village Nursing Home, Hamilton, ON (2002, July). *Increasing self-efficacy among elderly exercisers.*
3. Shalom Village Nursing Home, Hamilton, ON (2000, November). *Using exercise to improve quality of life among nursing home residents.*
4. MacWheelers Exercise Program, Hamilton, ON (2001, February). *Stress Management.*

## RESEARCH GRANTS

### GRANTS RECEIVED—EXTERNAL FUNDING

**Martin Ginis, K. A.** (2004-2009). *Developing physical activity recommendations & interventions for people with spinal cord injury. Phase I: Development of a valid and reliable measure of physical activity for people with SCI.* Canadian Institutes of Health Research, New Investigator Award **\$250,000.**

Spence, J. C., Finkelstein, E., **Martin Ginis, K. A.**, McGannon, K., Raine, K., Szeman, I., Wilde, C. (2004-2005). Understanding influences of the media on physical activity and nutrition: An ecological approach. Canadian Institutes of Health Research (Environmental approaches to physical activity, healthy eating, and healthy body weight: 2003 Planning and Development Grant Competition), **\$83,600.**

Spence, J. C., Plotnikoff, R. C., McCargar, L., Rodgers, W., & **Martin Ginis, K.** *Content refinement and testing of primary questions: A pilot test of Canada on the Move.* Canadian Institutes of Health Research and the University of Alberta **\$4,000.**

**Martin, K. A.**, Hicks, A. L., Norman, G., McCartney, N., Craven, C., & Latimer, A. E. (2002-2005). *Developing physical activity recommendations & interventions for people with spinal cord injury. Phase I: Development of a valid and reliable measure of physical activity for people with SCI.* Canadian Institutes of Health Research, **\$127,995.**

**Martin, K. A.**, Phillips, S., Lordon, C., & Jung, M. E. (2002-2004) *Do you want the good news or the bad news? Development of effective communications for increasing calcium consumption in young women.* Danone Institute of Canada. **\$29,806**

Hicks, A. L., MacDonald, M., **Martin, K. A.**, McCartney, N., Phillips, S., & Bugaresti, J. (2002-2003). *The effect of early body-weight supported treadmill training on functional walking ability and important health outcomes in persons with spinal cord injury.* Ontario Neurotrauma Foundation, **\$55,000.**

Hicks, A. L., **Martin, K. A.**, & Latimer, A. E. (2002-2003). *Using exercise training to improve quality of life among people with spinal cord injury.* Christopher Reeve Paralysis Foundation **\$15,000** (\$10,000 US).

Arthur, H., McKelvie, R., **Martin, K.**, Thorpe, K., Roberts, R., McCartney, N., & Mataseje, L. (2001-2003). *Strength training for women with heart disease.* Heart and Stroke Foundation of Canada, **\$203,205.**

Wessel, J., McCartney, N., **Martin, K. A.**, Williams, R., & Adachi, J. D. (2001-2003). *The effect of exercise and education on physical performance, disability and self-efficacy in persons with osteoarthritis of the knee.* Canadian Arthritis Society, **\$143,909.**

McCartney, N., Hicks, A., Phillips, S., Webber, C., Blinkie, C., Tarnopolsky, M., Craven, C., **Martin, K.** (2000-2001). *Body-weight supported treadmill training after spinal cord injury: Effects on*

*functional abilities and important health outcomes.* Ontario Neurotrauma Foundation, **\$177,644.**

Wessel, J., McCartney, N., *Martin, K. A.*, Williams, R., & Adachi, J. D. (2000-2001). *The effect of exercise and education on physical performance, disability and self-efficacy in persons with osteoarthritis of the knee.* Canadian Arthritis Society, **\$63,654.**

**Martin, K. A.** , McCartney, N., Hicks, A. L., & Brawley, L. R. (2000-2003). *Enhancing perceived control and health-related quality of life through exercise: A study of older adults.* Social Sciences and Humanities Research Council of Canada, Standard Research Grants, **\$103, 166.**

Hicks, A. L., McCartney, N., Bugaresti, J., **Martin, K. A.**, Craven, C., & Belcig, M. (1999-2001). *Impact of a community fitness and wellness program for persons with spinal cord injury.* Rick Hansen Neurotrauma Initiative Grant, **\$102, 070.**

**Martin, K. A.** (1996-1998). Self-presentational processes in health and exercise settings. Social Sciences and Humanities Research Council of Canada, Postdoctoral Fellowship, **\$61, 000.**

**Martin, K. A.** (1996) Social Sciences and Humanities Research Council of Canada, Postdoctoral research grant supplement, **\$4, 800.**

Klavora, P., **Martin, K. A.**, & Goodman, J. M., (1992). The effects of reaction time training on the driving skills of the elderly. Ontario Ministry of Transportation, **\$25, 091.**

#### **GRANTS RECEIVED-INTERNAL FUNDING**

##### **a) Operating Grants**

**Martin, K. A.** (2003). Human Resources and Development Canada Summer Career Placements Program. **\$1,440.**

**Martin Ginis, K. A.** (2003). *Enhancing self-efficacy for exercise among the elderly.* McMaster University Job Opportunity Fund. **\$2, 240**

**Martin Ginis, K. A.** (2002). Developing effective communications to increase calcium consumption among young women. McMaster University Job Opportunity Fund. **\$1, 716**

**Martin, K. A.** (2002). Human Resources and Development Canada Summer Career Placements Program. **\$1441.**

**Martin, K. A.**, & Hicks, A.L. (2002). *Development of a video-based intervention to improve exercise motivation in persons with spinal cord injury and attitudes toward people with disability.* McMaster University Arts Research Board, **\$3, 746.**

**Martin, K. A.** (2001). *Enhancing self-efficacy for exercise among the elderly.* McMaster University Job Opportunity Fund. **\$2, 380**

**Martin, K. A.** (2000). *Effects of the exercise environment and appearance-related concerns on women's cognitive and affective responses to exercise*. McMaster University Arts Research Board, **\$3,467.**

**b) Travel Grants**

**Martin Ginis, K. A.** (2004). Travel grant to attend the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. **\$1,100.00.**

**Martin Ginis, K. A.** (2003). Travel grant to attend the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. **\$1,294.00.**

**Martin, K. A.** (2001). Travel grant to attend the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. **\$465.00.**

**Martin, K. A.** (1999). Travel grant to attend the annual meeting of the Society of Behavioral Medicine, San Diego, CA. **\$1,500.**

## GRADUATE STUDENTS SUPERVISED

### MSc. IN HUMAN BIODYNAMICS

ADRIENNE SINDEN (1999-2001)

*A study of self-presentational variables in exercise settings among older women.*

Harry S. Lyman Hooker Fellowship (2 years full funding)

Ontario Graduate Scholarship (1 year full funding)

JULIE FLEMING (2000-2001)

*The effects of physique salient and non-salient exercise videos on women's body image and selected psychosocial variables*

Ontario Graduate Scholarship (1 year full funding)

AMY LATIMER (2000-2001)

*The psychological benefits of exercise for people with spinal cord injury*

National Science and Engineering Research Council of Canada (2 years full funding)

Ontario Graduate Scholarship (1 year full funding)

TARA-LYN ELSTON (PART-TIME STUDENT, 2000-2004)

*The effects of a goal-setting intervention on adherence to an 8-week fitness challenge, goal confidence, and improvements in physical fitness*

CATHERINE LICHTENBERGER (2001-2003)

*Predictors of adherence to a maintenance cardiac rehabilitation program*

STELCO Bursary (\$1500)

Canadian Association of Cardiac Rehabilitation Student Research Award

Ontario Graduate Scholarship in Science and Technology (1 year full funding)

MARY JUNG (2002-IN PROGRESS)

*A randomized controlled trial of the effects of message-framing on calcium intake among female adolescents with calcium-deficient diets*

Ontario Graduate Scholarship (2 years full funding)

Women's Health Research Scholars Award (1 year full funding)

SSHRC Canada Graduate Scholarship (1 year full funding)

KELLY ARBOUR (2003-IN PROGRESS)

*Effectiveness of an implementation intervention for promoting exercise among women*

Ontario Graduate Scholarship (1 year full funding)

SSHRC Canada Graduate Scholarship (1 year full funding)

NASPSPA Student Research Award (\$2000 US)

JEFF ENG (2004-IN PROGRESS)

*Using the Theory of Planned Behavior to develop safe-sex interventions for young adults*

Ontario Graduate Scholarship (1 year full funding)

## **Ph.D. IN HUMAN BIODYNAMICS**

AMY LATIMER (2004)

*Understanding physical activity patterns among people with spinal cord injury*

Harry S. Lyman Hooker Fellowship (3 years full funding)

Ontario Neurotrauma Foundation Student Fellowship (3 years full funding)

Social Sciences and Humanities Research Council Doctoral Fellowship (3 years full funding)

Ontario Graduate Scholarship (1 year full funding)

Society of Behavioral Medicine Abstract Citation Recipient (2002, 2004)

SCAPPS Young Scientist Award for Scholarly Research

SSHRC Postdoctoral Fellowship Recipient (perfect score on application)

**Canadian Cancer Society Postdoctoral Fellowship Recipient (declined)**

## SERVICE SUMMARY

### 1. SERVICE TO THE DISCIPLINE/PROFESSION

#### a) *Journal Editorial Service*

- 2003-present *Body Image: An International Journal*, Editorial Board
- 2002-present *Research Quarterly for Exercise and Sport*, Section Editor
- 1999-2004 *The Sport Psychologist*, Editorial Board
- 1996-2001 *Journal of Sport and Exercise Psychology*, Digest Contributor

#### b) *Journal Guest Reviewer*

- Adapted Physical Activity Quarterly
- Health Psychology
- Journal of Aging and Physical Activity
- Journal of Applied Social Psychology
- Journal of Applied Sport Psychology
- Journal of Occupational, Sport, and Physical Therapy
- Journal of Sport and Exercise Psychology
- Journal of Sport Sciences
- Perceptual and Motor Skills
- Psychological Reports
- Self & Identity
- The Sport Psychologist

#### c) *Granting Agency Reviewer*

- Canadian Institutes for Health Research
  - Movement and Exercise Review Committee Member (2002-2005)
  - Psychosocial and Behavioural Determinants of Health Peer Review Committee, CIHR (Fall, 2001)
- Heart and Stroke Foundation
  - 2003
- Social Sciences and Humanities Research Council of Canada
  - 2002
- Alberta Heritage Foundation
  - 2003

#### d) *Service to Professional Organizations*

- SCAPPS Board of Directors (2000-2003)
- Chair, Psychology Conference Program, North American Society for the Psychology of Sport and Physical Activity (2003)
- Chair, Psychology Conference Program, SCAPPS (2003)

### **PH.D. THESIS EXAMINATION COMMITTEE MEMBERSHIP**

- 2005 Chris Shields, *Proxy beliefs in exercise settings*, U Waterloo  
2004 Magnus Lindwall, *Exercising the self: On the role of exercise, gender and culture in physical self-perceptions*, Stockholm University, Sweden  
2003 Anthony Watt, *Development of the sport imagery assessment measure*, Victoria U., Australia  
2002 Deborah Zinni, *Using the theory of planned behavior to predict union participation*, McMaster  
2002 Jen Cumming, *Imagery use and enjoyment in physical activity*, U of Western Ontario  
2000 Nicole Culos, *Understanding exercise behaviour among women with fibromyalgia*, U. Waterloo  
1999 Nancy Gyurcsik, *The influence of acute thoughts and efficacy on exercise decisions*, U. Waterloo

### **SELECTED CONTRIBUTIONS TO THE UNIVERSITY**

- 2003-2004 McMaster University Research Ethics Board  
2001, 2002 Volunteer presenter, McMaster University Open House  
2001 Participant, CIHR planning meeting for Gender and Health  
2001 Volunteer at McMaster University information booth, Ontario University Fair  
2000-present SSHRC, NSERC & OGS scholarship departmental ranking committee  
2000 SSHRC scholarship ranking committee for McMaster University  
2000 Volunteer, McMaster University Millennium Celebration  
2000 Member, Kinesiology Curriculum Committee  
2000 Speaker, Career Planning & Employment Centre, Applying to Graduate School  
1999-2000 Bachelor of Health Studies program planning committee

## **3. MEDIA COVERAGE**

### **a) Printed Media Interviews**

#### **2003-2004:**

- Approximately 100 interviews to international print and electronic media including MSNBC, Reuters, Associated Press, La Presse, USA Today and countless national and local media outlets (e.g., National Post, Chicago Sun-Times, Toronto Star)
- Approximately 50 interviews to periodicals including Prevention, Chatelaine, Allure, Psychology Today, Reader's Digest, Shape, Elle, Glamour, Canadian Living

#### **2000-2001:**

- Gave interviews to The National Post (2), The Hamilton Spectator (2), Prevention Magazine, Shape Magazine, Delicious Living, Parent Magazine, Self, and Asia Week

### **b) Radio and Television Appearances**

#### **2003-2004:**

- Approximately 10 on-air radio interviews to national radio programs including the ABC, BBC, CBC, and CNN South America
- Approximately 15 on-air radio interviews to local radio programs including CJOB (Winnipeg), CPAX (St. John's), WGRZ (Buffalo)
- Guest on News Talk 1010 CFRB (Toronto) live, call-in program and CHML (Hamilton) radio program
- Approximately 10 on-air television interviews and guest appearances on CTV, CH News, CH Morning Program, CH Live at Five, and TVO productions

#### **2001:**

- Interviews for “Shrink Rap: Dr. Jim Rick’s Psychology Show,” and the CTV webcast nightly news.