

Psychology of Active, Healthy Living Group

PAHL

School of Human Sciences

University of Western Australia

2018 Overview



Who are we?

The UWA Psychology of Active, Healthy Living (PAHL) Group was formed in 2013 by Dr Ben Jackson and Dr James Dimmock. Ben and James now act as co-Directors of the PAHL group, working with collaborators from all over the world and coordinating over a dozen graduate students based at UWA.



**Dr Ben
Jackson**

Senior Lecturer
School of Human
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**Dr James
Dimmock**

Senior Lecturer
School of Human
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What do we do?

The guiding principle of the PAHL group is to develop rigorous, innovative, and fundable projects that make a difference to people's lives.

The three main objectives of the group are to:

- A. Conduct basic (e.g., experimental) work that advances our understanding of health and physical activity
- B. Develop and implement sustainable and effective health promotion interventions
- C. Translate our research by ensuring the group's work reaches and involves the community

Our current research projects include experimental and intervention-based work directed toward psychological resilience, self-regulation, confidence, motivation, social support, and interpersonal communication, and we apply this work to the study of health issues including weight management, nutrition, physical activity, and mental health. We focus on people right across the lifespan, from young children through to seniors, and conduct our work within diverse education, sport/exercise, workplace, family, and healthcare settings.

In the last 3 years alone, the PAHL group has been responsible for over 40 research articles and book chapters, a popular book, a number of funded research projects, and several successful community programs.

Community Engagement

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Given PAHL's focus on improving people's physical and mental health, the group is committed to community engagement through developing, and working with, successful WA health promotion programs. Just some examples of our current community engagement activities include...



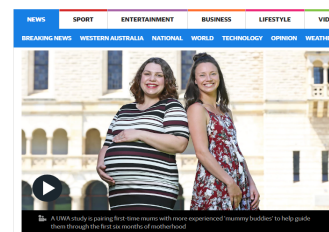
The Mummy Buddy Program

Psychological distress is prevalent among new mothers, and is debilitating for mother, baby, and the family.

The Mummy Buddy Program sees experienced mothers volunteer to receive communication training and act as "Buddies" to first-time mothers, with the aim of helping those new mums make a happy and healthy transition to motherhood.

As part of a 6-month feasibility trial funded by Healthway, there are currently ~70 new mums and Mummy Buddies involved in the program, and initial results are showing that the program is having strong positive effects for all involved.

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Sunday Times



UWA study recruits mummy buddies to help out first timers



Man v Fat Soccer



86,046.82 LB LOST SO FAR

Over 70% of Australian men are overweight or obese, accounting for substantial health, economic, and social costs. Adding to this problem, we know that men are hard to reach with health and weight loss interventions.

Man v Fat Football is a UK initiative, started in 2016, that uses football (soccer) to help men lose weight and improve their health, and the success of the program in the UK has been unparalleled. In just over two years, 50 Man v Fat football leagues have opened across the UK. Over 10,000 men have been, or are, involved in the program, and have collectively lost over 40,000 kg.

Since 2016, we have been working with Man v Fat in the UK to create Man v Fat Soccer for Australia, and are positioned to open WA leagues in 2018 – these will be the first leagues anywhere in the world outside of the UK.

Growth & Resilience in Teachers Program

Teaching is a high-stress, high-churn job, and principals are seeing many burned-out junior staff leaving the profession.

The GRiT program is a social support and coping initiative designed for, and with, school teachers. GRiT is currently being trialled in 3 secondary schools in Perth, and initial feedback from teachers is that it provides an effective framework to help tackle workplace stress and anxiety.



Sports Challenge Australia (SCA)



Australian children are not sufficiently physically active, and one of the most important ways to promote physical activity across the lifespan is by providing enjoyable sport and exercise experiences during early childhood (e.g., during PE in primary school). Unfortunately, the vast majority of teachers responsible for delivering primary school PE are not specialist instructors, and often don't enjoy teaching PE. This causes real problems for children's experiences in PE.

SCA has worked for over 30 years in WA and in that time has run programs with hundreds of primary schools. Having recently developed a partnership with SCA, the PAHL group is working to provide training to non-specialist primary school PE teachers in WA, with the goal of improving PE and physical activity experiences for thousands of young children (a substantial grant application for this work is currently under review).

WA Drug & Alcohol Youth Service (DAYS)

Sadly, the incidence of substance use disorders is increasing among young Australians, and rates of relapse during recovery are high. DAYS is a residential rehab facility in Perth, housing youth recovering from substance use disorders. In collaboration with DAYS, Mission Australia, and the UWA Thriving program, PAHL is working to provide enjoyable weekly exercise sessions at UWA for youth residing in the DAYS facility.



Exercise in the Treatment of Youth Substance Use Disorders: Review and Recommendations

Alissa More¹, Ben Jackson¹, James A. Dimmock¹, Ashleigh L. Thornton¹, Allan Colthart² and Bonnie J. Furzer^{1*}

This exercise program is the first of its kind anywhere in Australia, and has been funded by Exercise and Sport Science Australia and the Commonwealth Bank. The exercise program also recently received an Excellence Award in the "Young People" category at the 2018 Western Australian Alcohol and Other Drug Conference.

Collaboration & Reputation

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The PAHL Group has developed an extensive international collaborative network. Illustrated below are just some of the prestigious institutions housing researchers with whom we have published in the past 4 years.



PAHL Group Awards & Honours

- 2019 Invited keynote address, 50th Anniversary European Congress of Sport & Exercise Psychology (BJ)
- 2018 Research Excellence Award, WA Alcohol & Other Drug Conference (BJ / JD)
- 2017 UWA Faculty of Science, Excellence in Student Support Award (JD)
- 2016 Top Paper Award, National Communication Association Conference (USA; BJ / JD)
- 2016 Students' Choice Award for Excellence in Teaching, UWA Students' Guild Awards (BJ)
- 2016 Early Career Distinguished Scholar Award, North American Society for the Psychology of Sport & Physical Activity (BJ)
- 2015 UWA VC's Outstanding Early Career Investigator Award (BJ)
- 2014 Invited speaker, Exercise and Sports Science Australia Conference (JD)



Editorial Board & Committee Positions

- 2014- Associate Editor, *Journal of Sport & Exercise Psychology* (BJ)
- 2014- Associate Editor, *Journal of Science & Medicine in Sport* (JD)
- '14-'16 Associate Editor, *Psychology of Sport & Exercise* (JD)
- 2010- Editorial Board, *Frontiers in Psychology* (BJ)
- 2013- Editorial Board, *Psychology of Sport & Exercise* (BJ)
- 2016- Editorial Board, *Sport, Exercise, & Performance Psychology* (BJ / JD)
- 2018- Editorial Board, *Scandinavian Journal of Medicine & Science in Sports* (BJ)
- 2014- Editorial Board, *International Review of Sport & Exercise Psychology* (JD)
- 2012- Expert Assessor, *Australian Research Council* (BJ)

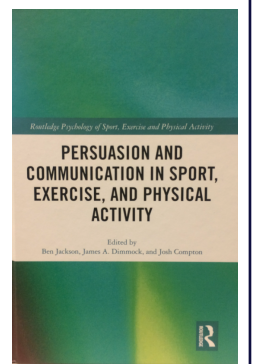
Selected Recent Publications (2016 –)

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Sport, Exercise, & Physical Activity

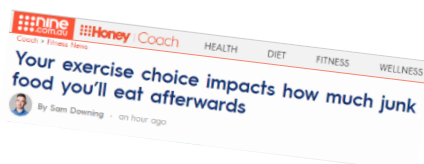
- Jackson, Beauchamp., & Dimmock. (in press). Efficacy beliefs in physical activity settings: Contemporary debate and unanswered questions. In Tenenbaum & Eklund, *Handbook of sport psychology* (4th ed.). Wiley.
- Dimmock, Howle, & Jackson. (in press). Self-presentation in sport and exercise. In Tenenbaum & Eklund, *Handbook of sport psychology* (4th ed.). Wiley.
- Howle, Dimmock, Ntoumanis, Chatzisarantis, Sparks, & Jackson. (2017). The impact of agentic and communal exercise messages on individuals' exercise class attitudes, self-efficacy beliefs, and intention to attend. *J Sport & Exercise Psychology*, 39, 397-411.
- Sparks, Lonsdale, Dimmock, & Jackson. (2017). An intervention to improve teachers' interpersonally-involving instructional practices in high school physical education: Implications for student relatedness support and in-class experiences. *J Sport & Exercise Psychology*, 39, 120-133.
- Dimmock, Gagne, Proud, Howle, Rebar, & Jackson. (2016). An exercise in resistance: Inoculation messaging as a strategy for protecting motivation during a monotonous and controlling exercise class. *J Sport & Exercise Psychology*, 38, 567-578.
- Sparks, Dimmock, Lonsdale, & Jackson. (2016). Modeling indicators and outcomes of students' perceived teacher relatedness support in high school physical education. *Psychology of Sport & Exercise*, 26, 71-82.
- Howle, Dimmock, & Jackson. (2016). Relations between self-efficacy beliefs, self-presentation motives, personal task goals, and performance on endurance-based physical activity tasks. *Psychology of Sport and Exercise*, 22, 149-159.

Book: B. Jackson, J. Dimmock, & J. Compton (Eds). (2018). *Persuasion & communication in sport, exercise, & physical activity*. Abingdon, UK: Routledge.



Nutrition

- Beer, Dimmock, Jackson, & Guelfi. (2017). Providing choice in exercise influences food intake at the subsequent meal. *Medicine & Science in Sports & Exercise*, 49, 2110-2118.
- West, Guelfi, Dimmock, & Jackson. (2017). "I deserve a treat": Exercise motivation as a predictor of post-exercise dietary licensing beliefs and implicit associations toward unhealthy snacks. *Psychology of Sport and Exercise*, 32, 93-101.
- Leow, Jackson, Alderson, Guelfi, & Dimmock. (2018). A role for exercise in attenuating unhealthy food consumption in response to stress. *Nutrients*, 10(2), 176.



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Sunday Times

UWA study finds choice in exercise can lead to healthier eating

Stress, Anxiety, Resilience, & Mental Health

- Law, Jackson, Guelfi, Nguyen, & Dimmock. (2018). Understanding and alleviating maternal postpartum distress: Perspectives from first-time mothers in Australia. *Social Science & Medicine*, 204, 59-66.
- Jackson, Compton, Thornton, & Dimmock. (2017). Rethinking anxiety: Using inoculation messages to reduce and reinterpret public speaking fears. *PLOS ONE*, 12(1): e0169972



The Virtual Orator

Inoculation against a fear of public speaking

Can reading a simple message about speaking anxiety reduce fear and cause you to interpret that fear differently?

Research published recently in Plos One suggests that it can. Researchers from the University of Western Australia tested whether a specially crafted message was effective in reducing public speaking anxiety in students. Based in 'inoculation theory', the message they crafted was able to reframe some of the typical fear inducing thoughts. Students receiving the inoculation message reported less stress and more positive view.

- Compton, Jackson, & Dimmock. (2016). Persuading others to avoid persuasion: Inoculation theory and resistant health attitudes. *Frontiers in Psych*, 7: 122.

