

## Curriculum Vitae: Philip Michael Wilson, PhD

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### A. Formal Education

- 1998-2003: Doctor of Philosophy in Physical Education and Recreation  
University of Alberta, Edmonton, Alberta, Canada  
Thesis: Psychological Need Satisfaction and Exercise  
Supervisor: Professor Wendy M. Rodgers, PhD
- 1994-1996: Master of Science in Physical Education and Exercise Science  
University of North Dakota, Grand Forks, North Dakota, USA  
Thesis: Self-Presentational Concerns in Athletes  
Supervisor: Professor Robert C. Eklund, PhD, FACSM, FNAK
- 1990-1994: Bachelor of Science in Leisure Studies  
University of North Carolina at Greensboro, Greensboro, North Carolina, USA  
Emphasis: Travel and Tourism Management  
Supervisor: Professor James ('Jim') Sellers, EdD

### B. Academic Distinctions and Awards

- 2014: 'Outstanding Reviewer(s) of the Year' Award  
*Sport, Exercise, and Performance Psychology*  
(Official Journal: APA Division 47: Exercise and Sport Psychology)
- 2010: International Faculty Member – Motivation in Educational Research Laboratory  
National Institute of Education, Singapore (2010-Present)
- 2004: Franklin Henry Young Scientist Award  
Canadian Society for Psychomotor Learning and Sport Psychology
- 2004: International Scholar, Faculty of Self-Determination Theory  
University of Rochester, New York, NY, USA (2004-Present)
- 2002: Izaak Walton Killam Memorial Scholarship

- Killam Foundation (Administered by the University of Alberta)
- 2002: Andrew Stewart Memorial Scholarship  
Faculty of Graduate Studies and Research, University of Alberta
- 1998: F.S. Chia Recruitment Scholarship  
Faculty of Graduate Studies and Research, University of Alberta
- 1994: Julie Isnee Keegan Memorial Scholarship  
Department of Physical Education and Exercise Science, University of North Dakota (1994, 1995)
- 1992: Dorothy Davis Memorial Scholarship  
Department of Leisure Studies, University of North Carolina at Greensboro (1992, 1993)
- 1992: Chancellor's Scholar Athlete of the Year  
Department of Athletics, University of North Carolina at Greensboro (1992, 1993)
- 1994: Magna Cum Laude  
University of North Carolina at Greensboro
- 1994: George Christenberry Award  
Big South Conference
- 1994: President's Honor Roll  
Big South Conference
- 1993: Adidas GTE/CoSida All American  
University Division (Academic) All-District (Team III)
- 1992: National Dean's List (1992, 1993)
- 1990: Dean's List, School of Health and Human Performance  
University of North Carolina at Greensboro (1991, 1992, 1993, 1994)

### **C. Academic Positions**

- 2008-Present: Associate Professor  
Department of Kinesiology, Faculty of Applied Health Sciences, Brock University
- 2003-2008: Assistant Professor  
Department of Kinesiology, Faculty of Applied Health Sciences, Brock University
- 2006-2014: Adjunct (Assistant) Professor  
Department of Kinesiology, Faculty of Science, McMaster University
- 1996-1997: Lecturer  
Department of Physical Education and Exercise Science, University of North Dakota

### **D. Research, Scholarly Activities, or Creative Works**

(Graduate students under my supervision are underlined; Undergraduate students under my supervision are double-underlined; Citations marked with \* indicate I was the principal author overseeing all aspects of the research design, data collection/analyses, and manuscript writing/publication; Citations marked with ^ indicate I was a co-author whereby I contributed to the research design, data collection/analyses, and/or manuscript writing/publication at a level commensurate with authorship as outlined by the American Psychological Association [for further details please see: <http://www.apa.org/research/responsible/publication/>])

#### **1. Publications**

- i. **Books and Chapters in Edited Books**

- 1) Meldrum, L. S., Wilson, P. M., & Mack, D. E. (in press). Basic psychological needs as mediators: An examination of the relationship between moderate-to-vigorous physical activity and physical self-concept. In Editor Unknown (Ed.), *Self-perception: Research advances and clinical challenges*. (pp. XX-XX). Hauppauge, NY: Nova Science.^ (Acceptance Date: April 17th, 2017).
- 2) Mack, D. E., Wilson, P. M., Gilchrist, J. D., & Meldrum, L. S. (in press). Psychological need satisfaction in sport: Well-being and motivational outcomes. In Y. P. Zinchenko & J. L. Hanin (Eds.), *Sport psychology: On the way to the Olympic Games* (pp. <TBA>). Moscow University Press, Moscow, Russia. (Acceptance Date: July 30th, 2011).^
- 3) Pope, J. P., Wilson, P. M., Mack, D. E., & Deck, S. (2015). What is the role of perceived coach-athlete interactions in relation to markers of goal progress? An application of self-determination theory. In P. Davis (Ed.), *The psychology of effective coaching and management* (pp. 183-202). Hauppauge, NY: Nova Science.^
- 4) Crawford, A., Mack, D. E., Wilson, P. M., & Patterson, J. (2015). A life without wheat: Motives for gluten-free dietary adherence. In C. Higgins (Ed.), *Theories of psychology: Fundamentals, applications, and future directions* (pp. 23-44). Hauppauge, NY: Nova Science.^
- 5) Gunnell, K. E., Schellenberg, B. J. I., Wilson, P. M., Crocker, P. R. E., Mack, D. E., & Zumbo, B. D. (2014). A review of validity evidence presented in the Journal of Sport and Exercise Psychology (2002-2012): Misconceptions and recommendations for validation research. In B. D. Zumbo & K. H. Chan (Eds.), *Validity and validation in social, behavioral, and health sciences* (pp. 137-156). New York, NY: Springer Press. doi: 10.1007/978-3-319-07794-9\_8^
- 6) Gunnell, K. E., Wilson, P. M., Zumbo, B. D., Crocker, P. R. E., Mack, D. E., & Schellenberg, B. J. I. (2014). Validity theory in exercise psychology research: An illustration using the behavioral regulation in exercise questionnaire. In B. D. Zumbo & K. H. Chan (Eds.), *Validity and validation in social, behavioral, and health sciences* (pp. 175-191). New York, NY: Springer Press. doi: 10.1007/978-3-319-07794-9\_10^
- 7) Wilson, P. M., Mack, D. E., & Blanchard, C. M. (2014). Testing motivational processes in commercial weight-loss program users: Is there a “spillover” effect on weight-control behaviours? In R. Morrison, (Ed.), *Motivation: Psychology, strategies, and impact on performance* (pp. 125-142). Hauppauge, NY: Nova Science.\*
- 8) Gray, C. E., & Wilson, P. M. (2014). Exploring the motivations underpinning track and field officials’ decisions to volunteer. In R. Schinke (Ed.), *Innovative writings in sport and exercise psychology* (pp. 19-36). Hauppauge, NY: Nova Science.\$^
- 9) Mack, D. M., Wilson, P. M., Blais, L., Gilchrist, J. D., & Meldrum, L. S. (2013). Promoting well-being: The effectiveness of an individually-tailored physical activity intervention in young adults. In E. Noehammer (Ed.), *Psychology of well-being: Theory, perspectives, and practice* (pp. 43-56). Hauppauge, NY: Nova Science.^

- 10) Wilson, P. M. (2012). Exercise Motivation. In G. Tenenbaum, R. C. Eklund, & Kamata, A. (Eds.), *Handbook of measurement in sport and exercise psychology* (pp. 293-302). Champaign, IL: Human Kinetics.\*
- 11) Wilson, P. M., Mack, D. E., & Sabiston, C. M. (2012). Measurement of physical self-confidence/competence. In T. F. Cash (Ed.), *Encyclopedia of body image and human appearance, Volume 20* (pp. 533-539). San Diego, CA: Academic Press.\*
- 12) Wilson, P. M., Grattan, K. P., Mack, D. E., Blanchard, C. M., & Gilchrist, J. D. (2012). Dietary intake and physical activity behaviour in patrons of commercial weight-loss programs: An application of self-determination theory. In J. N. Franco & A. E. Svendsgaard (Eds.), *Handbook on psychology of motivation: New research* (pp. 85-106). Hauppauge, NY: Nova Science.\*
- 13) Mack, D. E., Wilson, P. M., Sylvester, B. D., & Gilchrist, J. (2012). Psychological well-being and health behaviours in college females with eating disorders: Comparisons with a non-eating disorder cohort. In C. M. Shapiro (Ed.), *Eating disorders: Symptoms, causes, and techniques* (pp.105-126). Hauppauge, NY: Nova Science.^
- 14) Wilson, P. M., Mack, D. E., & Sylvester, B. D. (2011). When a little myth goes a long way: The use (or misuse) of cut-points, discourse, and interpretations with coefficient alpha in exercise psychology research. In A. L. Columbus (Ed.), *Advances in psychology* (pp. 263-280). Hauppauge, NY: Nova Science.\*
- 15) Mack, D. E., Sabiston, C. M., McDonough, M. H., Wilson, P. M., & Paskevich, D. (2011). Motivation and behavioural change. In P. R. E. Crocker (Ed.), *Introduction to sport and exercise psychology: A Canadian perspective-2nd Edition* (pp. 79-110). Toronto, ON: Pearson.^
- 16) Wilson, P. M. & Bengoechea, E. G. (2011). Research perspectives in sport and exercise psychology. In P. R. E. Crocker (Ed.), *Introduction to sport and exercise psychology: A Canadian perspective-2nd Edition* (pp.26-52). Toronto, ON: Pearson.\*
- 17) Mack, D. E., Wilson, P. M., Sylvester, B. D., Gregson, J. P., Cheung, S., & Rimmer, S. (2010). The relationship between social physique anxiety and exercise behaviour: Does the fulfillment of basic psychological needs matter?. In T. M. Robinson (Ed.), *Social anxiety: Symptoms, causes, and techniques* (pp. 93-105). Hauppauge, NY: Nova Science.^
- 18) Wilson, P. M., Mack, D. E., Bengoechea, E. G., Bin, X., Rimmer, S., Cheung, S., & Sylvester, B. D. (2010). Understanding sport friendships in adapted sport athletes: Does fulfilling basic psychological needs matter? In B. Geranto (Ed.), *Sport psychology* (pp. 113-130). Hauppauge, NY: Nova Science.#\*
- 19) Lighthart, V., Oster, K., & Wilson, P. M. (2010). Strength versus balance: The contributions of two different models of psychological need satisfaction to well-being in adapted sport athletes. In I. E. Wells (Ed.), *Psychological well-being* (pp. 157-170). Hauppauge, NY: Nova Science.^
- 20) Wilson, P. M., Gregson, J. P., & Mack, D. E. (2009). The importance of interpersonal style in competitive sport: A Self-Determination Theory approach. In C. H. Chang (Ed.), *Handbook of sport psychology* (pp. 259-276). Hauppauge, NY: Nova Science.\*

- 21) Fox, K. R., & Wilson, P. M. (2008). Self-perceptual systems and physical activity. In T. Horn (Ed.), *Advances in sport psychology-3rd Edition* (pp.49-64). Champaign, IL: Human Kinetics.<sup>^</sup>
- 22) Mack, D. E., Wilson, P. M., Waddell, L., & Gasparotto, J. (2008). Social physique anxiety across physical activity settings: A meta-analytic review. In J. N. Fuchs (Ed.), *Eating disorders in adult women* (pp.149-166). Hauppauge, NY: Nova Science.<sup>^</sup>
- 23) Wilson, P. M., Mack, D. E., Gunnell, K., Oster, K., & Gregson, J. P. (2008). Analyzing the measurement of psychological need satisfaction in exercise contexts: Evidence, issues, and future directions. In M. P. Simmons & L. A. Foster (Eds.), *Sport and exercise psychology research advances* (pp.361-391). Hauppauge, NY.\*
- 24) Wilson, P. M., Mack, D. E., & Lighthart, V. (2008). How important are basic psychological needs to women's well-being? In J. P Coulter (Ed.), *Progress in exercise and women's health research* (pp.139-158). Hauppauge, NY: Nova Science.\*
- 25) Wilson, P. M., Mack, D. E., Muon, S. & LeBlanc, M. (2007). What role does psychological need satisfaction play in motivating exercise participation? In Liam A. Chiang (Ed.), *Motivation of exercise and physical activity* (pp. 35-52). Hauppauge, NY: Nova Science.\*
- 26) Wilson, P. M. & Rodgers, W. M. (2007). Self-determination theory, exercise, and well-being. In M. Hagger & N. Chatzisarantis (Eds.) *Intrinsic motivation and self-determination in exercise and sport* (pp. 101-112). Champaign, IL: Human Kinetics.\*
- 27) Wilson, P. M. & Bengoechea, E. G. (2006). Research perspectives in sport psychology. In P. R. E. Crocker (Ed.), *Introduction to sport psychology: A Canadian perspective-1<sup>st</sup> Edition* (pp. 22-46). Toronto, ON: Pearson.\*

<sup>#</sup> The original submission was selected for an edit monograph and re-published by Nova Science Publishers.

<sup>§</sup> The original article was published in Athletic Insight (peer-reviewed journal). This chapter appears in an edited monograph of selected research along with contributions from authors representing 5 continents across the world as innovations in sport and exercise psychology research for 2013-2014

## ii. Research Papers Published in Refereed Journals

- 1) Mack, D. E., Wilson, P. M., Crouch, M., & Gunnell, K. E. (2016). Evaluating the quality and accuracy of online physical activity resources for individuals living with osteoporosis. *Educational Gerontology*, 42, 321-329.<sup>^</sup>
- 2) Castonguay, A., Sabiston, C. A., Kowalski, K., & Wilson, P. M. (2016). Introducing an instrument to measure body and fitness-relate self-conscious emotions: The BSE-FIT. *Psychology of Sport & Exercise*, 23, 1-12.<sup>^</sup>
- 3) Brooks, K. M., Mack, D. E., & Wilson, P. M. (2015). Obesity-related health risk and lifestyle behaviours: A descriptive study. *The Health & Fitness Journal of Canada*, 8, 3-13.<sup>^</sup>
- 4) Shaw, D., Wilson, P. M., & Mack, D. E. (2015). What motives student trainees to become a physical education teacher? *Journal of Physical Education Research*, 2, 7-19.<sup>^</sup>

- 5) Mack, D. E., Aymer, M., Crosby, J., Wilson, P. M., Bradley, C., & Walters Gray, C. (2015). Barriers for communicating injury prevention messages: Perspectives from direct care providers. *Public Health Nursing, 33*, 159-166. doi: 10.1111/phn.12224.^
- 6) Akseer, N. Kish, K., Rigby, W. A., Greenway, M., Klentrou, P., Wilson, P. M., & Falk, B. (2015). Does bracing affect bone health in women with adolescent idiopathic scoliosis? *Scoliosis, 10*:5. doi: 10.1186/s13013-015-0031-1^
- 7) Garcia Bengoechea, E., Sabiston, C. M., & Wilson, P. M. (2015). The interpersonal context in youth sport questionnaire. *International Journal of Sport & Exercise Psychology, 13*, 150-168. doi: 10.1080/1612197X.2014.932825^
- 8) Pope, J. P., & Wilson, P. M. (2014). Testing a sequence of relationships from interpersonal coaching styles to rugby performance guided by the coach-athlete motivation model. *International Journal of Sport & Exercise Psychology, 13*, 258-272. doi: 10.1080/1612197X.2014.956325^
- 9) Pearson, E. S., Hall, C. R., Markland, D. A., Rodgers, W. M., & Wilson, P. M. (2014). The influence of body weight information and body composition information on initial exercise motivation in overweight female exercise initiate. *Hellenic Journal of Psychology, 11*, 111-122. ^
- 10) Rodgers, W. M., Murray, T. C., Selzler, A. M., Markland, D. A., & Wilson, P. M. (2014). Distinguishing perceived competence and self-efficacy: An example from physical exercise. *Research Quarterly for Exercise & Sport, 85*, 527-539. doi: 10.1080/02701367.2014.961050^
- 11) Crocker, P. R. E., Brune, S., M., Kowalski, K. C., Mack, D. E., Wilson, P. M., & Sabiston, C. M. (2014). Body-related state shame and guilt in women: Do causal attributions mediate the influence of physical self-concept and shame and guilt proneness? *Body Image: An International Journal of Research, 11*, 19-26. doi.org/10.1016/j.bodyim.2013.08.0^
- 12) Gunnell, K. E., Crocker, P. R. E., Mack, D. E., Wilson, P. M., & Zumbo, B. D. (2014). Goal contents, motivation, psychological need satisfaction, well-being, and physical activity: A test of self-determination theory over six months. *Psychology of Sport & Exercise, 15*, 19-29. doi: 10.1016/j.psychsport.2013.08.005^
- 13) Tomkins-Lane, C. C., Lafave, L. M. Z., Parnell, J. A., Krishnamurthy, A., Rempel, J., Macedo, L. G., Moriarty, S., Stuber, K. J., Wilson, P. M., Hu, R., & Andreas, Y. M. (2013). The spinal stenosis pedometer and nutrition lifestyle intervention (SSPANLI) randomized controlled trial protocol. *BMC Musculoskeletal Disorders, 14*:322. doi:10.1186/1471-2474-14-322^
- 14) Mack, D. E., Meldrum, L. A., Wilson, P. M., & Sabiston, C. M. (2013). Physical activity and psychological health in breast cancer survivors: An application of Basic Psychological Needs Theory. *Applied Psychology: Health & Well-Being, 5*, 369-388. DOI10.1111/aphw.12016^
- 15) Gray, C. E., & Wilson, P. M. (2013). Exploring the motivations underpinning track and field officials' decisions to volunteer. *Athletic Insight, 15*, 163-179. ^
- 16) Gunnell, K. E., Crocker, P. R. E., Wilson, P. M., Mack, D. E., & Zumbo, B. D. (2013). Psychological need satisfaction and need thwarting: A test of basic

psychological needs theory in physical activity contexts. *Psychology of Sport & Exercise*, 14, 599-607. ^

- 17) Gaston, A., Wilson, P. M., Mack, D. E., Elliot, S., & Prapavessis, H. (2013). Understanding physical activity behaviour and cognitions in pregnant women: An application of self-determination theory. *Psychology of Sport & Exercise*, 14, 405-412. ^
- 18) Sylvester, B. D., Mack, D. E., Busseri, M. A., Wilson, P. M., & Beauchamp, M. R. (2012). Health enhancing physical activity, psychological need satisfaction, and well-being: Is it how often, how long, or how much effort that matters? *Mental Health & Physical Activity*, 5, 141-147. ^
- 19) Gunnell, K. E., Mack, D. E., Wilson, P. M., & Adachi, J. D. (2012). Leisure-time physical activity and perceived health in people living with osteoporosis. *Applied Research in Quality of Life*, 7, 391-402. ^
- 20) Duncan, L. R., Hall, C. R., Wilson, P. M., & Rodgers, W. M. (2012). The use of a mental imagery intervention to enhance integrated regulation for exercise among women commencing an exercise program. *Motivation & Emotion*, 36, 452-464. ^
- 21) Gunnell, K. E., Wilson, P. M., Zumbo, B. D., Mack, D. E., & Crocker, P. R. E. (2012). Assessing psychological need satisfaction in exercise contexts: Issues of score invariance, item modification, and context. *Measurement in Physical Education & Exercise Science*, 16, 219-236. doi: 10.1080/1091367X.2012.693340. ^
- 22) Mack, D. E., Wilson, P. M., Gunnell, K. E., Gilchrist, J. D., Kowalski, K. C., & Crocker, P. R. E. (2012). Health-enhancing physical activity: Associations with markers of well-being. *Applied Psychology: Health & Well-Being*, 4, 127-150. ^
- 23) Ferguson, L., Kowalski, K. C., Mack, D. E., Wilson, P. M., & Crocker, P. R. E. (2012). Women's health enhancing physical activity and eudaimonic well-being. *Research Quarterly for Exercise & Sport*, 83, 451-463. ^
- 24) Wilson, P. M., Sabiston, C. M., Mack, D. E., & Blanchard, C. M. (2012). On the nature and function of scoring protocols used in exercise motivation research: An empirical study of the Behavioral Regulation in Exercise Questionnaire. *Psychology of Sport & Exercise*, 13, 614-622. \*
- 25) Pope, J. P., & Wilson, P. M. (2012). Understanding motivational processes in university rugby players: A preliminary test of the Hierarchical Model of intrinsic and Extrinsic Motivation at the contextual level. *International Journal of Sports Science & Coaching*, 7, 89-107. ^
- 26) Duncan, L. R., Hall, C. R., Fraser, S. N., Rodgers, W. M., Wilson, P. M., & Loitz, C. C. (2012). Re-examining the dimensions of obligatory exercise. *Measurement in Physical Education & Exercise Science*, 16, 1-22. ^
- 27) Gunnell, K. E., Mack, D. E., Wilson, P. M., & Adachi, J. (2011). Psychological needs as mediators? The relationship between leisure time physical activity and well being in people diagnosed with osteoporosis. *Research Quarterly for Exercise & Sport*, 82, 794-798. ^
- 28) Mack, D. E., Wilson, P. M., Oster, K., Kowalski, K. C., Sylvester, B. D., & Crocker, P. R. E. (2011). Well-being in volleyball players: Examining the contributions of independent and balanced need satisfaction. *Psychology of Sport & Exercise*, 12, 533-539. ^

- 29) Mack, D. E., Gunnell, K. E., Wilson, P. M., Gilchrist, J. D., Kowalski, K. C., Crocker, P. R. E., Ferguson, L. J., & Adachi, J. D. (2011). Physical activity in individuals with osteopenia: Associations with psychological need satisfaction for well-being. *The Shield: International Journal of Physical Education & Sport Science*, 6, 26-41. ^
- 30) Pagaduan, J. C., Kritz, M., Wilson, P. M., & Da Silva Palmeira, A. L. (2011). Autonomy support in strength and conditioning. *International Scientific Journal of Kinesiology: Sport Scientific & Practical Aspects*, 8, 49-54. ^
- 31) Mack, D. E., Wilson, P. M., Gunnell, K. E., & Gilmour, J. (2011). Leisure-time physical activity in Canadians living with Crohn's Disease and Ulcerative Colitis: Population-based estimates. *Gastroenterology Nursing*, 4, 288-294. ^
- 32) Duncan, L., Rodgers, W. M., Hall, C. R., & Wilson, P. M. (2011). Using imagery to enhance three types of exercise self-efficacy among sedentary women. *Applied Psychology: Health & Well-Being*, 3, 107-126. ^
- 33) Wilson, P. M., & Bengoechea, E. G. (2010). The Relatedness to Others in Physical Activity Scale: Evidence for structural and criterion validity. *Journal of Applied Biobehavioral Research*, 15, 61-87. \*
- 34) Sabiston, C. M., Brunet, J., Kowalski, K. C., Wilson, P., Mack, D. E., & Crocker, P. R. E. (2010). The role of body-related self-conscious emotions in motivating women's physical activity. *Journal of Sport & Exercise Psychology*, 32, 417-437. ^
- 35) Duncan, L. R., Hall, C. R., Wilson, P. M., & O, J. (2010). Exercise motivation: A cross-sectional analysis examining its relationships with frequency, intensity, and duration of exercise. *International Journal of Behavioural Nutrition & Physical Activity*, 7:7. ^
- 36) Arbour Nicitopoulos, K., P., Martin Ginis, K. A., Wilson, P.M., & the SHAPE SCI Research Group (2010). Examining individual and neighbourhood environmental associations of leisure-time activity behaviours in persons with spinal cord injury. *Annals of Behavioral Medicine*, 39, 192-197. ^
- 37) Hall, C. R., Rodgers, W. M., Wilson, P. M., & Norman, P. (2010). Imagery use and self-determined motivations in a community sample of exercisers and non-exercisers. *Journal of Applied Social Psychology*, 40, 135-152. ^
- 38) Mack, D. E., Wilson, P. M., Lighthouse, V., Oster, K., & Gunnell, K. (2009). Healthy campus 2010: Physical activity trends and the role of information provision. *Journal of Physical Activity & Health*, 6, 435-443. ^
- 39) Rodgers, W. M., Hall, C. R., Wilson, P. M., & Berry, T. R. (2009). Do non-exercisers also share the positive exerciser stereotype? An elicitation and comparison of beliefs about exercisers. *Journal of Sport & Exercise Psychology*, 31, 3-17. ^
- 40) Wilson, P. M., Mack, D. E., Blanchard, C. M., & Gray, C. E. (2009). The role of perceived psychological need satisfaction in exercise-related affect. *Hellenic Journal of Psychology*, 6, 183-206. \*
- 41) Mack, D. E., Wilson, P. M., Oster, K. G., & Gunnell, K. E. (2008). Identity foreclosure? A preliminary investigation of the self-complexity model in sport. *Journal of Contemporary Athletics*, 3, 53-64. ^



- 42) Wilson, P. M., & Rogers, W. T. (2008). Examining relationships between psychological need satisfaction and behavioural regulations in exercise. *Journal of Applied Biobehavioral Research*, *13*, 119-142. \*
- 43) Wilson, P. M., Mack, D. E., & Grattan, K. P. (2008). Understanding motivation for exercise: A self-determination theory perspective. *Canadian Psychology*, *49*, 250-256. \*
- 44) Wilson, P. M., & Muon, S. (2008). Psychometric properties of the Exercise Identity Scale in a university sample. *International Journal of Sport & Exercise Psychology*, *6*, 115-131. \*
- 45) Milne, M. I., Rodgers, W. M., Hall, C. R., & Wilson, P. M. (2008). Starting up or starting over: The role of intentions to increase or to maintain exercise behaviour. *Journal of Sport & Exercise Psychology*, *30*, 285-301. ^
- 46) Rodgers, W. M., Wilson, P. M., Hall, C. R., Fraser, S. N., & Murray, T. C. (2008). Evidence for a multidimensional self-efficacy for exercise scale. *Research Quarterly for Exercise & Sport*, *79*, 222-234. ^
- 47) Gray, C. E., & Wilson, P. M. (2008). The relationship between organizational commitment, perceived relatedness and intentions to continue in Canadian track and field officials. *Journal of Sport Behavior*, *30*, 44-63. ^
- 48) Medic, N., Mack, D. E., Wilson, P. M., & Starkes, J. (2007). The effects of athletic scholarships on motivation in sport. *Journal of Sport Behavior*, *30*, 292-306. ^
- 49) Strong, H. A., Mack, D. E., Martin Ginis, K. A., & Wilson, P. M. (2006). Examining self-presentational exercise motives and social physique anxiety in men and women. *Journal of Applied Biobehavioral Research*, *11*, 209-225. ^
- 50) Wilson, P. M., Rodgers, W. M., Murray, T. C., Longley, K., & Muon, S. (2006). Examining the contributions of perceived psychological need satisfaction to well-being in exercise. *Journal of Applied Biobehavioral Research*, *11*, 243-264. \*
- 51) Wilson, P. M., Rodgers, W. M., Loitz, C. C., & Scime, G. (2006). "It's who I am... really!" The importance of integrated regulation in exercise contexts. *Journal of Applied Biobehavioral Research*, *11*, 243-264. \*
- 52) Plotnikoff, R. C., Taylor, L. M., Wilson P. M., Courneya, K. C., Sigal, R., Birkett, N., Raine, K., & Svenson, L. (2006). Factors associated with physical activity in Canadian adults with type 1 or type 2 diabetes. *Medicine & Science in Sports & Exercise*, *38*, 1526-1534. ^
- 53) Wilson, P. M., Rogers, W. T., Rodgers, W. M., & Wild, T. C. (2006). The Psychological Need Satisfaction in Exercise Scale. *Journal of Sport & Exercise Psychology*, *28*, 231-251. \*
- 54) Wilson, P. M., Blanchard, C. M., Nehl, E., & Baker, F. (2006). Predicting physical activity and outcome expectations in cancer survivors: An application of self-determination theory. *Psycho-Oncology*, *15*, 567-578. \*
- 55) Plotnikoff, R. C., McCarger, L. J., Wilson, P. M., & Loucaides, C. A. (2005). Efficacy of an e-mail intervention for the promotion of physical activity and nutrition behaviour in the workplace context. *American Journal of Health Promotion*, *19*, 422-429. ^

- 56) Wilson, P. M. (2005). "This is not the end...merely the end of the beginning": Tips for success at the academic job interview. *The Western Journal of Graduate Research, 12*, 7-8. \*
- 57) Wilson, P. M., Rodgers, W. M., Carpenter, P. J, Hall, C., Fraser S. N., & Hardy, J. (2004). The relationship between commitment and exercise behaviour. *Psychology of Sport & Exercise, 5*, 405-421. \*
- 58) Wilson, P. M., & Rodgers, W. M. (2004). The relationships between autonomy support, exercise motives and behavioural intentions in females. *Psychology of Sport & Exercise, 5*, 229-242. \*
- 59) Blanchard, C. M., Rodgers, W. M., Wilson, P. M., & Bell, G. J. (2004). Does equating total volume of work between two different exercise conditions matter when examining exercise-induced feeling states? *Research Quarterly for Exercise & Sport, 75*, 209-215. ^
- 60) Prodaniuk, T. R., Plotnikoff, R. C., Spence, J. C., & Wilson, P. M. (2004). The influence of self-efficacy and outcome expectations on the relationship between perceived environment and physical activity in the workplace. *International Journal of Behavioural Nutrition & Physical Activity, 1*:7. ^
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### iii. Research Papers Presented at Conferences and Learned Societies

- 1) Santos, E. S., Mack, D. E., Pagaduan, J. C., & Wilson, P. M. (2017). *'Does it matter what they eat?': Testing links between motives for eating and weight-control strategies using Organismic Integration Theory*. Paper presented at the annual meeting of the International Society of Behavioral Nutrition and Physical Activity. Victoria, BC.
- 2) Wilson, P. M., Mack, D. E., Wierts, C., & Santin, S. (2016). *Comparing the motivational basis for dietary regulation in women using versus not using commercial weight-loss programs*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON.
- 3) Deck, S., Mack, D. E., Kwan, M. Y., & Wilson, P. M. (2016). *Rehabilitation following a sports injury: Does it matter why the athlete and the athletic therapist approach treatment?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON.
- 4) Gunnell, K. E., Crocker, P. R. E., Mack, D. E., & Wilson, P. M. (2016). *Examining the factor structure of the personally expressive activities questionnaire in physical activity contexts*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON.
- 5) Mack, D. E., Wilson, P. M., Blais, L. T., Gunnell, K. E., & Martin, B. (2016). *Enhancing well-being: Do interpersonal supports and psychological need fulfillment matter?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Waterloo, ON.
- 6) Watson, P. M., Wilson, P. M., McIlroy, D., & Murphy, R. C. (2016). *Supporting psychological needs in an exercise referral scheme: Messages from a pragmatic, mixed-methods evaluation*. Paper presented at the 6th International Conference on Self-Determination Theory, Victoria, BC, Canada.
- 7) Watson, P. M., Wilson, P. M., McIlroy, D., & Murphy, R. C. (2015). *Theory-informed evaluation of two delivery approaches of a GP exercise referral scheme: A quasi-experimental trial*. Paper presented at the annual meeting of the United Kingdom Society for Behavioural Medicine, Newcastle, UK.
- 8) Deck, S., Pope, J. P., Mack, D. E., & Wilson, P. M. (2015). *Preliminary evidence for the differential effects associated with identified and intrinsic regulations within competitive sport: A replication and extension study*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Edmonton, AB.

- 9) Wierts, C., Burns, M. J., Santin, S. A., Mack, D. E., Blanchard, C. M., & Wilson, P. M. (2015). *Comparing motivational differences between competitive and recreational weight trainers using organismic integration theory: A replication and extension study*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Edmonton, AB.
- 10) Crouch, M., Crawford, A., Wilson, P. M., & Mack, D. E. (2015). *Understanding predictors of gluten-free dietary adherence and physical activity: An organismic integration theory approach*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Edmonton, AB.
- 11) Wallace, P., J., McKinlay, B. J., Coletta, N. A., Vlaar, J. I., Taber, M. J., Wilson, P. M., & Cheung, S. S. (2015). *The synergistic effects of a motivational self-talk intervention on endurance capacity and executive function in the heat*. Paper presented at the annual general meeting of the Canadian Society for Exercise Physiology, Hamilton, ON.
- 12) Mack, D. E., Crouch, M., & Wilson, P. M. (2015). *Local realities: Uncovering the value, barriers, and sustainability of community health brokers within the Niagara region*. Paper presented at the annual meeting of The Ontario Public Health Convention, Toronto, ON.
- 13) Mack, D. E., Crouch, M., & Wilson, P. M. (2015). *What? So what? Now what? The application of formative evaluation to injury prevention message development*. Paper presented at the annual meeting of The Ontario Public Health Convention, Toronto, ON.
- 14) Matsumoto, H., Crawford, A. M., Wilson, P. M., & Mack, D. E. (2014). *What motivates Japanese adults to exercise?: An application of basic needs theory and organismic integration theory*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.
- 15) Brooks, K. M., Mack, D. E., & Wilson, P. M. (2014). *Unpacking pieces of a puzzle: Understanding obesity-related health risk through lifestyle behaviours and well-being*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.
- 16) Wilson, P. M., Mack, D. E., & Gunnell, K. E. (2014). *Reliability generalization and the measurement of psychological need satisfaction in exercise: The tale of two instruments*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.
- 17) Wilson, P. M., Mack, D. E., Gunnell, K. E., Deck, S., & Pope, J. P. (2014). *On the nature and function of scoring protocols used in sport motivation research: An empirical study of the behavioural regulation in sport questionnaire*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.
- 18) Crouch, M., Meldrum, L. S., Mack, D. E., & Wilson, P. M. (2014). *Physical activity and physical self-concept: Does the fulfilment of psychological needs matter?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.
- 19) Gilchrist, J. D., Mack, D. E., Wilson, P. M., & Sabiston, C. M. (2014). *Gender moderates the relationship between pride and well-being*. Paper presented at the

annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, London, ON.

- 20) Matsumoto, H., Wilson, P. M., & Mack, D. E. (2014). *Physical activity promotion strategy for Japanese young women using stair climbing as an environmental sustainability intervention*. Paper presented at the annual meeting of the International Society for Behavioural Nutrition and Physical activity, San Diego, CA.
- 21) Gilchrist, J. D., Mack, D. E., Wilson, P. M., & Sabiston, C. M. (2014). *Does fitness-pride predict global assessments of pride?* Paper presented at the annual meeting of the Canadian Psychological Association, Vancouver, BC.
- 22) Whitehead, J. R., Baarlaer, L. A., Guggenheimer, J. D., Short, S. E., & Wilson, P. M. (2014). *Autonomy support, motivation, and burnout in DI swimmers: A test of self-determination theory*. Paper presented at the annual meeting of the American College of Sports Medicine, Orlando, FL.
- 23) Akseer, N., Kish, K., Rigby, A., Greenway, M., Klentrou, P., Wilson, P. M., & Falk, B. (2013). *Does bracing affect bone mineral density in females with adolescent idiopathic scoliosis?* Paper presented at the annual meeting of the Canadian Society for Exercise Physiology, Toronto, ON.
- 24) Gilchrist, J. D., Mack, D. E., Wilson, P. M., & Sabiston, C. M. (2013). *Make yourself proud: Exploring behavioural regulations as serial mediators of the pride-wellbeing relationship*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Okanagan, BC.
- 25) Wilson, P. M., Mack, D. E., da Silveira Magina, B., Gunnell, K. E., Blanchard, C. M., & Pagaduan, J. C. (2013). *On the nature and function of scoring protocols used in eating motivation research: An empirical study of the Regulation of Eating Behaviour Scale*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Okanagan, BC.
- 26) Mack, D. E., Blais, L., Wilson, P. M., & Blanchard, C. M. (2013). *How effective are weight loss challenges in commercial fitness facilities?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, New Orleans, LA.
- 27) Meldrum, L. S., Wilson, P. M., Mack, D. E., Gilchrist, J. D., Burns, M. J., & Blanchard, C. M. (2013). *Do women enrolled in commercial weight-loss programs 'sit' too much?* Paper presented at the annual meeting of the Society for Behavioural Medicine, San Francisco, CA.
- 28) Burns, M. J., Wilson, P. M., Mack, D. E., Gilchrist, J. D., Meldrum, L. S., & Blanchard, C. M. (2013). *Evaluation of a portable device to record dietary intake in women using commercial weight-loss programs*. Paper presented at the annual meeting of the Society for Behavioural Medicine, San Francisco, CA.
- 29) Gunnell, K. E., Wilson, P. M., & Mack, D. E. (2013). *Do women living with osteoporosis engage in sufficient physical activity for health?* Paper presented at the annual meeting of the Society for Behavioural Medicine, San Francisco, CA.
- 30) Wilson, P. M., Mack, D. E., & Gunnell, K. E. (2012). *The Motivation for Physical Activity Measure-Revised: A within- and between-network construct validation*

- study*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
- 31) Blais, L. T., Mack, D. E., Wilson, P. M., Caperchione, C. (2012). *Effectiveness of a 12-week weight loss challenge: Effects on weight loss and physical activity in commercial fitness centres*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
  - 32) Gunnell, K. E., Crocker, P. R. E., Wilson, P. M., Mack, D. E., & Zumbo, B. D. (2012). *"To fulfil or to thwart...that is the question!": Basic psychological needs theory in physical activity contexts*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
  - 33) Gilchrist, J., Mack, D. E., Wilson, P. M. (2012). *The association between motivation and effort in exercise contexts: The functional role of pride*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
  - 34) Cooke, L. M., Duncan, L. R., Rodgers, W. M., Hall, C. R., & Wilson, P. M. (2012). *Seeing myself differently: An examination of changes to exercise identity during a cardiovascular program for female exercise initiates*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
  - 35) Meldrum, L. S., Mack, D. E., Sabiston, C. M., & Wilson, P. M. (2012). *What happens when key psychological needs are fulfilled?: A test of basic psychological needs theory in breast cancer survivors*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
  - 36) Cooke, L. M., Duncan, L., Rodgers, W. M., Hall, C., & Wilson, P. M. (2012). *Examination of self-efficacy beliefs for females exercise initiates involved in an 8-week aerobic program*. Paper presented at the annual meeting of the European Health Psychology Conference, Prague, Czech Republic.
  - 37) Wilson, P. M., Mack, D. E., Blanchard, C. M., Gilchrist, J. D. & Grattan, K. P. (2012). *Motivational processes in commercial weight-loss program users: Is there a "spill-over" effect on weight-control behaviours?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
  - 38) Wilson, P. M., Mack, D. E., Blanchard, C. M., Meldrum, L. S., & Grattan, K. P. (2012). *Utility of the Goal Content in Exercise Questionnaire among commercial weight-loss program users: A within- and between-network validation study*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
  - 39) Blais, L., Mack, D. E., & Wilson, P. M. (2012). *Living with osteoporosis/osteopenia and well-being: Implications for meeting physical activity guidelines*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
  - 40) Gunnell, K. E., Crocker, P. R. E., Mack, D. E., & Wilson, P. M. (2012). *Construct validation of scores from a modified version of the Psychological Need Thwarting Scale*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.

- 41) Garcia Bengoechea, E., Sabiston, C. M., & Wilson, P. M. (2012). *Understanding social relational influences on adolescent motivation and sport participation: The Interpersonal Context in Sport Questionnaire*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
- 42) Gilchrist, J., Mack, D. E., Sabiston, C. M., & Wilson, P. M. (2012). *An overview of self-conscious emotions: Theory, measurement, and prediction of physical activity – An organismic integration theory perspective on the relationship between pride in one's fitness and physical activity*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
- 43) Sylvester, B. D., Mack, D. E., Wilson, P. M., Busseri, M. A., & Beauchamp, M. R. (2012). *Health enhancing physical activity and well-being: Is it how often, how long, or how much effort that matters?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.
- 44) Wilson, P. M., Meldrum, L. S., Mack, D. E., Blanchard, C. M., & Grattan, K. P. (2012). *Why do commercial weight-loss program users eat a healthy diet? Testing a motivational model grounded in Self-Determination Theory*. Paper presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
- 45) Wilson, P. M., Gilchrist, J. D., Mack, D. E., Blanchard, C. M., & Grattan, K. P. (2012). *Do women enrolled in commercial weight-loss programs meet public health recommendations for weight-control behaviours?* Paper presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
- 46) Wilson, P. M., Mack, D. E., Blanchard, C. M., & Gilchrist, J. (2011). *Dietary intake and physical activity behaviours in patrons of commercial weight-loss programs: An application of organismic integration theory*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Winnipeg, MN.
- 47) Mack, D. E., Wilson, P. M., Gilchrist, J. D., Meldrum, L. S., & Blais, L. (2011). *Perceived interpersonal supports in osteofit classes: A test of self-determination theory*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Winnipeg, MN.
- 48) Duncan, L. R., Hall, C. R., Rodgers, W. M., & Wilson, P. M. (2011). *Examining the relationships between changes in use of exercise imagery and intentions, motivation, and self-efficacy for regular exercise*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Winnipeg, MN.
- 49) Gunnell, K. E., Crocker, P. R. E., Mack, D. E., & Wilson, P. M. (2011). *Predicting eudaimonic and hedonic well-being across age-groups: A self-determination theory approach*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Winnipeg, MN.
- 50) Brunet, S. M., Crocker, P. R. E., Kowalski, K. C., Mack, D. E., Wilson, P. M., & Sabiston, C. M. (2011). *Examining the relationship of person factors and attributions with body-related shame and guilt*. Paper presented at the annual

meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Winnipeg, MN.

- 51) Cooke, L. M., Duncan, L. R., Rodgers, W. M., Hall, C. R., & Wilson, P. M. (2011). *Examination of the outcome expectancies for female exercise initiates involved in an eight-week cardiovascular program*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Winnipeg, MN.
- 52) Gilchrist, J. D., Mack, D. E., Wilson, P. M., & Sylvester, B. D. (2011). *Well-Being: Does it hang in the balance of basic psychological need satisfaction?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Winnipeg, MN.
- 53) Wilson, P. M., Mack, D. E., & Sylvester, B. D. (2011). *When a little myth goes a long way: The use (and misuse) of coefficient- $\alpha$  in exercise psychology research*. Paper presented at the annual meeting of the Canadian Psychological Association, Toronto, ON.
- 54) Mack, D. E., Wilson, P. M., & Gunnell, K. E. (2011). *Well-Being: Within walking distance?* Paper presented at the Sixth Biennial Self International Conference, Quebec City, QU.
- 55) Sabiston, C. M., Kowalski, K., Wilson, P. M., Mack, D. E., & Crocker, P. R. E. (2011). *Studying the association between attributions and guilt and shame self-conscious emotions in fitness contexts*. Paper presented at the Sixth Self Biennial International Conference, Quebec City, QU.
- 56) Mack, D. E., Wilson, P. M., Gunnell, K. E., Ferguson, L. J., & Sylvester, B. D. (2011). *Motives for well-being: Do psychological needs matter?* Paper presented at the Sixth Biennial Self International Conference, Quebec City, QU.
- 57) Gunnell, K. E., Mack, D. E., Wilson, P. M., Crocker, P. R. E. (2011). *Leisure-time physical activity related affect and the role of psychological need satisfaction in individuals diagnosed with osteopenia*. Paper presented at the Sixth Biennial Self International Conference, Quebec City, QU.
- 58) Gregson, J. G., & Wilson, P. M. (2010). *The influence of interpersonal coaching styles on self-determined motives and rugby performance using the hierarchical model of intrinsic and extrinsic motivation*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Ottawa, ON.
- 59) Castonguay, A. L., Ferguson, L. J., Kowalski, K. C., Mack, D. E., Wilson, P. M., & Sabiston, C. M. (2010). *Body-related pride in young adults: A description of contexts and gender differences in self-reported experiences*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Ottawa, ON.
- 60) Duncan, L. R., Rodgers, W. M., Hall, C. R., & Wilson, P. M. (2010). *Using imagery interventions to influence three types of self-efficacy for exercise*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Ottawa, ON.
- 61) Wilson, P. M., Mack, D. E., Blanchard, C. M., Bin, X., & Cheung, S. (2010). *On the nature and function of scoring protocols used in exercise motivation research:*



*An empirical study of the Behavioural Regulation in Exercise Questionnaire*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.

- 62) Wilson, P. M., Bengoechea, E. G., Mack, D. E., Gregson, J. G., Rimmer, S., & Sylvester, B. (2010). *Sport friendship quality in adapted sport athletes: Do basic psychological needs matter?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
- 63) Gunnell, K. E., Mack, D. E., Wilson, P. M., & Crocker, P. R. E. (2010). *Gender variations in physical activity and well-being in individuals diagnosed with osteoporosis*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
- 64) Sylvester, B. D., Mack, D. E., Wilson, P. M., Cheung, S., Rimmer, S., & Gregson, J. G. (2010). *Is there a relationship between leisure-time physical activity and satisfaction with life?* North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
- 65) Mack, D. E., Wilson, P. M., Sylvester, B. D., Gregson, J. G., Cheung, S., & Rimmer, S. (2010). *The relationship between social physique anxiety and exercise behaviour: Does the fulfilment of basic psychological needs matter?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Tucson, AZ.
- 66) Wilson, P. M., Mack, D. E., & Gunnell, K. E. (2010). *Patterns of health-enhancing physical activity in Canadians living with osteoporosis: Prevalence estimates and gender differences*. Paper presented at the annual meeting of the Society for Behavioral Medicine, Seattle, WA.
- 67) Wilson, P. M., Mack, D. E., Gregson, J. P., Cheung, S., Rimmer, S., & Sylvester, B. (2010). *Assessing leisure-time physical activity in young adults with the Godin Leisure-Time Exercise Questionnaire: Normative values, gender differences, and non-response error*. Paper presented at the annual meeting of the Society for Behavioral Medicine, Seattle, WA.
- 68) Duncan, L., Hall, C., Wilson, P. M., & Rodgers, W. M. (2010). *Seeing is believing: The use of mental imagery interventions to enhance integrated regulation*. Paper presented at the Fourth International Conference on Self-Determination Theory, Ghent, Belgium.
- 69) Wilson, P. M., Bengoechea, E. G., & Cheung, S. (2009). *Criterion validity of the Relatedness to Others in Physical Activity Scale scores: Links with well-being markers*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 70) Gunnell, K. E., Mack, D. E., & Wilson, P. M. (2009). *Does psychological need fulfilment mediate the leisure-time physical activity-eudaimonic well-being relationship?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 71) Grattan, K. P., & Wilson, P. M. (2009). *Commercial weight-loss programs: The roles of physical activity goals and motives in relation to behaviour*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.

- 72) Oster, K. G., Mack, D. E., & Wilson, P. M. (2009). *Basic psychological need fulfilment: Independent and balanced contributions to well-being*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 73) Mack, D. E., Wilson, P. M., Gunnell, K. E., Oster, K. G., Kowalski, K. C., & Crocker, P. R. E. (2009). *Health-enhancing physical activity: Associations with psychological well-being*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 74) Sabiston, C. M., Brunet, J., Mack, D. E., Wilson, P. M., Kowalski, K. C., & Crocker, P. R. E. (2009). *The role of physical self-conscious emotions in fostering women's physical activity motivation and participation*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 75) Sylvester, B., D., Gunnell, K. E., Mack, D. E., & Wilson, P. M. (2009). *Motives for well-being: Their associations with physical activity*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 76) Besenski, L. J., Kowalski, K. C., Mack, D. E., Wilson, P. M., & Crocker, P. R. E. (2009). *Women's Health-enhancing physical activity and well-being*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 77) Pagaduan, J., & Wilson, P. M. (2009). *Psychological need satisfaction and enjoyment of physical activity: Do gender and perceived exertion matter?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 78) Wilson, P. M., Gregson, J. P., Mack, D. E., & Rimmer, S. (2009). *The importance of interpersonal style in competitive sport: An approach using self-determination theory*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Toronto, ON.
- 79) Gregson, J. P., & Wilson, P. M. (2009). *Examining the relationship between coaches' interpersonal style and motivational processes in competitive sport*. Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Salt Lake City, UT.
- 80) Mack, D. E., Wilson, P. M., & Gunnell, K. E. (2009). *Leisure-time physical activity in Canadians diagnosed with Crohn's Disease or Ulcerative Colitis: Population-based estimates*. Paper presented at the annual meeting of the Society for Behavioural Medicine, Montreal, QC.
- 81) Wilson, P. M., Mack, D. E., Gunnell, K. E., Grattan, K. P., & Oster, K. G. (2009). *Validation of a physical activity assessment tool for Canadians with osteoporosis*. Paper presented at the annual meeting of the Society for Behavioural Medicine, Montreal, QC.
- 82) Duncan, L., Hall, C. R., Rodgers, W. M., & Wilson, P. M. (2009). *Examining changes in motivation for exercise for female exercise initiates enrolled in a 12 week cardiovascular exercise program*. Paper presented at the annual meeting of the Society for Behavioural Medicine, Montreal QC.

- 83) Wilson, P. M., Bengoechea, E. G., Grattan, K. P., Gregson, J. P., & Dowd, C. (2008). *Testing the structural validity of responses to the Relatedness to others in Physical Activity Scale*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Canmore, AB.
- 84) Gunnell, K. E., Mack, D. E., Wilson, P. M., Oster, K. G., Crocker, P. R. E., & Kowlaski, K. C. (2008). *Eudaimonic well-being: Associations with other well-being indices and health enhancing physical activity*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Canmore, AB.
- 85) Fraser, S. N., Rodgers, W. M., Murray, T. C., & Wilson, P. M. (2008). *Self-efficacy for overcoming barriers to cardiac rehabilitation*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Canmore, AB.
- 86) Oster, K. G., Lighthouse, V., Wilson, P. M., Mack, D. E., & Gunnell, K. E. (2008). *Strength versus balance: The satisfaction of basic psychological needs and well-being*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Canmore, AB.
- 87) Grattan, K. P., Wilson, P. M., Blanchard, C. M., & Major, S. C. (2008). *Does weight status moderate the motivation-physical activity relationship?* Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, ON.
- 88) Gunnell, K. E., Mack, D. E., Wilson, P. M., Oster, K. G., & Grattan, K. P. (2008). *Predictors of well-being in osteoporotics: Associations with demographic, health and physical activity indices*. Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, ON.
- 89) Gregson, J. P., & Wilson, P. M. (2008). *Dimensions of perceived coaching style and athlete motivation: A self-determination theory perspective*. Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, ON.
- 90) Oster, K. G., Mack, D. E., Gunnell, K. E., Wilson, P. M., Crocker, P. R. E., & Kowlaski, K. C. (2008). *Well-being indices: The association with health enhancing physical activity*. Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, ON.
- 91) Muon, S., LeBlanc, M. E., & Wilson, P. M. (2008). *Sources of support for exercise: A self-determination perspective*. Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, ON.
- 92) Duncan, L., O, J., Hall, C. R., & Wilson, P. M. (2008). *Exercise motivation: Examining its relationships with frequency, intensity, and duration of exercise*. Paper presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Banff, AB.
- 93) Wilson, P. M., Bengoechea, E. G., Muon, S., LeBlanc, M. E., & Gregson, J. P. (2007). *Relatedness to others in Physical Activity: Instrument Development*. Paper

presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Windsor, ON.

- 94) Wilson, P. M., Blanchard, C. M., Grattan, K. P., Nehl, E., & Baker, F. (2007). *How useful is the relative autonomy index for understanding exercise motivation?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Windsor, ON.
  - 95) Gray, C. E., & Wilson, P. M. (2007). *Motivations to officiate track and field.* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Windsor, ON.
  - 96) Duncan, L., Hall, C. R., Wilson, P. M., & Rodgers, W. M. (2007). *Re-examining the dimensions of obligatory exercise.* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Windsor, ON.
  - 97) Wilson, P. M., LeBlanc, M. E., & Blanchard, C. M. (2007). *Exercise motives in Native Americans/Alaskans: A preliminary study using self-determination theory.* Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
  - 98) Wilson, P. M. & Muon, S. (2007). *Psychometric properties of the exercise identity scale: A preliminary study.* Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
  - 99) Mack, D. E., Wilson, P. M., Gunnell, K., Oster, K., & Lighthouse, V. (2007). *Progress towards the reduction in gender disparities in physical activity objectives.* Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
  - 100) Milne, M., Rodgers, W. M., Hall, C. R., & Wilson, P. M. (2007). *Starting up or starting over: The role of intentions to increase or to maintain exercise behaviour.* Paper presented at the annual general meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
  - 101) Whitehead, J. R., Dornink, M. E., Wilson, P. M., Short, S. E., & Short, M. (2007). *The effects of social support on pain or injury treatment help-seeking in collegiate athletes.* Paper presented at the Annual meeting of the American College of Sports Medicine, New Orleans, LA.
  - 102) Wilson, P. M. (2007). *Motivation and exercise: How important are psychological needs?* Paper presented at the annual meeting of the Canadian Psychological Association, Ottawa, ON.
- Note: The paper cited above was a portion of the presidential symposium delivered by invitation from Canadian Psychological Association president Professor Robert J. Vallerand (Canada Research Chair) in a symposium entitled "Motivation in Canada".
- 103) Bengoechea, E. G., Wilson, P. M., Muon, S., & Lighthouse, V. (2007). *Understanding perceived relatedness in physical activity contexts: a qualitative investigation.* Paper presented at the third International Conference on Self-Determination Theory, Toronto, Ontario.
  - 104) Wilson, P. M., Muon, S., & LeBlanc, M. E. (2007). *The role of psychological need fulfilment and identity in motivating exercise behaviour.* Paper presented at the third International Conference on Self-Determination Theory, Toronto, ON.

- 105) Wilson, P. M., Blanchard, C. M., LeBlanc, M. E., Nehl, E., & Baker, F. (2007). *Understanding older adults motives for exercise: An application of self-determination theory*. Paper presented at the third International Conference on Self-Determination Theory, Toronto, ON.
- 106) Lighthouse, V., Wilson, P. M., & Mack, D. E. (2007). *Perceived psychological need satisfaction and self-perceptions in adapted sport athletes: A preliminary study*. Paper presented at the third International Conference on Self-Determination Theory, Toronto, ON.
- 107) Rodgers, W. M., Wilson, P. M., & Murray, T. C. (2007). *Distinguishing perceived competence and self-efficacy for exercise behaviour: A preliminary study*. Paper presented at the third International Conference on Self-Determination Theory, Toronto, ON.
- 108) Medic, N., Starkes, J., Bray, S., Mack, D. E., Wilson, P. M., & Elferink-Gemser, M. T. (2007). *Do motives for sport predict sport commitment and passion for sport in highly skilled masters athletes?* Paper presented at the third International Conference on Self-Determination Theory, Toronto, ON.
- 109) Wilson, P. M., LeBlanc, M. E., Blanchard, C. M., Nehl, E., & Baker, F. (2006). *Motivation for physical activity: Examining age and gender as moderators*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
- 110) Wilson, P. M., Muon, S., Lighthouse, V., & Longley, K. (2006). *Exercise identity and basic psychological need fulfilment in exercise*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
- 111) Mack, D. E., Wilson, P. M., Lighthouse, V., & Oster, K. (2006). *Informational approaches and physical activity behaviours*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Halifax, NS.
- 112) Wilson, P. M., Mack, D. E., Lighthouse, V., Gasparotto, J., Muon, S., Longley, K., Fielder, L., & Reid, K. (2006). *The relationship between motives for eating behaviour and dietary consumption patterns over 6-months in university employees*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.
- 113) Lighthouse, V. & Wilson, P. M. (2006). *What motivates athletes with a disability to participate in team sport? A self-determination theory perspective*. Paper presented at the annual meeting of the Eastern Canada Sport and Exercise Psychology Symposium, Ottawa, ON.
- 114) Longley, K., Muon, S., & Wilson, P. M. (2006). *What's so satisfying about exercise?: Examining perceived psychological needs in exercise settings*. Paper presented at the annual meeting of the Eastern Canada Sport and Exercise Psychology Symposium, Ottawa, ON.
- 115) Wilson, P. M., Longley, K., Muon, S. & Rodgers, W. M. (2005). *Examining the contributions of perceived psychological need satisfaction to affective experiences in exercise contexts*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning, Niagara Falls, ON.

- 116) Wilson, P. M., Blanchard, C. M., Longley, K., Muon, S., Nehl, E., & Baker, F. (2005). *Examining the motivation-behaviour relationship across ethnicity using self-determination theory*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Niagara Falls, ON.
- 117) Milne, M., Hall, C. R., Rodgers, W. M., & Wilson, P. M. (2005). *A comparison of regular exercisers, non-exercise intenders, and non-exercisers views of exercise and exercisers*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Niagara Falls, ON.
- 118) Plotnikoff, R. C., Taylor, L. M., Wilson P. M., Courneya, K. C., Sigal, R., Birkett, N., Raine, K., & Svenson, L. (2004). *Demographic and Health Factors Associated with Physical Activity in Adults with Type 1 or Type 2 Diabetes*. Paper presented at the annual meeting of the Society for Epidemiological Research, Toronto, ON.
- 119) Wilson, P. M. (2004). *The Psychological Need Satisfaction in Exercise Scale*. Paper presented at the second International Conference on Self-Determination Theory, Ottawa, ON.
- 120) Scime, G. Wilson, P. M., Rodgers, W. M., & Murray, T. C. (2004). *The contribution of integrated regulation to exercise behaviour*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Saskatoon, SK.
- 121) Plotnikoff, R. C. Wilson P. M., Taylor, L. M., Courneya, K. C., Sigal, R., Birkett, N., Raine, K., & Svenson, L. (2004). *Social and health correlates of physical activity in Type-1 and Type-2 diabetes: An adult population sample*. Paper presented at the annual meeting of the International Congress of Behavioural Medicine, Mainz, Germany.
- 122) Wilson, P. M., Rodgers, W. M., Fraser, S. N., Murray, T. C., & McIntyre, C. A. (2004). *Examining select psychometric properties of the Behavioral Regulation in Exercise Questionnaire-2*. North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC.
- 123) Wilson, P. M., Rodgers, W. M., Fraser, S. N., Murray, T. C., & McIntyre, C. A. (2004). *The relationship between psychological need satisfaction and self-perceptions in females*. North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC.
- 124) Strachan, L. Munroe-Chandler, K., Hall, C., Wilson, P. M., & Rodgers, W. M. (2004). *Examining thoughts about exercise in previously sedentary obese women*. North American Society for the Psychology of Sport and Physical Activity, Vancouver, BC.
- 125) Wilson, P. M. & Rodgers, W. M. (2003). *Psychological need satisfaction in exercise scale: Measurement development and preliminary validation*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Hamilton, ON.
- 126) Plotnikoff, R. C. Wilson P. M., Courneya, K. C., Birkett, N., Sigal, R. Raine, K., & Svenson, L. (2003). *Determinants of physical activity intentions for healthy weight, overweight, and obese groups of people with diabetes: An application of the Theory of Planned Behaviour*. Paper presented at the annual meeting of the Canadian Diabetes Association, Ottawa, ON.

- 127) Plotnikoff, R. C., McCarger, L. & Wilson, P. M. (2003). *Physical activity and nutrition workplace electronic messaging intervention*. Paper presented at the annual meeting of the International Society for Behavioural Nutrition and Physical Activity, Quebec City, QC.
- 128) McCarger, L., Plotnikoff, R. C., & Wilson, P. M. (2003). *Electronic messaging to promote healthy eating and active living to worksites: Client acceptance and feedback*. Paper presented at the annual meeting of the International Society for Behavioural Nutrition and Physical Activity, Quebec City, QC.
- 129) Plotnikoff, R. C. Wilson P. M., Courneya, K. C., Birkett, N., Sigal, R. Raine, K., & Svenson, L. (2003). *Social and health characteristics associated with a population sample of persons with diabetes who meet public health physical activity guidelines*. Paper presented at the annual meeting of the Society for Behavioural Medicine, Salt Lake City, UT.
- 130) Rodgers, W. M., Wilson, P. M., Fraser, S. N., & Murray, T. C. (2003). *Basic Structure and Function of Three Types of Self-Efficacy for Physical Activity?* Paper presented at the annual meeting of the Society for Behavioural Medicine, Salt Lake City, UT.
- 131) Wilson, P. M., Rodgers, W. M., Fraser, S. N., & Murray, T. C. (2002). *The relationship between exercise regulations and motivational consequences*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Vancouver, BC.
- 132) Fraser, S. N., Rodgers, W. M., Murray, T. C., Loitz, C. C, Wilson, P. M., & Edison, T. (2002). *The influence of sources of social support for exercise on adherence to a woman's strength-training program*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Vancouver, BC.
- 133) Murray, T. C., Rodgers, W. M., Wilson, P. M., & Fraser, S. N. (2002). *The differential roles of task, coping, and scheduling self-efficacy for exercise behavior and behavioural intentions*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Vancouver, BC.
- 134) Edison, T. D., Rodgers, W. M., Wilson, P. M., Fraser, S. N., Murray, T. C., & Loitz, C. C. (2002). *Do exercise motives change over time in females engaged in resistance training?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Vancouver, BC.
- 135) Loitz, C. C, Murray, T. C., Rodgers, W. M., Wilson, P. M., Fraser, S. N., & Edison, T. (2002). *Does resistance-training change women's self-perceptions?* Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Vancouver, BC.
- 136) Wilson, P. M. (2001). *The self-system and positive self-perceptions: An application of Self-Determination Theory*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Montreal, QC.
- 137) Wilson, P. M., Rodgers, W. M. Fraser, S. N. (2001). *The relationship between perceived autonomy support, exercise motives and behavioural intentions in women*. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Montreal, QC.

- 138) Rodgers, W. M., Wilson, P. M., Sullivan, M. J. L., Murray, T. C., & Bell, G. (2001). Relations amongst exercise induced muscle soreness and future exercise intentions: A social cognitive approach. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Montreal, QC.
- 139) Wilson, P. M., Rodgers, W. M., & Fraser, S. N. (2001). Examining the antecedents and consequences of commitment in a lifestyle exercise context. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.
- 140) Wilson, P. M., Rodgers, W. M., & Fraser, S. N. (2001). The relationship between exercise motives and physical self-esteem in female exercise participants: An application of Self-Determination Theory. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.
- 141) Wilson, P. M., Rodgers, W. M., & Fraser, S. N. (2001). Examining the motives regulating physical activity behaviour in a lifestyle exercise context. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO.
- 142) Munroe, K. J., Rodgers, W. M., Hall, C. R., & Wilson, P. M. (2001). Avid Exercisers' Thoughts on Exercise: Do Their Thoughts Differ From Regular Exercisers? Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- 143) Rodgers, W. M., Wilson, P. M., Hall, C. R., & Gammage, K. (2001). Do self-determined motives underpin exercise imagery in female exercise participants? Paper presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- 144) Wilson, P. M., Rodgers, W. M., & Fraser, S. N. (2001). Self-determination and exercise intentions: A prospective study. Paper presented at the annual meeting of the Society for Behavioural Medicine, Seattle, WA.
- 145) Rodgers, W. M., Sullivan, M. J. L., Blanchard, C. M., & Wilson, P. M. (2001). Influences of pain catastrophising and self-efficacy on exercise patterns after renal transplant. Paper presented at the annual meeting of the Society for Behavioural Medicine, Seattle, WA.
- 146) Spence, J. C., Courneya, K. S., Blanchard, C. M., Wilson, P. M., & Becker, B. J. (2001). The theory of planned behaviour and physical activity: A meta-analysis. Paper presented at the annual conference of the Society for Behavioural Medicine, Seattle, WA.
- 147) Spence, J. C., Courneya, K. S., Blanchard, C. M., & Wilson, P. M. (2001). The theory of planned behaviour and physical activity: A quantitative review of explained variation in intention and behaviour. Paper presented at the International Congress on Behavioural Medicine, Australia.
- 148) Wilson, P. M., Rodgers, W. M., Fraser, S. N. (2000). Examining the psychometric properties of the Behaviour Regulation in Exercise Questionnaire. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Waterloo, ON.



- 149) Wilson, P. M., Rodgers, W. M., & Fraser, S. N. (2000). Further examination of the Obligatory Exercise Questionnaire: Conceptual and Empirical issues. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Waterloo, ON.
- 150) Wilson, P. M., Rodgers, W. M., & Fraser, S. N. (2000). Re-examining the psychometric properties of the Motivation for Physical Activity Measure – Revised in Active Women. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Waterloo, ON.
- 151) Fraser, S. N. Rodgers, W. M., & Wilson, P. M. (2000). Re-examining the dimensions of the Obligatory Exercise Questionnaire. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Waterloo, ON.
- 152) Blanchard, C. M. Rodgers, W. M., Bell, G., Wilson, P. M., & Gessell, J. (2000). An empirical test of the interactional model of anxiety in an exercise setting. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Waterloo, ON.
- 153) Wilson, P. M., Rodgers, W.M., Blanchard, C. M., & Gesell, J. (2000). The relationship between self-determined motivation, regular exercise behaviour, exercise affect, and attitudes towards physical activity. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
- 154) Wilson, P. M., Rodgers, W.M., Blanchard, C. M., Hall, C., Hardy, J., & Carpenter, P. J. (2000). The Exercise Commitment Scale: Development and preliminary validation. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
- 155) Blanchard, C. M., Rodgers, W. M., Wilson, P. M., & Gesell, J. (2000). The influence of exercise intensity on state anxiety over acute bouts: A test of opponent process theory. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
- 156) Gesell, J., Rodgers, W., Courneya, K. S., Wilson, P. M., & Fraser, S. N. (2000). Work-site physical activity: The influence of theory of reasoned action and self-report. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
- 157) Fraser, S. N., Wilson, P. M., & Rodgers, W. M. (2000). Social inclusion and self-esteem: Sport and non-sport differences in adolescents. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
- 158) Rodgers, W. M., Blanchard, C. Bell, G. Gesell, J, & Wilson, P. M. (2000). Motivational properties of exercise intensity. Paper presented at the annual meeting of the Society for Behavioural Medicine, Nashville, TN.
- 159) Wilson, P. M. (1999). Predicting cognitive anxiety in youth soccer. Poster presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.

- 160) Wilson, P. M. & Rodgers, W. (1999). Motivational predictors of social physique anxiety in exercise settings. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning & Sport Psychology, Edmonton, AB.
- 161) Dunn, J. G. H., Causegrove-Dunn, J., Wilson, P. M., & Syrotuik, D. (1999). Re-examining the factorial composition of the Sport Anxiety Scale. Paper presented at the annual meeting of the Canadian Society for Psychomotor Learning, Edmonton, AB.
- 162) Smith, M., Hall, H. K., & Wilson, P. M. (1999). The relationship of goal orientation and competitive climate to sportsmanship attitudes and the perceived legitimacy of intentionally injurious acts. Paper presented at the annual meeting of FEPSAC, Prague, Czechoslovakia.
- 163) Wilson, P. M., & Smith, M. (1998). "Squeaky joints need oil!". Paper presented at the International Council for Health, Physical Education, Recreation, & Dance. Twickenham, England.
- 164) Wilson, P. M. & Eklund, R. C. (1997). The relationship between self-presentational concerns and competitive trait anxiety. Poster presented at the annual meeting of the American College of Sports Medicine, Denver, CO.

#### **iv. Invited Talks/Keynote Presentations**

- 1) Wilson, P. M. (2016). *People are motivated to exercise for a number of different reasons...and some reasons seem better than others when it comes to fostering our exercise adherence (and well-being)!* Invited talk presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Edmonton, AB.

Note. This paper was delivered as a portion of the symposium entitled 'What the dinosaurs forget to tell us about sport and exercise psychology' organized by Dr. Kent Kowalski (University of Saskatchewan, SK, Canada). The symposium featured invited talks from 11 professors conducting sport/exercise psychology research appointed at 7 different universities across Canada.

- 2) Gunnell, K. E., Zumbo, B. D., Wilson, P. M., Mack, D. E., Crocker, P. R. E., & Schellenberg, B. J. I. (2012). *A critical review of validity evidence in exercise psychology: An examination of the Behavioural Regulation in Exercise Questionnaire*. Invited talk presented at the annual meeting of the American Educational Research Association, Vancouver, BC.

Note. This paper was delivered as a portion of the symposium entitled 'When validity theory meets validation practice: Research synthesis of validity evidence reported in seven areas' organized by Professor Bruno D. Zumbo (University of British Columbia, Vancouver, BC, Canada).

- 3) Wilson, P. M. (2011). *Motivating physical activity behavior: How do we separate fact from fiction?* Keynote talk delivered at the annual Physical Activity Forum organized by the Alberta Centre for Active Living, Edmonton/Calgary, AB.
- 4) Wilson, P. M., (2011). *Promoting individual accountability for wellness: Motivating employees to take action*. Keynote talk delivered at the Conference Board of Canada Workplace Health and Wellness Conference, Calgary, AB.

- 5) Wilson, P. M. (2007). *Motivation and exercise: How important are psychological needs?* Invited talk presented at the annual meeting of the Canadian Psychological Association, Ottawa, ON.

Note. This paper was delivered as a portion of the presidential symposium entitled 'Motivation in Canada' organized by Professor Robert J. Vallerand (Canada Research Chair, Université du Québec à Montréal, Montreal, QU, Canada).

- 6) Wilson, P. M. (2004). *Psychological need satisfaction and exercise: An application of Self-Determination Theory*. Invited talk presented at the annual meeting Canadian Society for Psychomotor Learning and Sport Psychology, Saskatoon, SK.

Note: This paper was delivered as the recipient of the Franklin Henry Young Scientist Award from the Canadian Society for Psychomotor Learning and Sport Psychology in 2004.

#### **v. Reports of Research to Government/Professional Agencies**

- 1) Mack, D. E., Wilson, P. M., Bradley, C., & Walters Gray, C. (2014). *Adapting Alberta's A Million Messages for Implementation in Ontario's Health and Social Services Systems – Summary Report: Process and Outcome Evaluations*. St Catharines, Ontario: Niagara Public Health.
- 2) Mack, D. E., Amirthavasagam, S., & Wilson, P. M. (2014). *It takes a village! Feasibility of continuing the role of community health broker and opportunities for improvement in the Niagara region – Summary Report: Regional Leaders*. St Catharines, Ontario: Niagara Public Health.
- 3) Mack, D. E., Crawford, A. M., Wilson, P. M., Bradley, C., & Walters, C. (2014). *Registered early childhood educators: Perceptions of workshops to introduce childhood injury prevention messaging strategy: A summary report*. St Catharines, Ontario: Niagara Public Health.
- 4) Mack, D. E., Wilson, P. M., Crouch, M., Bradley, C., & Walters Gray, C. (2014). *LDCP: Childhood injury prevention pilot program – Summary Report: Message evaluation*. St Catharines, Ontario, Niagara Public Health.
- 5) Mack, D. E., Aymar, M., Crosby, J. L., & Wilson, P. M., Bradley, C., & Walters Gray, C. (2013). *Adapting Alberta's 'A million messages for implementation in Ontario's health and social services systems - Summary Report: Community Stakeholders*. St Catharines, Ontario: Niagara Public Health.
- 6) Mack, D. E., Aymar, M., Crosby, J. L., & Wilson, P. M., Bradley, C., & Walters Gray, C. (2013). *Adapting Alberta's 'A million messages for implementation in Ontario's health and social services systems - Summary Report: Key Informant Interviews*. St Catharines, Ontario: Niagara Public Health.
- 7) Mack, D. E., Aymar, M., Crosby, J. L., & Wilson, P. M., Bradley, C., & Walters Gray, C. (2013). *Adapting Alberta's 'A million messages for implementation in Ontario's health and social services systems - Summary Report: Public Health Injury Prevention Specialists*. St Catharines, Ontario: Niagara Public Health.

#### **vi. Editorial and Refereeing Duties**

- 1) Editorial Board/Editorial Review Board Memberships:
  - a) Journal of Sport and Exercise Psychology (2007-Present)
  - b) Sport, Exercise, and Performance Psychology (2011-Present)

- c) American Journal of Health Behavior (2006-Present)
  - d) International Journal of Fitness (2009-Present)
  - e) International Journal of Exercise Science (2011-Present)
  - f) Advances in Physical Education (2012-Present)
  - g) Journal of Integrative Psychology and Therapies (2013-Present)
  - h) Health Behavior and Policy Review (2013-Present)
- 2) Manuscript Assessor/Reviewer for Academic Journals:
- a) Adapted Physical Activity Quarterly
  - b) Journal of Leisure Research
  - c) The Sport Psychologist
  - d) Research Quarterly for Exercise & Sport
  - e) Psychology of Sport and Exercise
  - f) Journal of Aging and Physical Activity
  - g) Journal of Applied Social Psychology
  - h) Psychological Reports
  - i) International Journal of Sport and Exercise Psychology
  - j) European Journal of Sport Sciences
  - k) Journal of Applied Sport Psychology
  - l) European Physical Education Review
  - m) Journal of Health Psychology
  - n) Psychology and Health
  - o) Motivation and Emotion
  - p) Journal of Applied Biobehavioral Research
  - q) Journal of Sport Management
  - r) Rehabilitation Psychology
  - s) Exercise and Sport Science Reviews
  - t) Pediatric Exercise Science
  - u) Women in Sport and Physical Activity Journal
- 3) Granting Agencies
- a) Medical Research Council – London, United Kingdom  
Program: Standard Research Grants
  - b) Research Foundation: Flanders - Brussels, Belgium  
Program: Joint Research Projects in Framework of the Bilateral Agreement  
Program: Postdoctoral Research Funding
  - c) Social Sciences and Humanities Research Council of Canada – Ottawa, Canada  
Program: Standard Research Grants
  - d) Alberta Heritage Foundation for Medical Research – Edmonton, Canada  
Program: Standard Research Grant Applications
  - e) Nova Scotia Health Research Foundation – Halifax, Canada  
Program: Graduate Student Scholarships  
Program: Standard Grant Applications
- 4) Conferences and/or Learned Societies

- a) Society of Behavioral Medicine – Milwaukee, WI, USA  
Abstract Reviewer & Program Committee Member  
2005-Present: Health Policy & Advocacy  
2005-Present: Behaviour Change  
2012-Present: Health Communication  
2016-Present: Methods & Measurement
  - b) Canadian Society for Psychomotor Learning and Sport Psychology  
2005: Organizing Committee (Member)  
2014-2016: Executive Council (Director: Sport/Exercise Psychology)
  - c) Society of Behavioral Medicine – Milwaukee, WI, USA  
2005-Present: Planning Committee (Member)
  - d) Eastern Canada Sport and Exercise Psychology Symposium  
2004-Organizing Committee (Member)
- 5) Publishers – Textbooks or Book Chapters
- a) 2005-2006: Human Kinetics
    - Reviewed two chapters that appeared in ‘Intrinsic motivation and self-determination in exercise and sport’ (Edited by Drs. M. S. Hagger & N. L. D. Chatzisarantis: Published in 2007)
  - b) 2012-2013: McGraw Hill
    - Invited reviewer for select chapters that appeared in ‘Social Research Methods’ (Author: Blinded for Review).
  - c) 2013-2014: Oxford University Press
    - Invited reviewer for Instructor’s Manual to accompany ‘Health Research Methods: A Canadian Perspective’ (Authors: Drs. Kate Bassil & Denise Zabkiewicz: Published in 2014).
  - d) 2013-2014: Oxford University Press
    - Invited reviewer for ‘The Psychology of Passion’ (Author: Dr. R. J. Vallerand: Published in 2015).
  - e) 2014-2015: Elsevier Press
    - Invited reviewer for book proposal entitled ‘Well-Being Therapy: Treatment and Clinical Applications’ (Author: Blinded for Review)

**vii. Other Publications**

- 1) Wilson, P. M., Blanchard, C. M., Holt, N. L., & Rodgers, W. (1999). Advances in sport and exercise psychology measurement. *The Sport Psychologist*, 13, 363-364. (Book Review)\*

**viii. Other Presentations (Non-Refereed)**

- 1) Sabiston, C. M., Pila, E., Mack, D. E., Wilson, P. M., Crocker, P. R. E., Brunet, J., & Kowalski, K. (2016). *Can you move your fat ass off the baseline? Body talk and body image emotions in sport experiences and dropout among adolescent girls.* Summary report presented at the Social Sciences and Humanities Research Council of Canada-Sport Participation Research Initiative Meeting. Ottawa, ON.

## 2. Work Submitted for Publication

The following manuscripts have been submitted, accepted for publication, and are currently 'in press' at the peer-reviewed journals listed below.

- 1) Blais, L., Mack, D. E., Wilson, P. M., & Blanchard, C. M. (in press). Challenging body weight: Evidence from a community-based intervention on weight, behavior, and motivation. *Psychology, Health, & Medicine*. (Acceptance Date: December, 7<sup>th</sup>, 2016).<sup>^</sup>
- 2) Wallace, P. J., Mckinlay, B., Coletta, N. A., Vlaar, J. I., Taber, M. J., Wilson, P. M., & Chueng, S. S. (in press). Effects of motivational self-talk on endurance and cognitive performance in the heat. *Medicine & Science in Sports & Exercise*. (Acceptance Date: August 19<sup>th</sup>, 2016).<sup>^</sup>
- 3) Mack, D. E., Wilson, P. M., & Gunnell, K. E. (in press). Land of confusion: Unpacking the relationship between physical activity and well-being in individuals living with osteoporosis. *International Review of Sport & Exercise Psychology*. (Acceptance Date: July 18<sup>th</sup>, 2016).<sup>^</sup>
- 4) Wilson, P. M., Mack, D. E., & Blanchard, C. M. (in press). Use of digital technology to monitor dietary intake and physical activity: Issues of compliance in commercial weight-loss program users. *The Health & Fitness Journal of Canada*. (Acceptance Date: May 27<sup>th</sup>, 2016).<sup>\*</sup>
- 5) Bengoechea, E. G, Wilson, P. M., & Sabiston, C. M. (in press). Assessing practice-based influences on adolescent psychosocial development in sport: The Activity Context in Youth Sport Questionnaire. *Journal of Sports Sciences*. (Acceptance Date: February 11<sup>th</sup>, 2016).<sup>^</sup>
- 6) Mack, D. E., Gunnell, K. E., Wilson, P. M., & Wierds, C. (in press). Well-being in group-based exercises classes for people living with osteoporosis: Does psychological need fulfillment and perceived interpersonal supports matter? *Applied Research in Quality of Life*. (Acceptance Date: January 29<sup>th</sup>, 2016).<sup>^</sup>

## 3. Grants (obtained)

**Career Total Amount of Research Funding: \$1,375,774.00**

### a) Internal Grants (Peer-Reviewed)

- 1) Wilson, P. M., & Mack, D. E. (2014). What motivates Canadian-based researchers to engage in knowledge translation and exchange activities? Social Sciences and Humanities Research Council of Canada (internal grant, Brock University, \$4,427 CD).
- 2) Mack, D. E., & Wilson, P. M. (2011). Need supportive environments: An examination of Self-Determination Theory in individuals with osteoporosis enrolled in a structured exercise program. Brock University Advancement Fund. (Internal grant, \$4,000 CD).
- 3) Wilson, P. M., & D. E. Mack. (2008). Measurement of sedentary behaviour in young adults: A multi-trait multi-method approach. Brock University Advancement Fund. (Internal grant, \$3,400 CD).
- 4) Mack, D. E., & Wilson, P. M. (2008). Markers of well-being in Canadian osteoporotics: The influence of physical activity. Brock University Advancement Fund. (Internal grant, \$4,000 CD).

- 5) Wilson, P. M., & Stevens, D. E. (2005). Canadian Society for Psychomotor Learning & Sport Psychology, Annual Conference (2005). Social Sciences and Humanities Research Council of Canada (Internal Workshop/Conference Grant, Brock University, \$3,000 CD).
- 6) Wilson, P. M., & Stevens, D. E. (2004). Motivational foundations of sustained health behavior change. Social Sciences and Humanities Research Council of Canada (Internal Grant, Brock University, \$2,500 CD).
- 7) Garcia, E., & Wilson, P. M. (2004). Why do role models influence children's physical activity involvement? Examining the role of perceived relatedness to parents. University of Alberta Advancement of Scholarship Program. (Internal grant, \$3,649 CD).
- 8) Wilson, P. M. (2004). Promotion of physical activity for the management of diabetes: A self-determination perspective. Brock University Advancement Fund. (Internal grant, \$4,800 CD).
- 9) Wilson, P. M., & Gammage, K. L. (2003). Examining the role of perceived choice in intrinsically motivated exercise participation. Social Sciences and Humanities Research Council of Canada (Internal Grant, Brock University, \$2,200 CD).

**b) External Grants**

- 1) Sabiston, C. M., Brunet, J., Crocker, P. R. E., Kowalski, K. C., Mack, D. E., & Wilson, P. M. (2014). Understanding and improving body-related self-conscious emotions in adolescents' girls sport. Social Sciences and Humanities Research Council of Canada - Sport Participation Research Initiative. (\$105,928 CD).
- 2) Tomkins-Lane, C., Hu, R., Krishnamurthy, A., Macedo, L., Moriarty, S., Parnell, J., Rempel, J., & Wilson, P. M. (2013). The Spinal Stenosis and Pedometer and Nutrition Lifestyle Intervention (SSPANLI) Randomized Trial. Canadian Institutes for Health Research – Catalyst Grant: eHealth Innovations. (\$98,968 CD).
- 3) Wilson, P. M., Mack, D. E., & Blanchard, C. M. (2009). Understanding behavioral persistence in weight loss programs: An application of self-determination theory. Social Sciences and Humanities Research Council of Canada. (\$163,037 CD).
- 4) Sabiston, C. M., Crocker, P. R. E., Kowalski, K., C., Mack, D. E., Wilson, P. M. (2008). Physical self-conscious emotions: Exploring contexts, processes, and health outcomes. Social Sciences and Humanities Research Council of Canada. (\$88,001 CD).
- 5) Mack, D. E., Wilson, P. M., Kowalski, K. & Crocker, P. R. E. (2007). Health enhancing physical activity: A means to eudaimonic well-being? Social Sciences and Humanities Research Council of Canada. (\$116,412 CD).
- 6) Hall, C. R., Wilson, P. M., & Rodgers, W. M. (2007). Using imagery interventions to increase exercise participation. Social Sciences and Humanities Research Council of Canada. (\$157,425 CD).
- 7) Wilson, P. M., & Mack, D. E. (2006). Measuring physical activity in osteoporotics: A construct validation approach. Social Sciences and Humanities Research Council of Canada. (\$35,253 CD).

- 8) Wilson, P. M., & Garcia, E. (2005). Internalizing physical activity participation: The role of perceived relatedness. Social Sciences and Humanities Research Council of Canada. (\$45,226 CD).
- 9) Hall, C. R., Rodgers, W. M., & Wilson, P. M. (2004). The role of imagery in producing healthy levels of exercise participation. Social Sciences and Humanities Research Council of Canada. (\$146,540 CD).
- 10) Gammage, K. L., & Wilson, P. M. (2004). The center for the advancement of research in physical activity and health: Promoting physical activity across diverse populations. Canadian Foundation for Innovation. (\$88,151 CD).  
 Note. Matching funds totaling \$88,151 (CD) were provided in conjunction with this grant from the Ontario Innovation Trust. Total grant value = \$176,302 (CD)

**c) Consultancy or Contract Funding**

- 1) Niagara Region Public Health (2015-2016-Project Lead: Dr. Diane E. Mack). Social Connections and Place: Perceptions of healthy aging of Niagara-area residents. Niagara Region Public Health (\$15,548 CD).
- 2) Niagara Region Public Health (2013-2014-Lead Representative: Bradley, C.). Adapting Alberta's A million messages for implementation in Ontario health and social services systems. Cycle II: Funded by Public Health Ontario and Ontario Neurotrauma (\$89,865 CD).  
 Note: Ontario Neurotrauma Foundation provided additional matching funds to support a student trainee for a portion of this project (\$2,920.80 CD)
- 3) Niagara Region Public Health (2013-2014-Lead representative Dr. Diane E. Mack). "It takes a village": The role of community health brokers in high priority areas in the Niagara Region. Funded by Niagara Public Health (\$50,000 CD).
- 4) Niagara Region Public Health (2012-2013-Lead Representative: Bradley, C.). Adapting Alberta's A million messages for implementation in Ontario health and social services systems. Cycle I: Funded by Public Health Ontario and Ontario Neurotrauma (\$58,292 CD).

**4. Works in Progress**

- a) Wilson, P. M., & Bengoechea, E. G. (in preparation). Relatedness to others in physical activity scale II: Structural and predictive validity in young adults. Target Journal: *International Journal of Sport & Exercise Psychology*.
- b) Wilson, P. M., Wierst, C., & Mack, D. E. (in preparation). Physical activity counseling and motivational interviewing in kinesiology curricular: What's on offer in Ontario? Target Journal: *Journal of Physical Education Research*.
- c) Wilson, P. M., Mack, D. E., & Gunnell, K. E. (in preparation). Measuring physical activity with the Leisure Time Exercise Questionnaire: Normative data for young adults with different scoring protocols. Target Journal: *Measurement in Physical Education & Exercise Science*.

**5. Other Creative and Scholarly Activities**



Media coverage of my research (or expertise in motivation for exercise) has appeared in the following media outlets: Runners World, Men's Health, Women's Health, Breast Cancer Net News, Fitness Magazine, Plain Spoken Science, Real Simple, The Voice of Pelham, Calgary Herald, Niagara This Week, Montreal Gazette, Vancouver Sun, Cogeco Cable Television, 610 AM CKTB Radio

## E. Teaching Activities

### 1. Courses Taught

#### i. Undergraduate Courses

Year	Term	Course Code	Course Title	Course Enrollment	Student Evaluations
2003-2004	FA	PEKN4F90	Research Seminar in Physical Education	137	4.44
	WI	PEKN2P08	Research Design & Evaluation	161	4.62
2004-2005	FA	PEKN4F90	Research Seminar in Physical Education	84	4.69
	WI	PEKN2P08	Research Design & Evaluation	156	4.82
2005-2006	FA	PEKN2P08	Research Design & Evaluation	169	4.82
	WI	PEKN2P08	Research Design & Evaluation	125	4.64
2006-2007	FA	PEKN2P08	Research Design & Evaluation	87	4.78
	WI	PEKN2P08	Research Design & Evaluation	155	4.79
2007-2008	FA	PEKN2P08	Research Design & Evaluation	105	4.87
	WI	PEKN2P08	Research Design & Evaluation	113	4.90
2008-2009	FA	PEKN2P08	Research Design & Evaluation	197	4.84
	WI		See section entitled 'Graduate Courses'		
2010-2011	FA	PEKN2P08	Research Design & Evaluation	118	4.93
	WI	PEKN2P08	Research Design & Evaluation	160	4.82
2011-2012	FA		See section entitled 'Graduate Courses'		
	WI	PEKN2P08	Research Design & Evaluation	242	4.62
2012-2013	FA		See section entitled 'Graduate Courses'		
	WI	PEKN2P08	Research Design & Evaluation	248	4.71
2013-2014	FA		See section entitled 'Graduate Courses'		
2014-2015	FA	PEKN4P65	Physical Activity Counselling for Kinesiologists	21	4.89
	WI	PEKN2P08	Research Design & Evaluation	238	4.58
2015-2016	SU	KINE2P08	Research Design & Evaluation	30	4.93
	FA	KINE2P08	Research Design & Evaluation	196	4.70

FA	KINE4P65	Physical Activity Counseling for Kinesiologists	22	4.58
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Note: All scores listed in the column titled 'Student Evaluations' range from 1 ('Strongly Disagree') to 5 ('Strongly Agree') in response to the following question: 'The overall quality of instruction in this course was excellent'. Sabbatical leave taken in 2009-2010 (12 months) and 2015-2016 (6 months-Winter Term). Medical Leave (Winter 2013-2014).

ii. Graduate Courses

Year	Term	Course Code	Course Title	Course Enrollment	Student Evaluations
2005-2006	WI	AHSC5V62	Psychological Approaches to Health Behaviour Change	4	4.53
2006-2007	WI	AHSC5P99	Psychological Approaches to Health Behaviour Change	6	5.00
2007-2008	WI	AHSC5P99	Psychological Approaches to Health Behaviour Change	8	4.67
2008-2009	WI	AHSC5P99	Psychological Approaches to Health Behaviour Change	6	5.00
2010-2011	FA	AHSC5P00-Seminar MA Students	Philosophical & Methodological Issues in Applied Health Sciences Research	6	4.50
		AHSC5P00-Seminar MSc Students	Philosophical & Methodological Issues in Applied Health Sciences Research	10	5.00
2011-2012	FA	AHSC5P00-Lecture	Philosophical & Methodological Issues in Applied Health Sciences Research	54	4.69
		AHSC5P00-Seminar	Philosophical & Methodological Issues in Applied Health Sciences Research	11	4.36
2012-2013	FA	AHSC5P00-Lecture	Philosophical & Methodological Issues in Applied Health Sciences Research	42	4.22
		AHSC5P00-Seminar	Philosophical & Methodological Issues in Applied Health Sciences Research	28	4.62
2013-2014	FA	AHSC5P00-Lecture	Philosophical & Methodological Issues in Applied Health Sciences Research	50	4.25
		AHSC5P00-Seminar	Philosophical & Methodological Issues in Applied Health Sciences Research	21	4.60
2014-2015	FA/WI	AHSC5P01	Current Issues in Applied Health Sciences Research	43	n/p
	WI	AHSC5P94	Measurement Issues in Applied Health Science Research	3	4.33

Note: All scores listed in the column titled ‘Student Evaluations’ range from 1 (‘Strongly Disagree’) to 5 (‘Strongly Agree’) in response to the following question: ‘The overall quality of instruction in this course was excellent’. Sabbatical leave taken in 2009-2010 (12 months) and 2015-2016 (6 months-Winter Term). Medical Leave (Winter 2013-2014). n/p = No evaluations provided by graduate students enrolled in course.

## 2. Supervision of Students

### i. Graduate Students – Primary Supervisor

Student Name	Degree	Start Date	End Date	Funding Awards
Esther Sampaio	PhD	01/09/16	Ongoing	OTB
Sydney Santin	MSc	01/09/15	Ongoing	N/A
Colin Wierst	MSc	01/09/15	Ongoing	OGS
Sarah Deck	MSc	01/09/14	11/08/16	N/A
Matthew Burns	MSc	01/09/12	31/08/13	N/A
Lindsay Meldrum	MA	01/09/11	31/08/13	WSB
J. Paige Gregson	MA	01/09/08	31/08/10	OGS/SSHRCC
Kimberly P. Grattan	MA	01/09/07	31/08/09	N/A
Meghan LeBlanc	MA	01/09/07	31/08/08	OGS/SSHRCC
Sovoeun Muon	MA	01/09/06	31/08/08	OGS/SSHRCC
Casey E. Gray	MA	01/09/04	30/12/05	N/A

Note: The data listed under ‘start date’ indicates the date each student initiated graduate studies with me listed as the primary supervisor of record. OGS = Ontario Graduate Scholarship. SSHRCC = Social Sciences and Humanities Research Council of Canada. WSB = Wallington Student Bursary (Niagara Region Public Health). OTB = Ontario Trillium Bursary (Doctoral Award).

### ii. Graduate Students – Supervisory Committee Member

Student Name	Degree	Start/End Date	University	Primary Supervisor
Sarah Birtwhistle	PhD	01/09/16-Present	Liverpool John Moores University	Dr. Paula Watson
Benjamin Buckley	PhD	01/09/16-Present	Liverpool John Moores University	Dr. Paula Watson
Rebecca Bassett	PhD	01/09/08-30/08/11	McMaster University	Dr. Kathleen Martin Ginis
Heather Strong	PhD	01/09/06-30/08/10	McMaster University	Dr. Kathleen Martin Ginis
Kelly M. Arbor	PhD	01/09/05-30/08/08	McMaster University	Dr. Kathleen Martin Ginis
Anita Cramp	PhD	01/09/05-01/08/08	McMaster University	Dr. Steven Bray
Dinara Salaeva	MA	01/09/15-03/08/16	Brock University	Dr. Lynn Rempel
Sathya Amirthavasagam	MA	01/09/14-30/08/15	Brock University	Dr. Lynn McCleary
Philip Wallace	MSc	01/09/14-30/08/15	Brock University	Dr. Stephen S. Cheung
Amy Crawford	MSc	01/08/14-15/08/15	Brock University	Dr. Diane E. Mack

Kimberly Brooks	MSc	01/09/13-30/08/14	Brock University	Dr. Diane E. Mack
Louise Blais	MA	01/09/12-01/08/13	Brock University	Dr. Diane E. Mack
Jenna D. Gilchrist	MA	01/09/12-30/08/13	Brock University	Dr. Diane E. Mack
Nasreen Aksweer	MSc	01/09/12-13/08/13	Brock University	Dr. Baraket Falk
Benjamin D. Sylvester	MA	01/09/10-30/08/11	Brock University	Dr. Diane E. Mack
Dan Harris	MSc	01/09/09-30/08/10	Brock University	Dr. Kelly Lockwood
Katie Cocchio	MA	01/08/08-01/08/09	Brock University	Dr. Maureen Connelly
Goran Poleksic	MSc	01/08/07-30/08/09	Brock University	Dr. Rene Vandenoorn
Colin Pybus	MA	01/09/08-30/08/09	Brock University	Dr. Ken Lodewyk
Kristen Oster	MA	01/09/08-10/08/09	Brock University	Dr. Diane E. Mack
Katie E. Gunnell	MA	01/09/08-01/08/09	Brock University	Dr. Diane E. Mack
Lee Fielder	MA	01/09/07-30/08/09	Brock University	Dr. Maureen Connelly
Elissa Muru	MSc	01/09/07-01/08/08	McMaster University	Dr. Kathleen Martin Ginis
Kelly Russell	MSc	01/09/07-01/08/08	McMaster University	Dr. Steven Bray
Jennifer Gasparotto	MA	01/09/05-30/08/07	Brock University	Dr. Diane E. Mack
Lindsay Wadell	MA	01/09/05-30/08/06	Brock University	Dr. Diane E. Mack
Manuela Brachlow	MA	01/09/05-30/08/06	Brock University	Dr. Philip Sullivan
Jeff Eng	MSc	01/09/05-30/08/06	McMaster University	Dr. Kathleen Martin Ginis
Melissa Galea	MSc	01/09/05-30/08/06	McMaster University	Dr. Kathleen Martin Ginis
Kelly Arbour	MSc	01/09/04-30/08/05	McMaster University	Dr. Kathleen Martin Ginis

iii. Undergraduate Students – Primary Supervisor

Student Name	Year	Project Title
Rachel Mervin	2015-2016	Motivational interviewing for kinesiologists: A preliminary study of web-based resources

Carlo Cardelli	2014-2015	Coaching effectiveness in elite athletes: Does past playing experience matter?: A case of professional soccer
Megan Scott	2012-2013	What factors affect the choice and usage of performance enhancement supplements during rehabilitation from an athletic injury?
Matt Risi	2010-2011	Why do people exercise? Examining motivation with objective physical activity devices.
Rachel Henry	2010-2011	Why do people exercise and supplement their diet?
Stephanie Elliot	2010-2011	Why do pregnant women exercise?
Elise Gannage	2009-2010	Why do some people exercise? Examining the impact of hormonal and motivational factors.
Allison DeeLeeBeck	2009-2010	Why do people exercise?
J. Paige Pope (née Gregson)	2008-2009	What motivates rugby players to compete?
Heather Henry	2008-2009	Measuring quality of life in people with Fragile X: Issues and links with physical activity
April Gibson	2007-2008	What factors motivate high school basketball participation?
David Shaw	2007-2008	Impact of Social Agents on Motivation to become a Physical Education Teacher
Ashley Lepine	2007-2008	University Students' Motives to Engage in Health Behaviours
Katie Longley	2006-2007	What's so satisfying about exercise? Examining perceived psychological needs in exercise settings
Sovoeun Muon	2006-2007	What's so satisfying about exercise? Examining perceived psychological needs in exercise settings
Virginia Lighthouse	2006-2007	What motivates athletes with a disability to participate in a team sport? A self-determination theory perspective.
Jenny Tiers	2004-2005	Achievement motivation and goal orientations in the exercise domain

iv. Graduate Students – External Examiner

Student Name	Degree	End Date	University	Supervisor
Rhiannon White	PhD	Ongoing	Australian Catholic University	Dr. Chris Lonsdale
Alexandra Boyle	MSc	11/07/16	Lakehead University	Dr. Eryk Przysucha
Melissa Tennant	MHD	29/04/14	Laurentian University	Dr. Kerry McGannon
Bogdan Ciomaga	MA	08/08/12	Brock University	Dr. Lucie Thibault
Aileen M. Murray	MSc	12/06/12	University College Dublin	Dr. Amanda Hall & Dr. Deidre Hurley-Osing
Danielle Kabush	PhD	01/01/07	University of Ottawa	Dr. Luc Pelletier
Monica Slovenic D'Angelo	PhD	01/09/04	University of Ottawa	Dr. Luc Pelletier

3. Contributions to Seminars/Colloquia relevant to Teaching and Learning
  - a) Wilson, P. M. (2007, March). *Creative ideas for lectures*. Invited presentation to the Faculty of Social Sciences, Brock University, St Catharines, Ontario, Canada.
  - b) Wilson, P. M. (2007, August). *Student engagement and the millennial generation: How well do you know your student?* Panel member and invited presentation for the Faculty of Applied Health Sciences sponsored by the Center for Teaching, Learning, and Educational Technologies, Brock University, Ontario, Canada.
  - c) Wilson, P. M. (2004, August). *What I wish I had known...!*. Panel member and invited presentation for the annual New Faculty Teaching Preparation Day sponsored by the Center for Teaching, Learning, and Educational Technologies, Brock University, Ontario, Canada.

4. Innovative methods in Teaching/Other contributions to Teaching at University  
 I led the construction and evaluation of two multimedia learning objects (MLO) designed to facilitate and enhance student learning in select areas of research design and evaluation. Each MLO used an interactive approach to teaching and learning housed on a web-based platform. THE MLO's are presented below:

- a) Wilson, P. M., Laurence, M., & Romphf, J. (January, 2006). *On your marks, get set...SAMPLE: A brief sampling tutorial*.
- b) Wilson, P.M., Laurence, M., Tashev, D., & Romphf, J. (August, 2007). *Measurement in physical education and kinesiology*.

## **F. University/Community Service**

### **1. University/Faculty/Departmental/Union Committees**

#### **i. Departmental Committees**

- Departmental Committee, Department of Kinesiology (formerly Department of Physical Education & Kinesiology), Brock University (Member: 2003-Present)
- Nominations Committee, Department of Kinesiology, Brock University (Chair: 2011-2012)
- Library Committee, Department of Kinesiology, Brock University (Member: 2011-2012)
- Reunion Committee, Department of Physical Education & Kinesiology, Brock University (Member: 2005-2006)
- External Relations Committee, Department of Physical Education & Kinesiology, Brock University (Member: 2005-2006)
- Library Committee, Department of Physical Education & Kinesiology, Brock University (Member: 2003-2004).
- Merit Committee, Department of Physical Education & Kinesiology, Brock University (Member: 2003-2004).
- Hiring Committee, Department of Physical Education & Kinesiology, Brock University (Member: 2003-2004)
- Colloquium Committee, Department of Physical Education & Kinesiology, Brock University (Member: 2003-2005)

- Research Ethics Committee, Faculty of Physical Education & Recreation, University of Alberta (Member: 1998-2000)
- Awards Committee, Department of Physical Education & Exercise Science, University of North Dakota (Member: 1996-1997)
- Faculty Council, Department of Physical Education & Exercise Science, University of North Dakota (Member: 1996-1997)
- Student-Athlete Committee on Intercollegiate Athletics, University of North Carolina at Greensboro (Men Athletics Representative: 1992-1994)
- Chancellor's Advisory Council on Intercollegiate Athletics, University of North Carolina at Greensboro (Men Athletics Representative: 1992-1994)

**ii. Faculty/University Committees**

- Graduate Student Scholarship Adjudication Committee-SSHRCC, Faculty of Graduate Studies, Brock University (Member: 2008-2009, 2013-2014)
- Graduate Student Scholarship Adjudication Committee-SSHRCC, Faculty of Applied Health Sciences, Brock University (Member: 2003-2004, 2005-2007; Chair: 2007-2008; 2008-2009)
- Graduate Student Scholarship Adjudication Committee-OGS, Faculty of Applied Health Sciences, Brock University (Member: 2007-2008)
- Curriculum Development-Working Group on Research Methods/Data Analysis Graduate Courses in Applied Health Sciences, Faculty of Applied Health Sciences, Brock University (Member: 2012-2014)
- Graduate Council, Associate Dean's Council on Graduate Studies and Student Affairs, Faculty of Applied Health Sciences, Brock University (Member & Representative [Department of Kinesiology]: 2012-2014)
- Advisory Committee (Appointment of Associate Dean Undergraduate Studies), Faculty of Applied Health Sciences, Brock University (Member: 2012-2013)
- Advisory Committee (Appointment of Associate Dean Graduate Studies & Research), Faculty of Applied Health Sciences, Brock University (Member: 2011-2012)
- Research Board: Research Grants in Lieu of Salary Program, Brock University (Member: 2007-2009).
- Undergraduate Affairs Committee, Faculty of Applied Health Sciences, Brock University (Member: 2007-2008)
- Educational Technology Advisory Committee, Center for Teaching, Learning, and Educational Technologies, Brock University (Member: 2007-2009)

**iii. Community Service**

- Faculty Presenter, SMART START, Brock University (2009-2012)
- Consultant, Med Plus, Brock University (2007)
- Faculty Research Mentor for Visiting International Scholars Program at Brock University:
  - Dr. Xie Bin: Xi'An Physical Education University, China

- Dr. Hiroshi Matsumoto: Mukugowa Women's University, Japan
- Dr. Paula Watson: Liverpool John Moores University, United Kingdom

**2. Regional/National/International Committees for Professional Societies/  
Organizations**

**i. Professional Organizations – Academic**

- Executive Council, Canadian Society for Psychomotor Learning and Sport Psychology (Director, Sport and Exercise Psychology: 2014-2016)
- Adjudication Group [Franklin Henry Young Scientist Award-Sport and Exercise Psychology], Canadian Society for Psychomotor Learning and Sport Psychology (Chair: 2014-2016)
- Evaluation Panel (3MT® Contest), Eastern Canada Sport and Exercise Psychology Symposium (Member: 2014)
- Advisory Group (Ad Hoc), Ontario Coalition of Exercise Psychology (Member, 2011-Present)
- Scientific Abstract Review Committee, Association for Applied Sport Psychology (Member, 2014).
- Synapse Mentor, Canadian Institutes for Health Research (Member: 2006-Present)
- Organizing Committee, Canadian Society for Psychomotor Learning and Sport Psychology (Member: 2005)
- Organizing Committee, Eastern Canada Sport and Exercise Psychology Symposium (Member: 2004)
- Abstract Review Committee, International Human Science Research Conference (Member: 2005)



**ii. Professional Organizations – Non-Academic**

- Professional Footballers Association, Manchester, UK (Member: 1998-1990)