

## Curriculum Vitae

*John C. Spence, PhD FCAHS*

## PERSONAL INFORMATION

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**NAME:** John C. Spence

**ADDRESS:** Faculty of Kinesiology, Sport, & Recreation  
1-153 Van Vliet Complex  
University of Alberta  
Edmonton, AB  
T6G 2H9

**TELEPHONE:** (780) 492-1379 office

**E-MAIL:** [jc.spence@ualberta.ca](mailto:jc.spence@ualberta.ca)

**CITIZENSHIP:** Canadian

**CURRENT  
OCCUPATION:** Professor  
(since 2004) Faculty of Kinesiology, Sport, & Recreation  
University of Alberta  
Edmonton, AB

**OTHER TITLES:** Adjunct Researcher  
Canadian Fitness and Lifestyle Research Institute  
Ottawa, ON

Distinguished Professor  
Yonsei University  
Seoul, South Korea

**LANGUAGE SKILLS:** English = spoken-written

**DATED:** January 17, 2022

## EDUCATION

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- 1998 **PhD** Science, School of Graduate Studies, Concordia University, Montreal, QC.  
Thesis: *Anabolic-androgenic steroids: A series of meta-analyses.*
- 1991 **MA** Physical Education with specialization in Psychology of Sport, Department of Physical Education, McGill University, Montreal, QC.  
Thesis: *Mood changes associated with anabolic-androgenic steroid use in male bodybuilders.*
- 1987 **BA** Psychology, Department of Psychology, McGill University, Montreal, QC.

## PREVIOUS APPOINTMENTS

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- 2016-2019 Vice Dean, Faculty of Kinesiology, Sport, and Recreation, **University of Alberta.**
- 2015-2016 Interim Vice Dean, Faculty of Physical Education and Recreation, **University of Alberta.**
- 2011-present Professor, Faculty of Kinesiology, Sport, and Recreation, **University of Alberta.**
- 2010-2015 Associate Dean (Research), Faculty of Physical Education and Recreation, **University of Alberta.**
- 2004-2011 Associate Professor, Faculty of Physical Education and Recreation, **University of Alberta.**
- 2001-2004 Assistant Professor, Faculty of Physical Education and Recreation, **University of Alberta.**
- 1998-2001 Senior Research Associate, Alberta Centre for Well-Being, Faculty of Physical Education and Recreation, **University of Alberta.**
- 1997-1998 Research Coordinator, Alberta Centre for Well-Being, Faculty of Physical Education and Recreation, **University of Alberta.**
- 1996-1997 Research Associate, Alberta Centre for Well-Being, Faculty of Physical Education and Recreation, **University of Alberta.**

## FELLOWSHIPS & AWARDS

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2021	Clarivate Web of Science Highly Cited Researchers 2021
2020	Faculty Award for Research, Faculty of Kinesiology, Sport, and Recreation, University of Alberta
2020	William Evans Visiting Professor, University of Otago, Dunedin, NZ
2017	Distinguished Professor, Yonsei University, Seoul, South Korea
2017	Fellow, Canadian Academy of Health Sciences (FCAHS)
2013	Queen Elizabeth II Diamond Jubilee Medal
2011-2012	McCalla Professorship, University of Alberta
2009	Faculty Core Values Award, Faculty of Physical Education and Recreation, University of Alberta
2006	Award of Merit for Outstanding Research, Faculty of Physical Education and Recreation, University of Alberta
1998	Visiting Scholar, Central Queensland University, Rockhampton, Australia
1993-1995	J. W. McConnell Memorial Fellowship, Concordia University
1993	Young Scientist Award, Canadian Society for Psychomotor Learning and Sport Psychology

## TEACHING

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### *Teaching and Supervision Summary*

#### **Supervision (since 2003)**

Trainees	Supervisor	Supervisory Committee	Examining Committee	Total
Postdoctoral fellows	5			<b>5</b>
Doctoral	12	18	10	<b>40</b>
Master's	10	21	4	<b>35</b>
Master's (Course-based)	2			<b>2</b>
<b>Total</b>	<b>29</b>	<b>39</b>	<b>13</b>	<b>82</b>

#### **Graduate Courses Taught (since 1996)**

	Class Size	Times Taught
Scientific Inquiry and Quantitative Research Methodology	2-12	6
Measurement of Physical Activity and Sedentary Behaviour	4-6	2
Physical Activity and Health	2	2
Independent Study in Older Adults and Physical Activity	1	1
Introduction to Health Promotion Research	10-15	1
Psychological Foundations of Cardiovascular Rehabilitation	5-10	1
Social Cognitive Approaches to Health Promotion	5-20	18
<b>Total</b>		<b>31</b>

### **Undergraduate Courses Taught (since 1995)**

	<b>Class Size</b>	<b>Times Taught</b>
Behavioural Medicine	40-60	3
Individual Dimensions of Health Promotion	50-60	2
Introduction to Recreation Scholarship	15-67	8
Psychomotor Behaviour	80-100	1
Research Methods in Kinesiology	105	2
<b>Total</b>		<b>16</b>

## *Details of Student Supervision*

### **Supervision**

#### Postdoctoral Fellows

- 2019 Clark, M. I. (PhD). Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2019 Stearns, J. (PhD). Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-2017 Lee, E. Y. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2010-2013 Cutumisu, N. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2010-2011 Pabayo, R. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

#### Doctoral Students

- 2018-present McCurdy, A. (PhD). *Preparing exercise professionals to work with individuals with psychological conditions: A modified Delphi study to inform the development of a curriculum guideline*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2017-present Kim, Y.-B. (PhD). *Association between air pollution and physical activity and sedentary behavior among South Korean children and adolescents*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2017-present Lindeman, C. (PhD). *Characterizing exercise prescription patterns of family physicians*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2017-present Lamboglia, C. (PhD). *Physical activity and sedentary behaviour compensation in children and adolescents: An investigation of the ActivityStat hypothesis*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2011-2018 Stearns, J. (PhD). *An examination of peers, friendships, and movement behaviors in childhood and adolescence*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.

- 2009-2013 Glenn, N. (PhD). *In the queue for bariatric surgery: A phenomenology of waiting*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. (co-supervision with Dr. Kim Raine)
- 2008-2015 Lee, E. Y. (PhD). *An examination of the association between pubertal maturation and decrease in physical activity among Korean adolescent girls*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2008-2009 Clark, M. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. [Changed supervisors because of a shift in research interests]
- 2005-2012 Witcher, C. (PhD). *An investigation of rural older adult physical activity participation in Nova Scotia toward developing strategies to promote physical activity participation*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2004-2010 Taylor, L. M. (PhD). *An examination of potential influences on the success of prediabetes program provision: Qualitative and quantitative analyses*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. (co-supervision with Dr. Kim Raine)
- 2003-2011 Lee, J.- G. (PhD). *Understanding the correlates of overweight and obesity among Korean-born and Canadian-born Korean Children: A cross-cultural comparison*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003-2010 Cutumisu, N. (PhD). *Movement-attractors and generic neighbourhood environment traits (MAGNET): The influence of urban form on physical activity*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

#### Master's Students

- 2018-2021 Mangan, A. (MA). *The availability of fitness facilities in Alberta high schools*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2018-2020 Yim, D. (MSc). *Walkability and healthy aging in place for older adults in Edmonton, Alberta*. Faculty of Medicine and Dentistry, **University of Alberta**, Edmonton, AB.
- 2017-2018 McCurdy, A. (MSc). Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.



- 2016-2019 Wohlers, B. (MA). *Teachers' beliefs about implementing a physical literacy program for children & youth*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2009-2011 Stearns, J. (MA). *Influence of urban form on pedometer-determined steps of children: A longitudinal study*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2008-2009 Dutove, J. (MA). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. [Changed supervisors because of an interest in sport sociology]
- 2007-2009 Carson, V. (MA). *Exploring seasonal variation in children's physical activity*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2006-2011 Wilson, L. (MSc). *Exercise adherence in heart failure: Applying the Theory of Planned Behaviour*. Centre for Health Promotion Studies, School of Public Health, **University of Alberta**, Edmonton, AB.
- 2006-2008 Clark, M. (MA). *In their shoes: Understanding the physical activity experiences of pre-adolescent girls*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2005-2007 Moylan, B. (MA). *Identifying treatment challenges and preferences of overweight children and their families: A qualitative analysis*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2004-2006 Burgess, J. (MA). *The effect of a corrective entreaty in a physical activity setting: Minimizing the intention-behaviour discrepancy*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003-2006 Lyons, J. (MA). *Evaluation of the Home Support Exercise Program: An Alberta example*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003-2005 Witcher, C. (MA). *Exploring the nature of physical activity participation of older adults in rural Newfoundland*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

## Thesis Committee

## Doctoral Students

- 2019-present Niwa, L. **TBD**. Faculty of Rehabilitation Medicine, **University of Alberta**, Edmonton, AB.
- 2018-present Hunter, S. *Environmental correlates of physical activity among children and parents*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2018-present Ismond, K. (PhD). **TBD**. Faculty of Medicine and Dentistry, **University of Alberta**, Edmonton, AB.
- 2017-present Kuzik, N. C. (PhD). *Examining movement behaviours in preschool-aged children: Novel measurement and data analysis techniques*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB
- 2016-2020 Myrne, M. (PhD). *A health promotion-based investigation of weight stigma and physical activity*. Faculty of Kinesiology, Sport, and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-2019 Ofosu, N. N. (PhD). *Maintenance of healthy eating and active living behaviors among adolescents following health promotion in childhood*. School of Public Health, **University of Alberta**, Edmonton, AB.
- 2015-2020 Jasper, L. (PhD). *Comparison of tools to measure energy expenditure in older adults following total knee arthroplasty*. Faculty of Rehabilitation Medicine, **University of Alberta**, Edmonton, AB.
- 2013-2016 Kushal, N. (PhD). *Establishing an exercise habit in new exercisers: A randomized controlled trial*. School of Exercise Science, Physical and Health Education, **University of Victoria**, Victoria, BC.
- 2008-2011 Tamminen, K. (PhD). *Understanding coping among adolescent athletes*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2004-2006 Karvinen, K. (PhD). *Exercise outcomes, prevalence, and determinants in a population-based sample of bladder cancer survivors*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2004-2008 Maea Hohepa (PhD). *Perceptions of physical activity, healthy eating, and obesity among Maori adolescents*. Division of Sport and Recreation, Faculty of Health, Auckland **University of Technology**, Auckland, NZ.

- 2003-2006 Fraser, S. (PhD). *Exploring social factors affecting health among cardiac rehabilitation patients*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003 Gotwals, J. K. (PhD). *The Sport Perfectionism Scale: A validation study*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003-2008 Murray, T. C. (PhD). *The nature of the relationship between multiple control beliefs and physical activity: Considering the role of socioeconomic status*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003 Williams, D. J. (PhD). *Release from the “Us vs. Them” prison: Granting freedom by giving voice to multiple identities in physical activity and offender rehabilitation*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2001-2003 Garcia Bengoechea, E. (PhD). *Significant others’ influences on young athletes’ motivation: A developmental systems perspective*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2000-2002 Jones, L. (PhD). *Examining the role of the oncologist in promoting physical exercise in persons diagnosed with cancer*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2000-2001 McGannon, K. R. (PhD). *Toward a theory of self and identity for investigating and understanding exercise adherence*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2000-2001 Rhodes, R. (PhD). *Relationships between exercise, neuroticism, extraversion, conscientiousness, and an extended model of the theory of planned behavior: A dissertation proposal*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

#### Master’s Students

- 2014-2016 Kreps, R. (MA). *The attainment and refinement of elite-level curling expertise: Commonalities and differences among Olympic and world champions*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-2016 Potter, M. (MA). *Longitudinal and cross-sectional associations between physical activity, screen time, and fitness in a sample of young children from Edmonton, Canada*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

- 2014-2015 Mathieu, E. D. (MA). *Examining the associations between relatedness and motivational regulations within different exercise contexts: A self-determination theory perspective*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-2017 Hudson, B. W. (MA). *Exploring the physical activity experiences of northern aboriginal youth: A community-based participatory research project*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-2017 Campbell, E. (MSc). *Healthy public policy and childhood obesity: Understanding the daily physical activity policy diffusion process in Canadian provinces*. School of public Health, **University of Alberta**, Edmonton, AB.
- 2009-2010 McLeod, N. (MA). *Mothers' experiences of sport*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2008-2009 Cunningham, C.-T. (MA). *Planning and providing physical activity opportunities for youth in Edmonton, Alberta*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2007-2008 Thompson, A. L. (MA). *Implementing daily physical activity in a junior high school: A case study*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2007-2008 Langille, J.-L. (MSc). *Social ecological perspective on the role of schools in physical activity promotion*. Centre for Health Promotion Studies, School of Public Health, **University of Alberta**, Edmonton, AB.
- 2006-2007 Sehn, Z. (MA). *Providing physical education and extra-curricular sport programs at an inner-city school*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2005-2010 Jones, C. (MA). *Experiences of Grade 10 males in high school physical education*. Faculty of Education, **University of Alberta**, Edmonton, AB.
- 2004-2005 Thomson, M. (MSc). *Young adult snacking behaviors: The influence of television advertising*. Department of Public Health Sciences, Faculty of Medicine, **University of Alberta**, Edmonton, AB.
- 2004-2005 Malik, R. (MSc). *Impact of music on cerebral and muscle oxygenation during wheelchair exercise*. Department of Occupational Therapy, Faculty of Rehabilitation Medicine, **University of Alberta**, Edmonton, Alberta.

- 2004-2005 Vadgama, G. (MA). *Does affect mediate the relationship between regulation style and exercise adherence or dropout?* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003-2005 Hemphill, E. (MA). *Obesogenic environments in urban Edmonton.* Centre for Health Promotion Studies, **University of Alberta**, Edmonton, AB.
- 2002-2004 Loitz, C. (MA). *Physical self-discrepancies and exercise participation* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2002-2003 Prodaniuk, T. (MA). *Physical activity behaviour of workplace employees: An ecological perspective.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2000 Zuck, N. (MA). *Decision latitude, self-determination, and participation in workplace health promotion programs.* Centre for Health Promotion Studies, **University of Alberta**, Edmonton, Alberta.
- 1999-2000 Fein, A. (MA). *Physical environments and physical activity in high school aged youth: An ecological approach.* Centre for Health Promotion Studies, **University of Alberta**, Edmonton, AB.
- 1998-1999 Bobick, T. (MSc). *Transtheoretical model and exercise behavior in breast cancer survivors.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 1998-1999 Keats, M. (MSc). *Exercise and quality of life in adolescent cancer survivors.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

## **External Examiner**

### Doctoral Students

- 2017 Gierc, M. S. H. (PhD). *Social cognition and the new sedentary psychology.* College of Kinesiology, **University of Saskatchewan**, Saskatoon, SK.
- 2015 Baldock, K. L. (PhD). *Neighbourhood environment and cardiometabolic risk: Perception and reality.* School of Health Sciences, **University of South Australia**, Adelaide, South Australia, Australia.

- 2015 Uys, M. (PhD). *Socio-ecological influences on physical activity in primary school Children: A view from South Africa*. Faculty of Health Sciences, **University of Cape Town**, South Africa.
- 2014 Mackay, L. (PhD). *Physical activity profiling of New Zealand adults: A study of adults with and without young children*. Human Potential Centre, **Auckland University of Technology**, Auckland, NZ.
- 2013 King, T. (PhD). *Associations between walking and neighbourhood destinations*. School of Population and Global Health, **University of Melbourne**, Melbourne, Victoria, Australia.
- 2013 Pillay, J. D. (PhD). *Steps that count: The use of pedometry for physical activity and health promotion in South Africa*. Department of Human Biology, **University of Cape Town**, Cape Town, South Africa.
- 2011 van Loon, J. (Ph.D.). *An examination of neighbourhood built and social environment influences on child physical activity patterns*. School of Community and Regional Planning, **UBC**, Vancouver, BC.
- 2008 Prince Ware, S., (PhD). *Built and social environmental determinants of physical activity, overweight, and obesity in City of Ottawa neighbourhoods*. Institute of Population Health, **University of Ottawa**, Ottawa, ON.
- 2007 Wang, F. (PhD). *Interrelations of overweight, school performance and self-esteem in elementary school children*. School of Public Health, **University of Alberta**, Edmonton, AB.
- 2002 Clarke, A. (PhD). *Promotion of physical activity among older adults*. School of Human Movement Studies, **University of Western Australia**, Perth, Australia.

#### Master's Students

- 2007 Ramos Salas, R. M. X. (MSc). *Healthy immigrant effect or global obesity epidemic?* Centre for Health Promotion Studies, **University of Alberta**, Edmonton, AB.
- 2005 Malik, R. (MSc). *Impact of music on cerebral and muscle oxygenation during wheelchair exercise*. Department of Occupational Therapy, Faculty of Rehabilitation Medicine, **University of Alberta**, Edmonton, AB.
- 2000 Hampe, T. (MSc). *Extracurricular activity participation: Relationships with social determinants of health and health outcomes, and facilitators and barriers to*

*participation*. Department of Public Health Sciences, Faculty of Medicine,  
**University of Alberta**, Edmonton, AB.

1998 Dryden, D. (MSc). *Epidemiology of women's recreational ice hockey injuries*.  
Department of Public Health Sciences, Faculty of Medicine, **University of  
Alberta**, Edmonton, AB.

Undergraduate Honours Students

2003 Duncan, M. (BHMSc). *Psychosocial and environmental factors associated with  
physical activity among city-dwellers in regional Queensland*. School of Health  
and Human Performance, **Central Queensland University**, Rockhampton,  
Australia.

## FUNDING

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### **External Funding:**

#### **Principal Investigator**

- 2021-2022 **Spence, J. C.**, Cameron, C., Faulkner, G., & Cloutier, M.-S. Active transportation promotion for Canadian adults: A scoping review and environmental scan. *Knowledge Synthesis Grants – Mobility and Public Transit, Social Science and Humanities Research Council* (\$29,820).
- 2020-2021 **Spence, J. C.**, Cameron, C., & Faulkner, G. COVID-19: Use of active and public transport during a pandemic. *Partnership Engage Grants COVID-19 Special Initiative, Social Sciences and Humanities Research Council* (\$24,981).
- 2020-2022 **Spence, J. C.**, Clark, M., & Rhodes, R. Acceptance of autonomous vehicles and potential impact on active transport. *Insight Development Grant (IDG), Social Science and Humanities Research Council* (\$61,778).
- 2019-2020 **Spence, J. C.**, Clark, M., & Rhodes, R. The potential impact of autonomous vehicles on movement behaviour: Identifying research priorities. *Planning Grant, Canadian Institutes of Health Research* (\$23,900).
- 2013-2015 **Spence, J. C.**, McHugh, T. –L., Sprysak, C., & Veugelers, P. The impact of a provincial tax credit on children’s physical activity in Alberta. *Operating Grant: Population Health Intervention Research, Canadian Institutes of Health Research* (\$190,471).
- 2009-2012 **Spence, J. C.**, & Holt, N. L. The Playscapes Study: Where do the children play? *Standard Research Grant, Social Sciences and Humanities Research Council of Canada* (\$104,610).
- 2009 **Spence, J. C.**, Washington, M., Ball, G., & Malete, L. Planning and developing a study on the determinants of childhood obesity in Botswana. *Canadian Institutes of Health Research* (\$10,000).
- 2007-2010 **Spence, J. C.**, Frank, L., Boule, N., Ball, G., Veugelers, P., & Predy, G. A longitudinal study of environmental determinants of overweight among children: The SHAPES of things to come. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada and Canadian Institutes of Health Research* (\$433,500).
- 2007-2008 **Spence, J. C.**, Brawley, L. R., Tremblay, M., Plotnikoff, R., Craig, C., Chad, K., Faulkner, G., & Bauman, A. The “new generation” ParticipACTION: A baseline



assessment of knowledge, awareness, understanding and the physical activity of Canadians. *Intervention Research Grant with Rapid Review: Healthy Living and Chronic Disease Prevention, Canadian Institutes of Health Research* (\$99,776).

- 2007-2008 **Spence, J. C.**, Blanchard, C., Holt, N. L., Murnaghan, D & Lyons, R. Determinants of physical inactivity among older adults in rural Atlantic Canada. *Planning and Development Grant - Canadian Institutes of Health Research* (\$93,860).
- 2005-2008 **Spence, J. C.**, Plotnikoff, R. C., & Blanchard, C. Neighbourhood correlates of walking: The Fitscape Project. *Standard Research Grant – Social Sciences and Humanities Research Council* (\$124,496).
- 2005-2006 **Spence, J. C.**, Predy, G., Casey, L., & Boule, N. Growth assessment study of preschool children: Establishing a longitudinal cohort. *Pilot Grant - Canadian Institutes of Health Research and the Heart and Stroke Foundation of Canada* (\$48,795).
- 2004-2005 **Spence, J. C.**, Wild, C., McGannon, K. R., Raine, K., Martin, K., Szeman, I., & Finkelstein, E. Media influences on physical activity and nutrition: An ecological approach. *Planning and Development Grant, Canadian Institutes of Health Research and the Heart and Stroke Foundation of Canada* (\$83,600).
- 2003-2004 **Spence, J. C.**, Plotnikoff, R. C., McCargar, L., Rodgers, W., & Martin Ginis, K. Content refinement and testing of primary questions: A pilot test of Canada on the Move. *Canadian Institutes of Health Research and the University of Alberta* (\$4,000).
- 2003 **Spence, J. C.**, Raine, K., Craig, C., Tomic, K., & Predy, G. Centre for Research Development: Obesity and the Environment. *Seed Funding, Canadian Institutes of Health Research* (\$10,000).
- 2002-2004 **Spence, J. C.**, Wild, C., Courneya, K. S., Cave, A., & Blasetti, C. A randomised trial of physical activity advice provided by general practitioners using negative and positive health messages. *Health Research Fund - Alberta Heritage Foundation for Medical Research* (\$71,000).
- 2002-2003 **Spence, J. C.**, & Wild, T. C. The incidence and context of obesogenic behaviors in popular movies, 1952-2001. *Pilot Project Grant - Canadian Institutes of Health Research* (\$42,187).

### **Co-Principal Investigator**

- 2020-2022 Cameron, C., & **Spence, J. C.** Champions of progress for A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Lets Get

Moving. *ISFR Grant, Healthy Living and Chronic Disease Prevention - Multi-sectoral Partnerships (MSP), Public Health Agency of Canada* (\$199,553).

- 2012-2014 Faulkner, G., **Spence, J. C. (Co-PI)**, Berry, T., Cameron, C., Deshpande, S., Latimer, A., Plotnikoff, R., Rhodes, R., & Tremblay, M. ParticipACTION after 5 years: Assessing impact on the promotion of physical activity and the behaviour of Canadians. *Operating Grant, Canadian Institutes of Health Research* (\$198,390).
- 2005-2006 Holt, N., & **Spence, J. C.** Children's mental representations of urban physical activity environments. *Centre for Urban Health Initiatives, University of Toronto* (\$9,792).
- 1995-1997 Gauvin, L., & **Spence, J. C.** Exercise, well-being and adherence. *Research Contribution Fund - Canadian Fitness and Lifestyle Research Institute* (\$33,934).
- 1992-1994 Gauvin, L., & **Spence, J. C.** Drug and alcohol use among athletes: A national survey. *Applied Sport Research Program Grant - Sport Canada* (\$28,669).

#### **Co-Investigator**

- 2021-2023 Khoury, M., Mackie, A., Khoo, N., Conway, J., Stickland, M., **Spence, J. C.**, & Phillips, D. High intensity interval training in youth with congenital heart disease: A randomized controlled trial of a novel telemedicine video game-linked exercise platform. *Heart and Stroke Foundation of Canada* (**\$299,435.00**).
- 2020-2021 Khoury, M., Mackie, A., Khoo, N., Conway, J., Stickland, M., **Spence, J. C.**, & Phillips, D. High intensity interval training in youth with congenital heart disease: A randomized controlled trial of a novel telemedicine video game-linked exercise platform. *Bridge Grant, Heart and Stroke Foundation of Canada* (\$60,000).
- 2020-2021 Hopper, T., **Spence, J. C.**, Tamminen, K., & van Ingen, C. Youth homelessness and the importance of accessible recreation programming. *Partnership Engage Grant, Social Sciences and Humanities Research Council (SSHRC)* (**\$23,482**).
- 2020-2022 Tandon, P., McNeely, M., Stickland, M., **Spence, J. C.**, Prado, C., Glenn, N., Miguel-Cruz, A., Harback, K., Round, J., Campbell, K., Levasseur, N., & Fenton, M. (Co-PI). Reconnecting vulnerable outpatients with multidisciplinary care – an RCT assessing online programming in the time of COVID-19. *Alberta Innovates* (\$326,297).
- 2018-2023 Lee, K., **Spence, J. C.**, & McCormack, G. Housing for health. *Healthy Living and Chronic Disease Prevention - Multi-Sectoral Partnerships program, Public Health Agency of Canada* (\$4,400,000).

- 2016-2017 Tremblay (PI), M.S., Carson, V. (Co-PI), Duggan, M. (Co-PI), Adamo, K., Birken, C., Choquette, L., Faulkner, G., Goldfield, G., Gray, C., Janssen, I., Janssen, X., LeBlanc, C., Okely, T., Poitras, V., Rayner, M.-E., Reilly, J., Rodin, R., Sampson, M., **Spence, J. C.**, Timmons, B., & Welsh, F. Update of the Canadian Physical Activity Guidelines for the Early Years. Submitted to *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$100,000).
- 2016-2017 Tremblay (PI), M.S., Carson, V. (Co-PI), Duggan, M. (Co-PI), Gray, C., Sampson, M., Connor Gorber, S., Adamo, K. Antunes, E., Birken, C., Choquette, L., Costas-Bradstreet, C., Culbert, I., Faulkner, G., Goldfield, G., Hartnell, C., Janssen, I., Janssen, X., LeBlanc, C., Okely, T., Poitras, V., Rayner, M.-E., Reilly, J., Rodin, R., **Spence, J. C.**, Timmons, B., Welsh, F., & Zehr, L. Update of the Canadian Sedentary Behaviour Guidelines for the Early Years. *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$100,000).
- 2015-2017 McHugh, T.-L., & **Spence, J. C.** Linking sport research and policy: An exploration of how Traditional Inuit and Dene games can support the goals of Sport Canada. *Sport Participation Research Initiative, Sport Canada* (\$73,185.00).
- 2014-2017 Mandic, S., Moore, A., Williams, J. & **Spence, J.** Built Environment and Active Transport to School: BEATS Parental Survey. *Health Research Council of New Zealand - Emerging Researcher Grant* (\$149,941 NZD).
- 2014-2016 Mandic, S., Moore, A., Williams, J., & **Spence, J. C.** Built Environment and Active Transport to School: BEATS Student Survey. *Lottery Health Research Grant, New Zealand* (\$30,000 NZD).
- 2014-2015 Carson, V., Rhodes, R., Rinaldi, C., Rodgers, W., **Spence, J. C.**, & Hesketh, K. (2014). The role of parents in establishing healthy physical activity and sedentary behaviour habits in young children. *Reproductive and Child Health start-up grant, Institute of Human Development, Child and Youth Health, Canadian Institutes of Health Research* (\$100,000).
- 2014-2015 Carson, V., Wiebe, S., **Spence, J. C.**, Friedman, A., Tremblay, M. S., Down, J., Schmidt, K., Rahman, A. A., & Slater, L. Dose-response relationships between physical activity, sedentary behaviour, and neurocognitive development among children of the early years. *Alberta Centre for Child, Family, & Community Research – Brain and Early Childhood Development Research and Knowledge Translation Initiative* (\$30,000).
- 2014-2015 Moore, A., Mandic, S., **Spence, J.**, Garcíá Bengoechea, E., & Williams, J. Built Environment and Active Transport to School (BEATS) Student Survey: GIS Analysis. *National Heart Foundation of New Zealand Small Project Grant* (\$13,498 NZD).

- 2012-2013 Holt, N. L., Down, J., Clark, A., Slater, L., **Spence, J. C.**, Tamminen, K. A. Qual-Play: A qualitative meta-synthesis of active free play research. *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$87,534).
- 2012-2013 Faulkner, G., Costas-Bradstreet, C., Berry, T., Deshpande, S., Latimer, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. Active 20/20: Developing an evaluation plan for a national physical activity policy. *Planning Grants, Canadian Institutes of Health Research* (\$24,012).
- 2012-2013 Shubair, M. **Spence, J. C.**, Patrick, D., & Kerr, J. Workplace-designed health promotion interventions of natural resource industry occupations in northern British Columbia. *Planning Grants, Canadian Institutes of Health Research* (\$15,000).
- 2012-2015 Berry, T., **Spence, J. C.**, Rodgers, W., McGannon, K. R., Norris, C., & Courneya, K. Pink Ribbons and Red Dresses: The relationship between disease awareness campaigns, health-related cognitions and perceptions of preventive behaviours. *Operating Grant, Canadian Institutes of Health Research* (\$307,800).
- 2011-2013 Finegood, D., Calitz, C., Maloff, B., McDonald, N., Sacher, P., Raine, K., & **Spence, J. C.** Scale-up and spread of MEND programs in Canada. *Operating Grant: Population Health Intervention Research, Canadian Institutes of Health Research* (\$100,000).
- 2011-2012 Tremblay, M., Timmons, B., Connor Gorber, S., Janssen, I., Kho, M., Sampson, M., **Spence, J. C.**, Duggan, M., Munro, Y., & Murumets, K. Development of Canadian physical activity guidelines for pre-school aged children. *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$100,000).
- 2010-2016 Richard, D., Ciaflone, K., Deshaies, Y., Despres, J.-P., Godin, G., Marette, A., Perusse, L., Picard, F., Poirier, P., **Spence, J. C.**, Tremblay, A., & Raine, K. Training Program in Obesity / Healthy Body Weight Research. *Canadian Institutes of Health Research* (\$1,950,000).
- 2009-2012 Blanchard, C.M., Lyons, R., Rainham, D., Murnaghan, D., Rhodes, R.E., Giacomantonio, N., Young, W., Reid, R., Kirkland, S., & **Spence, J.C.** Environmental Physical activity cOrrelates after Cardiac Hospitalization. *Canadian Institutes of Health Research, Institute of Gender and Health, Strategic Research Initiative in the Prevention of Cardiovascular and Respiratory Diseases* (\$484,988).
- 2009-2012 Ball, G., Sharma, A., Holt, N., **Spence, J. C.**, Newton, M., Rosychuk, R., Beaulieu, C., Mitchell, L., Keaschuk, R., Jetha, M., Lafrance, R. Pediatric weight management: Advancing the evidence in family-centered care. *The Emerging Research Teams Grant Program Faculty of Medicine and Dentistry / Alberta Health Services (Edmonton Area)* (\$294,000).

- 2009-2012 Berry, T., & **Spence, J. C.** Examining public health and commercial physical activity advertisements: The roles of attention, believability and personal relevance. *Standard Research Grant, Social Sciences and Humanities Research Council of Canada* (\$100,065).
- 2008-2011 Blanchard, C. M., Dechman, G., Hernandez, P., **Spence, J. C.**, McGannon, K., & Rhodes, R. E. Explaining gender differences during and after pulmonary rehabilitation using a mixed-methods social ecological approach. *Standard Research Grant, Social Sciences and Humanities Research Council of Canada* (\$146,000).
- 2007-2010 Blanchard, C.M., Giacomantonio, N., Rhodes, R., Reid, R., **Spence, J.C.**, & McGannon, K.M. (2007). Why aren't women engaging in as much exercise during and after cardiac rehabilitation as men? A social ecological perspective. *Grant in aid, Heart and Stroke Foundation of Nova Scotia* (\$142,192).
- Dr. Greg Ferrier Award (Highest Ranked Grant) - \$5,000.00
- 2007-2010 Berry, T., **Spence, J. C.**, Nykiforuk, C., Blanchard, C., Predy, G., & Marko, J. A longitudinal examination of the relationship between the built environment, physical activity, and social factors within the Capital Health Region of Alberta. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada and Canadian Institutes of Health Research* (\$353,410).
- 2007-2010 Nykiforuk, C., Raine, K., Schopflocher, D., Vallianatos, H., Plotnikoff, R. C., & **Spence, J. C.** Obesity Prevention & the Built Environment: Examining Opportunities & Barriers in Four Alberta Communities. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada and Canadian Institutes of Health Research* (\$567,397).
- 2007-2008 Faulkner, G., Plotnikoff, R., Chad, K., Tremblay, M., **Spence, J. C.**, Brawley, L. R., & Bauman, A. The "New Generation" ParticipACTION: Baseline assessment of national organizational capacity. *Intervention Research Grant with Rapid Review: Healthy Living and Chronic Disease Prevention, Canadian Institutes of Health Research* (\$99,885).
- 2007-2009 McCargar, L., Plotnikoff, R. C., Raine, K., **Spence, J. C.**, Burger, J., & Svenson, L. Surveillance of the Health of Alberta Youth – A Web-based Survey of Physical Activity and Nutrition (Web SPAN). *Grant in Aid - Alberta Centre for Child, Family, & Community Research* (\$86,255).
- 2007-2008 Berry, T. R., Plotnikoff, R. C., & **Spence, J. C.** Evaluation of the Healthy U Initiative – Refocus on Seniors. *Intervention Research Grant with Rapid Review: Healthy Living and Chronic Disease Prevention, Canadian Institutes of Health Research* (\$98,084).

- 2006-2009 Berry, T., & **Spence, J. C.** An examination of automatic processes underlying physical activity choices: Attentional bias, stereotypes and habitual behavior. *Standard Research Grant – Social Sciences and Humanities Research Council of Canada* (\$66,791).
- 2006-2009 Blanchard, C. M., Lyons, R., Giacomantonio, N., Rhodes, R., Reid, R., **Spence, J. C.**, & Murnaghan, D. Using a social ecological approach to explain exercise behavior from a gender perspective in cardiac patients not attending cardiac rehabilitation in Nova Scotia. *Health Research Project Grant - Nova Scotia Health Research Foundation* (\$150,000).
- 2006-2007 Ball, G., & **Spence, J. C.** A national think tank for health services delivery and research in pediatric weight management. *INMD Workshop Grant - Canadian Institutes of Health Research* (\$15,000).
- 2006-2007 Willows, N., Veugelers, P., Raine, K., McCargar, L., & **Spence, J. C.** Prevalence and correlates of food insecurity in Aboriginal peoples living off-reserve. *Canadian Institutes of Health Research* (\$33,599).
- 2006-2007 Holt, N. L., **Spence, J. C.**, Ball, G. D. C., Newton, A. S., & Lerner, R. M. Positive youth development through physical activity and sport: The experiences of children in a low-income inner city Edmonton community. *Alberta Centre for Child, Family, & Community Research* (\$93,728).
- 2005-2006 Holt, N., **Spence, J. C.**, & Ball, G. Treatment preferences of overweight children and their parents. *Pilot Grant - Canadian Institutes of Health Research and the Heart and Stroke Foundation of Canada* (\$47,605).
- 2005-2008 Blanchard, C., Reid, R., **Spence, J. C.**, McGannon, K., Edwards, N., & Rhodes, R. Social ecological determinants of exercise during home-based cardiac rehabilitation: Should gender be considered? *Standard Research Grant – Social Sciences and Humanities Research Council of Canada* (\$145,000).
- 2005-2011 Drummond, J., Browne, G., Klassen, T., Bisanz, J., Kovacs-Burns, K., Williamson, D., Skrypnek, B., **Spence, J. C.**, Reutter, L., Paulsen, B., Everall, R., Schnirer, L., Wilson, D., Smythe, J., Mayan, M., Feehan, R., & Gray, E. Families First Edmonton: The comparative effects and expense of four approaches to augmenting services for low-income families. *Randomized Controlled Trials - Canadian Institutes of Health Research* (\$3,086,702).
- 2005-2007 McCargar, L., Raine, K., Plotnikoff, R. C., **Spence, J. C.**, & Schwartz, M. Web-survey of physical activity and nutrition (Web-SPAN). *Alberta Heritage Foundation for Medical Research (AHFMR)* (\$92,840).

- 2004-2007 Tomic, K., **Spence, J. C.**, & Raine, K. Charting the foodscape: Dietary options and food imagery in Edmonton communities. *Standard Research Grant – Social Sciences and Humanities Research Council of Canada* (\$100,556).
- 2003-2008 Raine, K., Plotnikoff, R. C., Wild, T. C., Willows, N., Church, J., McCargar, L., & **Spence, J. C.** An ecological perspective on the promotion of healthy weights. *Obesity/Healthy Body Weights: New Emerging Teams (NET) Program, Canadian Institutes of Health Research* (\$1,500,000).
- 2001-2004 Plotnikoff, R. C., Birkett, N. J., Courneya, K. S., Marcus, B. H., & **Spence, J. C.** A randomized control trial of worksite physical activity interventions in Alberta. *Canadian Institutes of Health Research* (\$200,909).
- 1999-2001 Thompson, L., **Spence, J. C.**, Mandigo, J., Marshall, D., Causgrove Dunn, J., Schwartz, M., & Melnychuk, N. Physical education in Alberta schools. *Grants-in-Aid - Alberta Advisory Committee for Educational Studies (AACES), Calgary, Alberta* (\$4,540).
- 1998-2000 Gauvin, L., Richard, L., Potvin, L., Craig, C. L., Quinney, H. A., **Spence, J. C.**, & Dassa, C. Public health infrastructure, policies, and practices for the promotion of physical activity in Canada. *National Health Research and Development Program (NHRDP), Health Canada, Ottawa* (\$153,018).

### **Internal Funding:**

#### **Principal Investigator**

- 2020-2021 **Spence, J. C.** A scoping review of the prevalence and correlates of active transport among Canadian adults. *SSHRC Institutional Grant University of Alberta* (\$4,620).
- 2020-2021 **Spence, J. C.** Development of a measure of physical activity motives: The FUN questionnaire (FUN-Q). *Small Faculties Research Grant, University of Alberta* (\$4,620).
- 2016-2017 **Spence, J. C.** KidSport evaluation project: Exploring options. *SSHRC Support for Research grant, University of Alberta* (\$5,000).
- 2009 **Spence, J. C.** A cross-cultural study of obesity risk among children living in Korea and Canada. *U of A Korea Project Fund, University of Alberta International* (\$3,370).
- 2007-2008 **Spence, J. C.** Applying Space Syntax to an Analysis of Walkable Neighbourhoods. *Killam Research Fund* (\$9,600).

- 2004-2005 **Spence, J. C.** Behavioural effect of activating the overweight stereotype. *Small Faculties Research Grant, University of Alberta* (\$4,035).
- 2003-2004 **Spence, J. C.** Height, weight, and nutritional status in Canada, 1885-1900. *Humanities, Fine Arts, and Social Sciences Research Grant, University of Alberta* (\$4,750).
- 2002-2003 **Spence, J. C., & Plotnikoff, R. C.** Development of the Canadian Physical Activity Questionnaire (C-PAQ). *Small Faculties Research Grant, University of Alberta* (\$1,704).
- 1999-2000 **Spence, J. C., & Thompson, L.** Physical education in Alberta. *Small Faculties Research Grant, University of Alberta* (\$2,246).

### **Co-Principal Investigator**

- 1997-1999 Voaklander, D., Francescutti, L., & **Spence, J. C.** The epidemiology of women's recreational ice hockey injuries. *Women's Health Research Grant - Perinatal Research Centre, University of Alberta* (\$19,059).
- 1997-1998 Rodgers, W., **Spence, J. C., & Watkinson, J.** Do perceptions of inclusion moderate the relationship between domain specific competencies and global self-esteem? *Small Faculties Research Grant - University of Alberta* (\$3,596.75).

### **Co-investigator**

- 2007-2008 Maraj, B., **Spence, J. C.,** Holt, N., Berry, T., Boule, N., & Young, B. The influence of environmental factors on the mobility and health of Alberta seniors. *Research Development Grant- Alberta Centre for Aging, University of Alberta* (\$4000).



### ***Equipment Grants***

1999 **Spence, J. C.** Comprehensive Meta-Analysis software. *Small Faculties Equipment Grant* - University of Alberta (\$1,220).

### ***Travel Grants***

2006 **Spence, J. C.** North American Society for Psychology of Sport and Physical Activity, Denver, CO. *Humanities, Fine Arts and Social Sciences Research (HFASSR) Travel Grant* - University of Alberta (\$800).

2002 **Spence, J. C.** International Congress of Behavioural Medicine, Helsinki, Finland. *AHFMR Travel Grant* - University of Alberta (\$2,000).

2002 **Spence, J. C.** International Congress of Behavioural Medicine, Helsinki, Finland. *Small Faculties Travel Grant* - University of Alberta (\$2,500).

2001 **Spence, J. C.** Canadian Society for Psychomotor Learning and Sport Psychology, Montreal, QC. *Humanities, Fine Arts and Social Sciences Research (HFASSR) Travel Grant* - University of Alberta (\$600).

2001 **Spence, J. C.** Cooper Institute Conference, Dallas, TX. *AHFMR Travel Grant* - University of Alberta (\$1,500).

1999 **Spence, J. C.** American College of Sports Medicine Conference, Seattle, WA. *Small Faculties Travel Grant* - University of Alberta (\$550).

### ***Conference Grants***

1999 **Spence, J. C.** Conversations in Dissemination, Edmonton, AB. *University Conference Fund* – University of Alberta (\$745).

## **Research Contracts**

- 2017 **Spence, J. C.** KidSport Evaluation Project: The voices of parents and other stakeholders. Contract, *KidSport Canada* (\$22,100).
- 2016-2019 **Spence, J. C.**, & McHugh, T.-L. Fort Providence Pilot Project – Phase 2. Contract, *Public Works and Services, Sport, Recreation and Youth, Government of the NWT* (\$134,992.00).
- 2015-2016 Edwards, P., **Spence, J. C.**, & Costas Bradstreet, C. Environmental scan: Existing and emerging federal, provincial and territorial government policies, programs and investments in physical activity. *Federal/Provincial/Territorial Physical Activity and Recreation Committee (F/P/T PARC)* (\$4,983).
- 2013-2015 **Spence, J. C.**, & McHugh, T.-L. Fort Providence Pilot Project. Contract, *Public Works and Services, Sport, Recreation and Youth, Government of the NWT* (\$118,799).
- 2009-2010 **Spence, J. C.**, Elliott, C., Storey, K., Faulkner, G., Berry, T., & LeBel, J. Assessing the impact of the Health Check Food Information Program. *Heart and Stroke Foundation of Canada* (\$149,502).
- 2005-2006 Raine, K., **Spence, J. C.**, Church, J., Boulé, N., Slater, L., Marko, J., & Gibbons, K. State of the evidence review on urban health – Healthy weights. *Canadian Population Health Initiative (CPHI), Canadian Institute for Health Information (CIHI)*, Ottawa, ON (\$123,665).
- 2005 Craig, C. L., Cragg, S., **Spence, J. C.**, & Plotnikoff, R. C. Evaluation of the impact of daily physical activity on students' health and attitudes. *System Improvement and Reporting Division, Alberta Learning*, Edmonton AB (\$149,100).
- 2001 **Spence, J. C.** Compilation of evidence of effective active living interventions: A case study approach. Health Canada, Ottawa (\$24,000).

## SCHOLARLY WORKS

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\* Supervised graduate students are underlined.

### *Peer-Reviewed Publications*

#### Submitted

1. McCurdy, A., Stearns, J. A., Rhodes, R., Hopkins, D., Mummery, W. K., & **Spence, J. C.** (2021, August). *Associations between physical activity, boredom proneness, and subjective well-being: A cross-sectional study of UK adults during the COVID-19 pandemic*. Manuscript submitted for publication [Journal of Sport & Exercise Psychology].
2. Campbell, E. J., Olstad, D. L., **Spence, J. C.**, Storey, K., & Nykiforuk, C. I. (2021, December). *Did diffusion occur? Exploring the spread of daily physical activity policies across Canada*. Manuscript submitted for publication [Health Promotion International].
3. Lamboglia, C. A., McCurdy, A. P., Kim, Y.-B., Lindeman, C., Mangan, A., Sivak, A., Mager, D., & **Spence, J. C.** (2021, May). *Investigation of movement-related behaviors and energy compensation in people living with liver disease: A scoping review*. Manuscript submitted for publication [Journal of Sports Sciences].

#### In press

1. Hunter, S., Leatherdale, S., **Spence, J. C.**, & Carson, V. (in press). Perceived relevance of neighbourhood features for encouraging preschooler's active play, parent's active recreation, and parent-child coactivity. *Canadian Journal of Behavioural Science*.
2. Kuzik, N., **Spence, J. C.**, Arkko, K., Blye, C.-J., Davie, J., Duddridge, R., Ekeli, T., English, A., Etruw, E., Hunter, S., Lamboglia, C., Nesdoly, A., Predy, M., Rubuliak, R., Wohlers, B., Wright, K., & Carson, V. (in press). Associations between meeting the Canadian 24-Hour Movement Guidelines and physical, cognitive, social-emotional and overall development in early childhood. *Journal of Activity, Sedentary and Sleep Behaviors*.
3. Lindeman, C., Jones, A., Klein, D., Prado, C., Pham, A. N. Q., **Spence, J. C.**, & Drummond, N. (in press). Measurement of obesity in primary care practice: Chronic conditions matter. *Family Practice*.
4. Lindeman, C., Klein, D., Stickland, M., Drummond, Neil., Kim, Y.- B., Lamboglia, C., Mangan, A., McCurdy, A., Affleck, E., Garrison, S., Sargent, R., & **Spence, J. C.** (in press). Content of physical activity documentation in Canadian family physicians' electronic medical records. *Applied Physiology, Nutrition, and Metabolism*.
5. Mangan, A., Storey, K., & **Spence, J. C.** (in press). The availability of high school fitness facilities in Alberta, Canada. *PHE Journal*.

2021

6. **Spence, J. C.**, Rhodes, R. E., McCurdy, A., Mangan, A., Hopkins, D., & Mummery, W. K. (2021). Determinants of physical activity among adults in the United Kingdom during the COVID-19 pandemic: The DUK-COVID study. *British Journal of Health Psychology*, 26, 588–605. <http://dx.doi.org/10.1111/bjhp.12497>
7. Ismond, K., Eslamparast, T., Farhat, K., Stickland, M., **Spence, J. C.**, Bailey, R. J., Abraldes, J., Spiers, J., A., & Tandon, P. (2021). Assessing patient proficiency with Internet-connected technology and their preferences for e-health in cirrhosis. *Journal of Medical Systems*, 45(7), Article 72. <https://doi.org/10.1007/s10916-021-01746-3>
8. Jasper, L., Beaupre, L., **Spence, J. C.**, & Jones, A. (2021). Validity of tools to measure physical activity in older adults following total knee arthroplasty. *Journal of Aging and Physical Activity*, 29(4), 651–658. <https://doi.org/10.1123/japa.2020-0240>
9. Jasper, L., Beaupre, L., **Spence, J. C.**, & Jones, A. (2021). Stationary behavior and the step-defined sedentary lifestyle index in older adults following total knee arthroplasty. *Archives of Physical Medicine and Rehabilitation*, 102(10), P1926-P1931. <https://doi.org/10.1016/j.apmr.2021.06.014>
10. Kim, Y.-B., McCurdy, A. P., Lamboglia, C. G., Hakimi, S., Kuzik, N., Lee, E.-Y., Lindeman, C., Sivak, A., & **Spence, J. C.** (2021). Ambient air pollution and movement behaviours: A scoping review. *Health & Place*, 72, 102676. <https://doi.org/10.1016/j.healthplace.2021.102676>
11. Kuzik, N., Naylor, P.-J., **Spence, J. C.**, & Carson, V. (2021). Machine learning sleep classification in preschoolers using waist-worn Actigraphs. *Sleep Medicine*, 78, 141-148. (Recipient of the Christian Guilleminault Award for Research) <https://doi.org/10.1016/j.sleep.2020.12.019>
12. Kuzik, N., Naylor, P.-J., **Spence, J. C.**, & Carson, V. (2021). Parent-child movement behaviours and Bluetooth proximity in preschool-aged children. *Measurement in Physical Education and Exercise Science*, 25(4), 353-364. <https://doi.org/10.1080/1091367X.2021.1914051>
13. Mandic, S., Garcia Bengoechea, E., Hopkins, D., Coppell, K., & **Spence, J. C.** (2021). Adolescents' perceptions of walking and cycling to school differ based on how far they live from school. *Journal of Transport & Health*, 24, Article 101316. <https://doi.org/10.1016/j.jth.2021.101316>
14. Moore, S., Faulkner, G., Rhodes, R., Vanderloo, L., Ferguson, L., Guerrero, M., Brussoni, M., Mitra, R., O'Reilly, N., **Spence, J. C.**, Chulak-Bozzer, T., & Tremblay, M. S. (2021).

Few Canadian children and youth were meeting the 24-hour movement behaviour guidelines 6-months into the COVID19 pandemic: Follow-up from a national survey. *Applied Physiology, Nutrition, and Metabolism*, 46(10), 1225-1240. <https://doi.org/10.1139/apnm-2021-0354>

15. Song, Y., Yoon, Y. J., Lee, H. J., Kim, Y. S., **Spence, J. C.**, & ., Jeon, J. Y. (2021). Development of a 24-hour movement behavior questionnaire for youth: Process and reliability testing. *Journal of Nutrition Education and Behavior*, 53(12), P1081-P1089.
16. Stearns, J. A., Ren, H., **Spence, J. C.**, Avedzi, H., & Lee, K. K. (2021). Protocol for an evaluation of the Designing Communities to Support Healthy Living in Aging Residents Study. *Archives of Public Health*, 79(1), Article 172. <https://doi.org/10.1186/s13690-021-00691-4>
17. Stearns, J. A., Veugelers, P., McHugh, T.-L., Sprysak, C., & **Spence, J. C.** (2021). The use of a non-refundable tax credit to increase children's participation in physical activity in Alberta, Canada. *Journal of Physical Activity and Health*, 18(9), 1067–1073. <https://doi.org/10.1123/jpah.2020-0217>
18. Tamminen, K. A., Poucher, Z. A., Nirmalanathan, K., Povilaitis, V., & **Spence, J. C.** (2021). Examining the experiences of individuals using fee assistance programs to access physical activity and recreation. *Journal of Poverty*, 25, 76-95. <https://doi.org/10.1080/10875549.2020.1746947>
19. Trecarten, N., Kirkland, S., Rainham, D., Giacomantonio, N., McGowan, E., Murnaghan, D., Reid, R., King-Shier, K., **Spence, J. C.**, Warburton, D., Rhodes, R., & Blanchard, C. M. (2021). Location-based sedentary time and physical activity in people living with coronary artery disease. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 41(4), 337-342. <https://doi.org/10.1097/HCR.0000000000000533>
20. Watt, M., **Spence, J. C.**, & Tandon, P. (2021). Development of a theoretically informed web-based mind-body wellness intervention for patients with Primary Biliary Cholangitis (PBC): A formative study. *JMIR Formative Research*, 5(10), Article e29064. <https://doi.org/10.2196/29064>
21. White, B., Coppell, K., Garcia Bengoechea, E., **Spence, J. C.**, & Mandic, S. (2021). Comparison of physical activity patterns across large, medium, and small urban areas and rural settings in the Otago Region, New Zealand. *New Zealand Medical Journal*, 134(1534), 51-65.

## 2020

22. **Spence, J. C.**, Kim, Y.- B., Lamboglia, C. G., Lindeman, C., Mangan, A. J., McCurdy, A. P., Stearns, J. A., Sivak, A., Wohlers, B., & Clark, M. I. (2020). Potential impact of autonomous

vehicles on movement behavior: A scoping review. *American Journal of Preventive Medicine*, 58(6), e191-e199. <https://doi.org/10.1016/j.amepre.2020.01.010>

23. Berry, T., Yun, L., Faulkner, G., Latimer-Cheung, A. E., O'Reilly, N., Rhodes, R. E., Spence, J. C., Tremblay, M. S., & Vanderloo, L. M. (2020). Population-level evaluation of ParticipACTION's 150 Play List: A mass-reach campaign with mass participatory events. *International Journal of Health Promotion and Education*, 58(6), 297-310. <https://doi.org/10.1080/14635240.2019.1695527>
24. Berry, T., Yun, L., Faulkner, G., Rhodes, R., Chulak-Bozzer, T., Latimer-Cheung, A., O'Reilly, N., **Spence, J. C.**, & Tremblay, M. S. (2020). Implicit and explicit evaluations of a mass media physical activity campaign: Does everything get better? *Psychology of Sport and Exercise*, 49(2020), Article 101684. <https://doi.org/10.1016/j.psychsport.2020.101684>
25. Campbell, E., Olstad, D. L., **Spence, J. C.**, Storey, K., & Nykiforuk, C. I. J. (2020). Policy-influencer perspectives on the development, adoption, and implementation of provincial school-based daily physical activity policies across Canada: A national case study. *SSM - Population Health*, 11, Article 100612. <https://doi.org/10.1016/j.ssmph.2020.100612>
26. Christian, S., Somerville, M., Taylor, S., **Spence, J. C.**, Giuffre, M., & Atallah, J. (2020). The impact of physical activity modification on the well-being of a cohort of children with an inherited arrhythmia or cardiomyopathy. *Cardiology in the Young*, 30, 692-697. <https://doi.org/10.1017/S1047951120000803>
27. Consoli, A., Nettel-Aguirre, A., **Spence, J. C.**, & McCormack, G. R. (2020). Associations between objectively-measured and self-reported neighbourhood walkability on adoption, adherence, and steps during an internet-delivered pedometer intervention. *PLOS One*, 15(12): Article e0242999. <https://doi.org/10.1371/journal.pone.0242999>
28. Cunningham, C., **Spence, J. C.**, Stearns, J. A., Carson, V., Kantor, P. F., Urschel, S., & Conway, J. (2020). Self-reported and accelerometer-measured physical activity in children with cardiomyopathy. *The Journal of Cardiovascular Nursing*, 35(3), 300-306. <https://doi.org/10.1097/JCN.0000000000000629>
29. Faulkner, G., Rhodes, R. E., Vanderloo, L., Chulak-Bozzer, T., O'Reilly, N., Ferguson, L., & **Spence, J. C.** (2020). Physical activity as a coping strategy for mental health due to the COVID-19 virus: A potential disconnect among Canadian adults? *Frontiers in Communication (Health Communication)*, 5, Article 571833. <https://doi.org/10.3389/fcomm.2020.571833>
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### *Published Abstracts*

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### ***Other Publications***

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30. Watchman, T., **Spence, J. C.**, & Poon, P. L. (1999). Availability of physical activity programs in Alberta nursing homes. *Alberta Centre for Well-Being: Research Update*, 6(2).

#### 1998

31. **Spence, J. C.** (1998). Are we overweight or what? *Wellspring*, 9(1), 3.
32. **Spence, J. C.** (1998). Barriers to physical activity: Are there enough hours in a day? *Alberta Centre for Well-Being: Research Update*, 5(3).
33. **Spence, J. C.** (1998). Heart disease in women: What's the worry? *Wellspring*, 9(2), 3.
34. **Spence, J. C.** (1998). Physical education in Alberta schools: A proposed study. *Alberta Centre for Well-Being: Research Update*, 5(4).
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36. **Spence, J. C.** (1998). You can lead a Clydesdale to the gym but you can't make it do the mambo. *Wellspring*, 9(4), 4.
37. **Spence, J. C.**, & Poon, P. (1998). 1997 Alberta Survey on Physical Activity: Stages of physical activity behaviour. *Alberta Centre for Well-Being: Research Update*, 5(2).
38. Dryden, D. M., Voaklander, D. C., Francescutti, L. H., Rowe, B. H., & **Spence, J. C.** (1998). Epidemiology of female ice hockey injuries. *Alberta Centre for Well-Being: Research Update*, 6(1).
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#### 1997

40. **Spence, J. C.** (1997). 1997 Alberta Survey on Physical Activity: Preliminary results. *Wellspring*, 8(3), 10.
41. **Spence, J. C.** (1997). Some facts about anabolic steroids. *PULSE*, 10(3), 12-13.
42. **Spence, J. C.**, & Poon, P. (1997). The effect of physical activity on self-concept: A meta-analysis. *Alberta Centre for Well-Being: Research Update*, 4(4).
43. **Spence, J. C.**, & Poon, P. (1997). Results from the Alberta Schools' Athletic Association Survey. *Alberta Centre for Well-Being: Research Update*, 5(1).
44. Poon, P., & **Spence, J. C.** (1997). 1997 Alberta Survey on Physical Activity: Stages of physical activity behaviour. *Wellspring*, 8(4), 3.
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#### 1996

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47. Mummery, W. K., & **Spence, J. C.** (1996). Rate and frequency of sport and recreational injuries: Results from the 1995 Alberta Sport and Recreation Injury Survey. *Alberta Centre for Well-Being: Research Update*, 4(1).
48. Mummery, W. K., & **Spence, J. C.** (1996). Rate and frequency of sport and recreational injuries: Results from the 1995 Alberta Sport and Recreation Injury Survey. *PULSE*, 10(1), 1.

1994

49. Ricci, J., Gauvin, L., O'Halloran, A., & **Spence, J. C.** (1994). Vos résolutions pour le nouvel an: planifiez afin d'éviter les échecs. *Le Journal du Club de Recreation Hydro-Québec* [Hydro-Quebec Employee Newsletter], 20(1), 7.

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## PRESENTATIONS

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\* also see published abstracts

2019

1. Mindell, J., et al. (2019, November). *'Turning the Tide - from Cars to Active Transport': Policy Recommendations for New Zealand*. Paper presented at the International Conference on Transport & Health (ICTH), Melbourne, Australia, November 2019.
2. Kim, Y. B., Lamboglia, C. G., Wohlers, B., McCurdy, A., Lindeman, C., Stearns, J. A., Sivak, A., & Spence, J. C. (2019, June). *Potential impact of autonomous vehicles on movement behavior: An updated scoping review*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Prague, Czech Republic.
3. Kim, Y. B., Lee, E-Y., & Spence, J. C. (2019, June). *The association of parents' nationality with adolescents' physical activity, sitting time, and BMI in South Korea*. Poster presented at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA), Prague, Czech Republic.

2018

4. McHugh, T.-L.F., & **Spence, J. C.** (2018, November). *An exploration of how participation in traditional games can support the goals of Sport Canada*. Paper presented at the annual Sport Canada Research Initiative (SCRI) Conference, Ottawa, ON.
5. Barnes J. D., Cameron, C., Carson, V., Chaput, J. P., Colley, R. C., Faulkner, G. E. J., Janssen, I., Kramers, R., Saunders, T. J., **Spence, J. C.**, Tucker, P., Vanderloo, L. M., & Tremblay, M. S. (2018, November). *Results from Canada's 2018 Report Card on Physical Activity for Children and Youth*. Poster presented at the Movement to Move Conference, Adelaide, Australia.
6. Lee E-Y, Carson V, Jeon JY, **Spence J. C.**, & Tremblay, M. S. (2018, November). *Levels and correlates of 24-hour movement behaviours among South Koreans: Results from the Korea National Health and Nutrition Examination Surveys, 2014-15*. Poster presented at the Movement to Move Conference, Adelaide, Australia.



7. Tremblay, M. S., Barnes, J. D., Cameron, C., Carson, V., Chaput, J. P., Colley, R. C., Faulkner, G. E. J., Janssen, I., Kramers, R., Saunders, T. J., **Spence, J. C.**, Tucker, p., & Vanderloo, L. M. (2018, October) *Results from Canada's 2018 Report Card on Physical Activity for Children and Youth*. Paper presented at the Canadian Society for Exercise Physiology Annual Conference, Niagara Falls, ON.
8. Trecarten, N., Rhodes, R., Warburton, D., Murnaghan, D., King-Shier, K., **Spence, J.**, Reid, R., Giacomantonio, N., Rainham, D., Kirkland, S., McGowan, E., & Blanchard, C.M. (2018, October). *Examination of sedentary time in patients with coronary heart disease*. Paper presented at the Canadian Association Cardiovascular Prevention and Rehabilitation, Toronto, ON.
9. Tremblay, M. S., Barnes, J. D., Cameron, C., Carson, V., Chaput, J. P., Colley, R. C., Faulkner, G. E. J., Janssen, I., Kramers, R., Saunders, T. J., **Spence, J. C.**, Tucker, p., & Vanderloo, L. M. (2018, October) *Results from Canada's 2018 Report Card on Physical Activity for Children and Youth*. Paper presented at the Canadian Society for Exercise Physiology Annual Conference, Niagara Falls, ON.
10. **Spence, J. C.**, Costas-Bradstreet, C., & Holt, N. L. (2018, October). *The role of KidSport funding in supporting children's participation in sport and physical activity in Nova Scotia, Canada*. Paper presented at the 7th International Society for Physical Activity and Health Congress (ISPAH), London, UK.
11. Lamboglia, C. G., Kim, Y. B., Wohlers, B., McCurdy, A., Lindeman, C., Stearns, J. A., Sivak, A., & **Spence, J. C.** (2018, October). *Potential impact of autonomous vehicles on movement behavior: A scoping review*. Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Toronto, ON.
12. Lee, E-Y., Hesketh, K. D., Rhodes, R. E., Rinaldi, C. M., Rodgers, W. M., **Spence, J. C.**, & Carson, V. (2018, June). *Role of parental and environmental characteristics in toddlers' physical activity and screen time: Bayesian analysis of structural equation models*. Paper presented at the 2018 International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting, Hong Kong.
13. Hudson, B., **Spence, J. C.**, & McHugh, T.-L. F. (2018, January). *An exploration of the physical activity experiences of northern Aboriginal youth: A community-based participatory research project*. Paper presented at the 2018 Sport for Life Canadian Summit, Gatineau, QC.

## 2017

14. Lithopoulos, A., Berry, T. R., Faulkner, G., O'Reilly, N., Rhodes, R. E., **Spence, J. C.**, Tremblay, M. S., Vanderloo, L. M., & Latimer-Cheung, A. E. (2017, October). *Examining ParticipACTION's brand equity: A test of the brand equity pyramid*. Poster presented at the

Canadian Society for Psychomotor Learning and Sport Psychology Conference, St. John's, Newfoundland. *Journal of Exercise, Movement, and Sport*, 49.

15. Priebe, C.S., Latimer-Cheung, A., Berry, T.R., O'Reilly, N., Rhodes, R., **Spence, J.C.**, Tremblay, M.S., & Faulkner, G. (2017, September). *An evaluation of the ParticipACTION "Make Room for Play" campaign*. Poster presented at the 20th International Play Association Triennial Conference, Calgary, AB.
16. LeBlanc, A., et al. (2017, September). *Results on active play from the ParticipACTION Report Card on Physical Activity for Children and Youth*. Paper presented at the IPA World 2017, Calgary, AB.
17. Wohlers, B. Spence, J. C., Stearns, J. A., McHugh, T.-L.F., & Kuzik, N. (2017, April). *Reliability and validity of the PLAYfun tool and the Canadian Assessment of Physical Literacy obstacle course in children in the Northwest Territories, Canada*. Poster presented at the International Physical Literacy Conference (IPLC), Toronto, ON.

## 2016

18. Faulkner, G., Ramanathan, S., Berry, T., Deshpande, S., Latimer-Cheung, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. (2016, November). *Perceptions of organizational capacity to promote physical activity in Canada: Exploring the impact of ParticipACTION five years after relaunch*. Paper presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
19. Lee, E. Y., Carson, V., Jeon, J., & **Spence, J. C.** (2016, November). *Prevalence of physical activity and sitting time among Korean adolescents: Results from the Korean National Health and Nutrition Examination Survey, 2013*. Paper presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
20. Mandic, S., García Bengoechea, E., Williams, J., Flaherty, C., Moore, A., Hopkins, D., & **Spence, J. C.** (2016, November). *Individual, social and environmental correlates of walking to school in adolescents from Dunedin, New Zealand*. Poster presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
21. Mandic, S., García Bengoechea, E., Chiew Ching, K. C., & **Spence, J. C.** (2016, November). *Physical activity in adolescents using active, motorized or combined active and motorized transport to school: Results from Dunedin, New Zealand*. Paper presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
22. Mandic, S., Hopkins, D., García Bengoechea, E., Flaherty, C., Williams, J., Sloane, L., & **Spence, J. C.** (2016, November). *Adolescents' perceptions of walking versus cycling to school: Informing future interventions for promoting cycling to school*. Poster presented at

The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.

23. **Spence, J. C.**, McHugh, T.-L., Sprysak, C., & Veugelers, P. (2016, June). *Perceived effectiveness of national and provincial tax credits for children's physical activity: The charade continues*. Poster presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.
24. **Stearns, J.**, **Spence, J. C.** (2016, June). *The role of negative peer experiences in the physical activity and sedentary behavior of youth*. Poster presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.
25. Carson, V., Rhodes, R. E., Rinaldi, C., Rodgers, W., **Spence, J. C.** & Hesketh, K. (2016, June). *Reliability of a parental questionnaire for assessing correlates of physical activity and sedentary behavior among toddlers*. Paper presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.
26. **Lee, E. -Y.**, Kang, D. -W., Hwang, J., Carson, V., & **Spence, J. C.** (May, 2016). *Excessive sitting time is associated with increased cardio-metabolic risks among Korean adolescents*. Poster presented at the 2016 American College of Sport Medicine (ACSM) Annual Meeting, Boston, MA USA.

## 2015

27. Lee, E. -Y., An, K., Jeon, J, Y. & Spence, J. C. (October, 2015). *The role of psychosocial correlates in the relationship between biological maturation and physical activity among Korean adolescent girls*. Poster presented at the 2015 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Edmonton, AB.
28. Holt, N. L, Lee, H., Tamminen, K. A, Clark, A. M, & **Spence, J. C.** (2015, July). *Safety concerns and social traps: A meta-study of qualitative research examining determinants of active free play in children*. Poster presented at the 14th European Congress of Sport Psychology (FEPSAC), Bern, Switzerland.
29. **Spence, J. C.**, & McHugh, T. -L. F. (2015, June). *Physical literacy of rural indigenous children in the Northwest Territories*. Poster presented at the International Physical Literacy Conference, Vancouver, BC.
30. McHugh, T.-L. F., & **Spence, J. C.** (2015). *Enhancing sport opportunities for urban Indigenous youth: Implications for physical literacy*. Poster presented at the International Physical Literacy Conference, Vancouver, BC.

31. **Spence, J. C.** (2015, June). *A review of research on the Canadian Children's Fitness Tax Credit: Is the emperor wearing any clothes?* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
32. Lee, E. Y., & **Spence, J. C.** (2015, June). *A longitudinal examination of the influence of pubertal timing on screen-time and other sedentary behaviors among Korean adolescents.* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
33. Maddison, R., & **Spence, J. C.**, & Woods, C. (2015, June). *Benchmarking physical activity policy: Applying the INFORMAS framework to physical activity policy.* Paper presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
34. Carson, V., Kuzik, N., Hunter, S., Wiebe, S. A., **Spence, J. C.**, Friedman, A., Tremblay, M. S., Slater, L., & Hinkley, T. (2015, June). *Systematic review of sedentary behavior and cognitive development in early childhood.* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
35. Rhodes, R. E., **Spence, J. C.**, Berry, T., Deshpande, S., Faulkner, G., Latimer-Cheung, A. E., O'Reilly, N. & Tremblay, M. S. (2015, June). *Predicting changes in child physical activity and three types of parental support behaviors across 12 months.* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
36. Mandic, S., Garcíá Bengoechea, E., Brook, E., Mountfort, A., & **Spence J. C.** (2015, May). *Clustering of (un)healthy behaviours and weight status in New Zealand adolescents.* Poster presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
37. Mandic, S., Garcíá Bengoechea, E., Williams, J., Mountfort, A., Brook, E., Flaherty, C., & **Spence, J. C.** (2015, May). *Personal, social and environmental factors influencing adolescents' walking to school in Dunedin, New Zealand.* Poster presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
38. Spence, N. D., Newton, M. S., Keaschuk, R. A., Ambler, K. A., Jetha, M. M., Rosychuk, R. J., Holt, N. L., **Spence, J. C.**, Sharma, A. M., & Ball, G. D. C. (2015, May). *Parents as Agents of Change in Pediatric Weight Management: Preliminary Findings from a Randomized Clinical Trial.* Poster presented at the Canadian Obesity Summit, Toronto, ON.
39. Spence, N. D., Newton, M. S., Keaschuk, R. A., Ambler, K. A., Jetha, M. M., Rosychuk, R. J., Holt, N. L., **Spence, J. C.**, Sharma, A. M., & Ball, G. D. C. (2015, May). *Predictors of Attrition from the Parents as Agents of Change (PAC) Randomized Clinical Trial.* Poster presented at the Canadian Obesity Summit, Toronto, ON.

## 2014

40. Lamb, K. E., Ball, K., Andrianopoulos, N., Costa, C., Cutumisu, N., Ellaway, A., Kamphuis, C., Mentz, G., Pearce, J., Santana, P., Schulz, A. J., **Spence, J.**, Thornton, L. E., van Lenthe, F., & Zenk, S. (2014, August). *Associations between neighbourhood disadvantage and fruit and vegetable consumption in seven countries*. Poster presented at the IEA World Congress of Epidemiology, Anchorage, AK.
41. McGannon, K. R., Berry, T. R., Norris, C., & **Spence, J. C.** (2014, September). *(De)constructing 'the every-woman at risk': A critical discourse analysis of pink ribbon and breast cancer representations in Canadian news media*. Paper presented at the 4<sup>th</sup> International Conference for Qualitative Research in Sport and Exercise, Loughborough, UK.
42. Stearns, J. A., Hudson, B., Thompson, J., McHugh, T.-L., & **Spence, J. C.** (May, 2014). *Lessons learned: Assessing physical literacy among children in the Northwest Territories*. Poster presented at the Global Summit on the Children's Physical Activity, Toronto, ON.
43. Lee, E. -Y., & **Spence, J. C.** (May, 2014). *Are Korean boys more physically active than girls regardless of biological maturity?* Poster presented at the 2014 Global Summit on Physical Activity of Children, Toronto, ON.
44. Tamminen, K. A., Witcher, C., Faulkner, G., & **Spence, J. C.** (2014, April). *Examining the role of microgrants in promoting physical activity among Canadian adolescents*. Poster presented at the International Congress on Physical Activity and Public Health (ICPAPH), Rio de Janeiro, Brazil.

## 2013

45. Holt, N. L., Anderson, S., Zarowny, S., Down, J., Slater, L., Clark, A., **Spence, J. C.**, & Tamminen, K. A. (2013, December). *A meta-synthesis of qualitative research examining children's active free play: Children's perspectives*. Poster presented at British Psychological Society Division of Sport and Exercise Psychology Conference. Manchester, UK.
46. Neely, K. C., Holt, N. L., Newton, A. S., **Spence, J. C.**, Knight, C. J., Ambler, K. A., & Ball, G. D. C. (2013, November). *Families' experiences in and perceptions of a pediatric weight management intervention*. Poster presented at the Women and Children's Health Research Institute Research Day, Edmonton, AB.
47. Blanchard, C. M., Ferrier, S., Hernandez, P., Dechman, G., Rhodes, R. E., **Spence, J. C.**, & McGannon, K. (2013, October). *Is temperature associated with steps / day during pulmonary rehabilitation?* Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, BC.

48. Ferrier, S., Blanchard, C. M., Giacomantonio, N., Rainham, D., Murnaghan, D., Rhodes, R. E., Reid, R., **Spence, J. C.**, King-Shier, K., McGowan, E., Lyons, R., & Kirkland, S. (2013, October). *Demographic and clinical correlates of sedentary behavior in heart disease patients*. Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, BC.
49. Jarvis, J. W., Rhodes, R. E., Deshpande, S., Berry, T., Chulak-Bozzer, T., Faulkner, G., **Spence, J. C.**, Tremblay, M. S., & Latimer-Cheung, A. E. (2013, October). *Investigating the role of brand equity in mediating the relationship between message exposure and parent support for their child's physical activity*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology Conference (SCAPPS), Kelowna, BC.
50. Laczy, R., Hernandez, P., Dechman, G., Rhodes, R. E., **Spence, J. C.**, McGannon, K. & Blanchard, C. M. (2013, October). *Is it self-efficacy or outcome expectations that explain steps / day during and after pulmonary rehabilitation?* Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, BC.
51. Stearns, J. A., Carson, V., & **Spence, J. C.** (2013, October). *The association between parents' perceptions of neighbourhood walkability and children's physical activity and screen time*. Paper presented at the Canadian Society for Psychomotor Learning and Sports Psychology (SCAPPS), Kelowna, BC.
52. **Spence, J. C.** (2013, September). *Determinants of physical activity, sedentary behaviour and obesity: The role of the macro-environment*. Paper presented at the 21st Cochrane Colloquium, Quebec, QC.
53. White, L., Luciani, A., Berry, T., Deshpande, S., Latimer-Cheung, A., Rhodes, R., **Spence, J.**, Tremblay, M., & Faulkner, G. (2013, June). *Sports Day in Canada: Examining correlates of awareness and intentions to participate in sport*. Poster presented at the Canadian Public Health Association 2013 Annual Conference, June 9-12 Ottawa, ON.
54. Stearns, J. A., Cutumisu, N., Ball, G., Boule, N., Veugelers, P., & **Spence, J. C.** (2013, May). *Neighbourhood walkability and pedometer-determined physical activity of 6 to 10 year-old children*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity, Ghent, Belgium.
55. Jarvis, J. W., Berry, T., Deshpande, S., Faulkner, G., Rhodes, R. E., **Spence, J. C.**, Tremblay, M., & Latimer-Cheung, A. E. (2013, March). *Building the brand equity of a national physical activity promotion organization*. Poster presented at the Society of Behavioral Medicine (SBM), San Francisco, CA.

2012

56. **Spence, J. C.**, Adamo, K., Colley, R., & Tudor-Locke, C. (2012, October). *A step-defined physical inactivity index for adults: How many steps/day are too few?* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
57. **Spence, J.C.**, Lee, J-G., & Lee, E. Y. (2012, October). *A comparative study of step-determined physical activity among Korean children in Korea and Canada.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
58. Cutumisu, N., Blanchard, C., Plotnikoff, R., Berry, T., & **Spence, J.C.** (2012, October). *Effect of neighbourhood Space Syntax on the frequency of walking in Edmonton, Canada.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
59. Carson, V., Tremblay, M., **Spence, J. C.**, Timmons, B., & Janssen, I. (2012, October). *Adherence to the Canadian Sedentary Behaviour Guidelines for the Early Years (aged 0-4 years) among children from Kingston, Canada.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
60. Murumets, K., Costas Bradstreet, C., Dampier, D., Antunes, E., **Spence, J. C.**, & Tremblay, M. S. (2012, October). *Sports Day in Canada: A national celebration of sport.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
61. Murumets, K., Costas Bradstreet, C., Berry, T., Craig, C. L., Deshpande, S., Faulkner, G., Latimer, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. S. (2012, October). *Think Again: Social marketing campaign.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
62. Murumets, K., Costas Bradstreet, C., Down, J., Duggan, M., Gabbani, F., Grantham, A., Grundy, S., **Spence, J. C.**, & Tremblay, M. S. (2012, October). *Active Canada 20/20 – Past, Present and Future.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
63. Tremblay, M., LeBlanc, A., Carson, V., Connor Gorber, S., Duggan, M., Janssen, I., Kho, M., Murumets, K., **Spence, J.**, & Timmons, B. (2012, October). *Development and launch of the Canadian Physical Activity Guidelines for the Early Years.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
64. Tremblay, M., LeBlanc, A., Carson, V., Connor Gorber, S., Duggan, M., Janssen, I., Kho, M., Murumets, K., & Timmons, B. & **Spence, J.** (2012, October). *Development and launch of the Canadian Sedentary Behaviour Guidelines for the Early Years.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
65. **Spence, J. C.**, & Lee, J.-G. (2012, June). *A comparative study of the determinants of physical activity among Korean children in Korea and Canada.* Poster presented at the annual North

American Society for the Psychology of Sport and Physical Activity (NASPSPA), Honolulu, HI.

66. Blanchard, C. M., McSweeney, J., Balish, S., Giacomantonio, N., Reid, R., Rhodes, R. E., **Spence, J. C.**, Murnaghan, D., & McGannon, K. (2012). *Distinct trajectories of light and moderate to vigorous physical activity in heart disease patients who do not attend cardiac rehabilitation*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Honolulu, HI.
67. LeBlanc, A., Timmons, B., Carson, V., Connor Gorber, S., Dillman, C., Janssen, I., Kho, M., **Spence, J.**, Stearns, J., & Tremblay, M. S. (2012, May). *Systematic review of the relationship between physical activity and health in infants, toddlers and preschoolers*. Poster presented at the 8<sup>th</sup> International Conference on Diet and Activity Methods, Rome, Italy.
68. LeBlanc, A., **Spence, J.**, Carson, V., Connor Gorber, S., Dillman, C., Janssen, I., Kho, M., Stearns, J., Timmons, B., & Tremblay, M. S. (2012, May). *Systematic review of the relationship between sedentary behaviour and health in infants, toddlers and preschoolers*. Poster presented at the 8<sup>th</sup> International Conference on Diet and Activity Methods, Rome, Italy.

## 2011

69. **Spence, J. C.**, Rhodes, R., & Stearns, J. A. (2011, January). *Compliance rates in exercise programs: A review of reviews*. Paper presented at the Pan-Pacific Conference for Medicine and Science in Sport, Honolulu, Hawaii.
70. Lee, H., Millar, C., **Spence, J. C.**, & Holt, N. L. (2011, October). *Using walk-along interviews to examine perceptions of landscapes for play*. Paper presented at the Qualitative Health Research Conference, Vancouver, BC.
71. Knight, C. J., Glenn, N. M., **Spence, J. C.**, & Holt, N. L. (2011, October). *The meaning of play among children*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Winnipeg, MB.
72. Stearns, J. A., & Spence, J. C. (2011, October). *A discriminant function analysis of high and low active children as measured by pedometers*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Winnipeg, MB.
73. Cutumisu, N., & **Spence, J. C.** (2011, August). *Figures of fit: Comparing a 3D walkability index to angular measures of pedestrian movement*. Paper presented at the EcoCity World Summit 2011, Montréal, QC.

## 2010



74. Stearns, J. A., & **Spence, J. C.** (2010, October). *Exploring correlates of boredom proneness: Enjoyment of walking, physical activity, and estimates of walking distances*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
75. **Spence, J. C.**, Berry, T. R., Elliott, C., Faulkner, G, LeBel, J., & Storey, K. (2010, July). *Awareness of the Health Check Food Information Program among Canadians*. Poster presented at the International Congress of Obesity, Stockholm, Sweden.
76. Glenn, N. M., McGannon, K. R., & **Spence, J. C.** (2010, July). *Beauty and the beast: Exploring media representations of bariatric surgery through discourse analysis and fairy tale metaphor*. Paper presented at the International Congress of Obesity, Stockholm, Sweden.
77. **Spence, J. C.**, Cutumisu, N., Plotnikoff, R., & Blanchard, C. (2010, May). *Urban Form and Walking in Edmonton, Canada: The Fitscapes Project*. Latest Findings on Built Environments and Physical Activity in Diverse Countries: IPEN Symposia. Paper presented at the 3<sup>rd</sup> International Congress on Physical Activity and Public Health, Toronto, ON.
78. Carson, V., **Spence, J. C.**, Cutumisu, N., & Cargill, L. (2010, May). *Association between neighbourhood socioeconomic status and screen time among pre-School children*. Oral presented at the 3<sup>rd</sup> International Congress on Physical Activity and Public Health, Toronto, ON.
79. Carson, V., Kuhle, S., **Spence, J. C.**, & Veugelers, P. (2010, May). *Parents' perceptions of neighbourhood environment as a determinant of screen time, physical activity, and active transport*. Poster presented at the 3<sup>rd</sup> International Congress on Physical Activity and Public Health, Toronto, ON.
80. Carson, V., **Spence, J. C.**, & Boule, N. (2010, June). *Association between screen time and obesity among pre-school children*. Oral presentation at the 2nd Canadian Obesity Student Meeting, Ottawa, ON.
81. Berry, T. R., **Spence, J. C.**, Blanchard, C., & Edwards, J. (2010, May). *Neighbourhood choice, physical activity and body mass index*. Poster presented at the 3rd International Congress on Physical Activity and Public Health. Toronto, ON.

## 2009

82. **Spence, J. C.**, Brawley, L., Craig, C. L., Plotnikoff, R. C., Tremblay, M., Bauman, A., Faulkner, G., Chad, K., & Clark, M. I. (2009, September). *Education, motivation and the knowledge gap: Effects of a campaign to promote physical activity*. Poster presented at the European Health Psychology conference, Pisa, Italy.
83. **Spence, J. C.**, Cutumisu, N., Edwards, J., Raine, K., & Smoyer-Tomic, K. (2009, June). *Relation between local food environments and obesity among adults*. Paper presented at the

International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.

84. **Spence, J. C.**, Carson, V., Casey, L., Boule, N., & Predy, G. (2009, June). *Eating behaviour and weight status among pre-school children in a northern Canadian city*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.
85. **Spence, J. C.**, Dutove, J., Holt, N. L., & Carson, V. (2009, June). *Uptake and effectiveness of the Children's Fitness Tax Credit in Canada*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.
86. Berry, T. R., **Spence, J. C.**, & Stolp, S. (2009, November). Attentional bias for exercise-related images: A pilot study. Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Toronto, ON.
87. Blanchard, C. M., Reid, R. D., Morrin, L. I., McDonnell, L., McGannon, K., Rhodes, R. E., **Spence, J. C.**, & Edwards, N. (2009, March). *The role of the community and home environment when examining exercise behaviour during home-based cardiac rehabilitation*. Poster presented at the Society of Behavioral Medicine (SBM) conference, Montreal, QC.
88. Clark, M. I., Berry, T. R., **Spence, J. C.**, Nykiforuk, C., Blanchard, C., & Edwards, J. (2009, June). *The inside scoop: An investigation of stakeholder perspectives on the development of 'healthy' neighbourhoods within the Capital Health Region of Alberta*. Poster presented at the 8th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Lisbon, Portugal.
89. Glenn, N. G., **Spence, J. C.**, Holt, N. L. & Murnaghan, D. (2009, November). *Discrepancy between parents' and children's perspectives: Reasons for children's sport participation and drop out*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
90. Holt, N. L., Biddle, S. J. H., Arbour, K., Elliott, D., Carlsen, A., & **Spence, J. C.** (2009, November). *Perspectives on the peer review process*. Symposium presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
91. Holt, N. L., Sehn, Z. L., **Spence, J. C.**, Newton, A. S., & Ball, G. D. C. (2009, November). *Positive development through physical education and sport programs in an inner city school*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
92. Holt, N. L., Cunningham, C-T., Sehn, Z. L., **Spence, J. C.**, Newton, A. S., & Ball, G. D. C. (2009, June). *Neighborhood physical activity opportunities for inner-city children and youth*.

Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.

93. Witcher, C., **Spence, J.C.**, Holt, N. L., Blanchard, C., Murnaghan, D. A., & Lyons, R. (2009, October). *Assessing the availability of physical activity opportunities in Atlantic Canadian long-term care facilities*. Poster presented at the Canadian Association on Gerontology, 38th Annual Scientific and Educational Meeting, Winnipeg, MB.

## 2008

94. **Spence, J. C.**, Blanchard, C., Wild, T. C., Courneya, K., & Cave, A. (2008, November). *A randomized trial of physical activity advice provided by general practitioners*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
95. **Spence, J. C.**, Burgess, J., & Wild, T. C. (2008, August). *Predicting physical activity in an hypothetical situation: The effect of a corrective entreaty*. Poster presented at the International Congress of Behavioral Medicine, Tokyo, Japan.
96. **Spence, J. C.**, Clark, M., & the ParticipACTION Research Team (2008, May). *ParticipACTION brand awareness and baseline data*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
97. Addy, C.-T., Holt, N. L., **Spence, J. C.**, Ball, G. D. C., & Newton, M. S. (2008, November). *Planning and providing physical activity opportunities for youth in a Canadian city*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
98. Berry, T. R., & **Spence, J. C.** (2008, May). *Beware the couch potato stereotype: Effects of physical activity and sedentary lifestyle priming on automatic attitude activation*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
99. Blanchard, C.M., McDonnell, L., Reid, B., Morrin, L., Rhodes, R.E., McGannon, K., **Spence, J.C.**, & Edwards, N. (2008, October). *Understanding exercise behavior during home-based cardiac rehabilitation: A theory of planned behavior perspective*. Paper presented at the *Canadian Association for Cardiac Rehabilitation Annual Meeting*, Toronto, Canada.
100. Cargill, L., Harber, V., **Spence, J. C.** & Boule, N. G. (2008, May). *Effects of exercise or diet interventions on visceral and subcutaneous abdominal fat: A meta-analysis*. Paper presented at the 16th European Congress on Obesity, Geneva, Switzerland.

101. Carson, V., **Spence, J.C.**, Boule, N., & Ball, G.D. (2008, November). *Seasonal variation among young children in Canada: Does it occur?* Paper presented at the International Conference on Childhood Obesity, Hong Kong, China.
102. Carson, V., Cutumisu, N., Cargill, L., & **Spence, J. C.** (2008, October). *The influence of socioeconomic status and body mass index on screen time consumption among pre-school children in Canada.* Poster presented at Childhood and Adolescent Obesity 2008 - How We Live, How We Learn, and How We Work: Implications for the Prevention and Treatment of Childhood Obesity, Vancouver, BC.
103. Carson, V., **Spence, J. C.**, Burgess, J., Cutumisu, N., Lee, J.-G., Moylan, B., Taylor, L., & Witcher, C. S. (2008, May). *A quantitative review of self-efficacy and physical activity among youth.* Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
104. Clark, M. I., **Spence, J. C.**, & Holt, N. (2008, November). *In their shoes: Understanding the physical activity experiences of pre-adolescent girls.* Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
105. Cutumisu, N., & **Spence, J. C.** (2008, August). *A comparison of the three Ds of urban form associated with walkability to angular measures of pedestrian movement.* Poster presented at the International Congress of Behavioral Medicine, Tokyo, Japan.
106. Faulkner, G., McCloy, C., & the ParticipACTION Research Team (2008, May). *Baseline capacity assessment of the "new" participaction: A qualitative study of Canadian organizations.* Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
107. Forbes, L. E., Storey, K. E., Fraser, S. N., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., & McCargar, L. J. (2007, May). *Dietary determinants of glycemic index and glycemic load among Alberta youth.* Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
108. McCormack, G. R., **Spence, J. C.**, Berry, T., & Doyle-Baker, T. (2008, May). *The role of perceived behavioural control in the association between self-reported neighbourhood walkability and leisure-time physical activity.* Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
109. McDonnell, L., Blanchard, C.M., Reid, B., Morrin, L., **Spence, J.C.**, Rhodes, R.E., McGannon, K., & Edwards, N. (2008, October). *Task and barrier self-efficacy and physical activity predictors in a home-based cardiac rehabilitation program: Preliminary analyses.* Paper presented at the Canadian Association for Cardiac Rehabilitation Annual Meeting, Toronto, Canada.

110. McGannon, K. R., Johnson, C. R. & **Spence, J. C.** (2008, May). *Constructing failure in I-O-Weigh: Accenting women's physical activity in Midwestern news discourse*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
111. Plotnikoff, R., Todosijczuk, I., Pickering, M., Cragg, S., & the ParticipACTION Research Team (2008, May). *Baseline physical activity promotion capacity available to the 'new' participaction: A quantitative survey of Canadian organizations*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
112. Smoyer-Tomic, K. E., **Spence, J. C.**, Raine, K. D., Amrhein, C., Cameron, N., Yassenovskiy, V., Cutumisu, N., Healy, J. (2008, April). *Neighborhood Factors in Food Retail Accessibility in Edmonton, Canada*. Paper presented at the annual meeting of the American Association of Geographers, Boston, MA.
113. Storey, K. E., Forbes, L. E., Fraser, S. N., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., & McCargar, L. J. (2008, May). *Adolescent nutrition and physical activity associated with weight status assessed by Web-SPAN*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.

## 2007

114. **Spence, J. C.** (2007, October). *The role of the environment in children's physical activity: Where's the theory?* Paper presented as part of the symposium "Using Theory to Develop Interventions" at the Australian Conference of Science and Medicine in Sport, Adelaide, Australia.\*
115. **Spence, J. C.**, Clark, M., Plotnikoff, R., Calengor, K., Kennedy, L., & McCargar, L. (2007, October). *Social cognitive correlates of physical activity among youth: The Web-SPAN Study*. Paper presented at the Australian Conference of Science and Medicine in Sport, Adelaide, Australia.\*
116. Cargill, L., Harber, V., **Spence, J. C.**, & Boulé, N. G. (2007, September). *Does exercise preferentially reduce visceral fat?* Paper presented at the 4<sup>th</sup> Annual Alberta Diabetes Institute Retreat, Edmonton, AB, Canada.
117. Clark, M., Berry, T. R., & **Spence, J. C.** (2007, November). *Evidence of the relationship between exercise schema and sedentary lifestyle bias using neutrally valenced descriptors*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Windsor, ON.
118. McCargar, L. J., Calengor, K., Kennedy, L., Hanning, R., Fraser, S. N., **Spence J. C.**, Plotnikoff, R., & Raine, K. (2007, October). *Diet quality and its association with specific nutrient intakes, meal behaviors and physical activity of adolescents*. Poster presented at The Obesity Society Annual Meeting, New Orleans, LA.\*

119. Witcher, C. S. G., Spence, J. C., & Holt, N. L. (2007, July). *Tailoring health promotion initiatives: Implications for the promotion of physical activity participation among older adults in rural Newfoundland*. Paper presented at the 2<sup>nd</sup> Atlantic Networks for Prevention Research Conference: Assessment and Action for Health Settings. St. John's, NL.
120. Witcher, C. S. G., Holt, N. L., & Spence, J. C. (2007, September). *An insider's perspective on data collection and analysis in a dialectally distinct area*. Poster presented at the 8th Advances in Qualitative Methods Conference, Banff, AB.

## 2006

121. Spence, J. C., Burgess, J., Cutumisu, N., Lee, J.-G., Moylan, B., Taylor, L., & Witcher, C. S. (2006, June). *Self-efficacy and physical activity: A quantitative review*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA) conference, Denver, CO.\*
122. Cameron, N., Freydberg, N., Healy, J., Smoyer-Tomic, K., Raine, K., Yasenovsky, V., Minaker, L., Cutumisu, N., Spence, J. C., & Amrhein, C. (2006, March). *The tale of two streets: A comparative study of food retail environments in Edmonton*. Annual meeting of the American Association of Geographers, Chicago, IL.
123. Holt, N. L., Spence, J. C., Sehn, Z. L., Black, D. E., Moylan, B., & Tamminen, K. A. (2006, June). *Children's mental representations of play and physical activity resources in their neighbourhoods*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA) conference, Denver, CO.\*
124. Lee, J.-G., & Spence, J. C. (2006, June). *Developing a Korean version of the Physical Activity Questionnaire for Older Children*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA), Denver, CO.\*

## 2005

125. Burgess, J. A., Spence, J. C., Rodgers, W. & Murray, T. (2005, November). *Effect of pretesting on intentions and self-reported walking: A response to Ogden (2003)*. Poster presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, St. Catherines, ON.
126. Cameron, N., Tomic, K., Amrhein, C., Raine, K., Spence J. C., Healy, J. & Yasenovskiy, V. (2005, May-June). *Bread and butter: The role of urban planning in food retail*. Paper presented at the Canadian Association of Geographers Annual Meeting, London, ON.
127. Cameron, N., Yasenovskiy, V., Tomic, K., Amrhein, C., Raine, K., Spence, J. C., Cutumisu, N., Wu, X., Hemphill, E., Healy, J. & Marko, J. (2005, March). *Charting the*

*Foodscape of Edmonton*. Paper presented at the Area-Wide Epidemiology and Biostatistics Network Forum, University of Alberta, Edmonton, AB.

128. Cuglietta, L., Holt, N. L., **Spence, J. C.**, & Ball, G. (2005, June). *Familial perceptions of and attitudes toward childhood obesity*. Paper presented at 7th Annual RNFS Research Day, University of Alberta Hospital, Edmonton, AB.
129. McGannon, K. R., Baird, S. M., Johnson, C. R., Szeman, I., & **Spence, J. C.** (2005, October). *Fear and loathing in Vancouver: If we only had a (para)digm to explore the media, the fear of fat and the implications for Sport and Exercise Psychology*. Symposium presented at the American Association of Applied Sport Psychology conference, Vancouver, BC.
130. McGannon, K. R., Szeman, I., & **Spence, J. C.** (2005, October). *I am BIG...it's the pictures that got small: Narratives of America's obesity epidemic in the news that's fit (and fat) to print*. Paper presented at the American Association of Applied Sport Psychology conference, Vancouver, BC.
131. Smoyer-Tomic, K., **Spence, J.C.**, Amrhein, C., Raine, K., Cameron, N., Yasenovskiy, V. (2005, July). *Are there food deserts in Edmonton, Alberta? A study of supermarket accessibility*. Paper presented at the International Medical Geography Symposium, Ft. Worth, TX.
132. Yasenovskiy V., Cameron N., Smoyer-Tomic, K.E., Amrhein C., Raine K., **Spence J. C.**, Cutumisu N., Healy J. (2005, November). *Comparing methods of measuring spatial accessibility*. Paper presented at the North American Regional Science Council (NARSC) conference, Las Vegas, NV.
133. Yasenovskiy, V., Cameron, N., Tomic, K., Amrhein, C., Raine, K., **Spence, J. C.**, Cutumisu, N., Wu, X., Hemphill, E., Healy, J. & Marko, J. (2005, March). *Charting the Foodscape of Edmonton*. Paper presented at the Urban Region Research and Management Forum, Edmonton, AB.
134. Yasenovskiy, V., Tomic, K., Amrhein, C., Raine, K., **Spence, J. C.**, Cameron, N., Cutumisu, N., Wu, X., Hemphill, E. & Healy, J. (2005, April). *Measuring neighbourhood spatial accessibility: An example of grocery store and fast-food accessibility in Edmonton, Canada*. Paper presented at the Annual Meeting of the Association of American Geographers, Denver, CO.
135. Yasenovskiy, V., Tomic, K., Amrhein, C., Raine, K., **Spence, J. C.**, Cameron, N., Cutumisu, N., Wu, X., Hemphill, E. & Healy, J. (2005, June). *Measuring spatial accessibility and availability of food retail outlets in Edmonton, Alberta*. Paper presented at the Canadian Association of Geographers Annual Meeting, London, ON.

2004

136. **Spence, J. C.** & Bengoechea, E. G. (2004, February). *Determinants of physical activity in Alberta: The role of perceived environment*. Paper presented at the Australasian Society of Behavioural Health and Medicine (ASBHM), Christchurch, New Zealand.
137. **Spence, J. C.**, Wild, T. C., Rhodes, R., Melanson, C. L., & Thiem, A. (2004, August). *The weight appropriateness of characters in popular movies*. Poster presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.\*
138. **Spence, J. C.**, Wild, T. C., Rhodes, R., Thiem, A., & Melanson, C. L. (2004, August). *The portrayal of obesogenic behaviours in popular movies, 1952-2001*. Poster presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.\*
139. Bengoechea, E. G., **Spence, J. C.** & McGannon, K. R. (2004, June). *Predictors of physical activity participation in Alberta*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSA), Vancouver, BC.\*
140. Hemphill, E., Raine, K., **Spence, J. C.**, Smoyer-Tomic, K. (2004, June). *Examining obesogenic environments in urban Edmonton: Is SES related to access?* Poster presented at the Canadian Public Health Association conference, St. John's, NFL.
141. Iassenovski V, Wu X., Cutumisu N., Hemphill E., Healy, J., Smoyer-Tomic, K. E., Amrhein C., Raine K., & **Spence J. C.** (2004, October). *Using GIS in the study of obesity determinants: Grocery store and fast-food accessibility in Edmonton*. Poster presented at the Confronting Obesity: Research, Policy, and Practice conference, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
142. Marko, J., **Spence, J. C.**, Edwards, J., Lightfoot, P., & Spinola, C. (2004, October). *Body Mass Index in the Capital Health region: Results from the Population Health Survey 2002*. Poster presented at the Confronting Obesity: Research, Policy, and Practice conference, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
143. Plotnikoff, R. C., Brunet, S, Courneya K., **Spence J. C.**, Birkett, N., Marcus, B. (2004, August). *Canadian Physical Activity Worksite Trial*. Poster presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.
144. Raine, K., Church, J., McCargar, L., Plotnikoff, R., **Spence, J.C.**, Wild, C., Willows, N., & Gibbons, K. (2004, November). *An ecological perspective on the promotion of healthy weights: Canadian context*. Poster presented at the North American Association for the Study of Obesity (NAASO) Annual Scientific Meeting, Las Vegas, NV.
145. Taft K. A., Hanning R. M., Yurkiw M. A., Bates, H. K., Marshall J. D., **Spence J. C.**, & McCargar, L. J. (2004, May). *A web-based nutrition and physical activity survey: Food group intakes of grade 7 and 8 students*. Poster presented at the International Congress of Dietetics, Chicago, IL.



## 2003

146. **Spence, J. C.**, McGannon, K. R., Blanchard, C., & Cutumisu, N. (2003, October). *Perceived neighbourhood environment and physical activity*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Hamilton, ON.
147. Blanchard, C. M., **Spence, J. C.**, Rhodes, R., Nehl, E., Doyle, C., & Cokkinides, V. (2003, July). *Differential correlates of physical activity in normal weight, overweight, and obese individuals living in rural and urban communities*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity, Quebec City, QC.

## 2002

148. **Spence, J. C.**, & Backstrom, E. (2002, October). *The built environment and physical inactivity: Recognizing the health implications of planning*. Paper presented at the Alberta Association, Canadian Institute of Planners (AACIP), Annual Congress, Jasper, AB.
149. **Spence, J. C.**, Plotnikoff, R. C., Mummery, W. K. (2002, September). *The awareness and use of Canada's Physical Activity Guide*. Poster presented at the International Symposium on Health-Enhancing Physical Activity – Evidence-Based Promotion of Physical Activity, Helsinki, Finland.
150. **Spence, J. C.**, Rhodes, R., Blanchard, C., & McGannon, K. R. (2002, October). *Utility of the theory of planned behavior in explaining physical activity among older adults*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Vancouver, BC.
151. **Spence, J. C.**, Rhodes, R. & Plotnikoff, R. C. (2002, August). *Does self-efficacy mediate the relationship between sociodemographic variables and exercise?* Poster presented at the Seventh International Congress of Behavioral Medicine, Helsinki, Finland.\*
152. **Spence, J. C.**, Weiss, C., McGannon, K. R., & Duchaine, J. (2002, April). *Physical activity participation in seniors' lodges: Barriers and facilitators*. Poster presented at ALCOA Forum 2002: A Lifelong Odyssey - Active Living for Older Adults, Saskatoon, SK.
153. McGannon, K., **Spence, J. C.**, Raine, K. D. (2002, May). *Diabetes prevention and management among low income populations: A multi-systems framework for research, intervention, and change*. Poster presented at the Sixth National Health Promotion Conference, Victoria, BC.
154. Plotnikoff, R. C., Courneya, K. S., **Spence, J. C.**, & Rhodes, R. E. (2002, August). *The development of an integrated stage model for population-based physical activity interventions*. Poster presented at the Seventh International Congress of Behavioral Medicine, Helsinki, Finland.\*

155. Voaklander, D. C., Dryden, D. M., Francescutti, L. H, **Spence, J. C.**, & Rowe, B. H. (2002, May). *Injuries in women's recreational ice hockey: Frequency, nature, and follow-up*. Paper presented at the 4<sup>th</sup> International Symposium on Safety in Ice Hockey, Philadelphia, PA.

## 2001

156. **Spence, J. C.** (2001, June). *Putting physical activity into place: A response to the Healthy Places Framework*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSA) Conference, St. Louis, MO.\*
157. **Spence, J. C.** (2001, November). *Does exercise lead to an enhanced sense of self?* Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Montreal, QC.
158. **Spence, J. C.**, & Lee, R. L. (2001, March). *Consideration of ecological frameworks for physical activity*. Paper presented at the 22<sup>nd</sup> Society for Behavioral Medicine meeting, Seattle, WA.\*
159. **Spence, J. C.**, Courneya, K. S., Blanchard, C., Wilson, P., Becker, B. J. (2001, March). *The theory of planned behavior and physical activity: A meta-analysis*. Paper presented at the 22<sup>nd</sup> Society for Behavioral Medicine meeting, Seattle, WA.\*
160. Duplantie, J., Gauvin, L., Richard, L., Craig, C. L., Quinney, H. A., **Spence, J. C.**, & Dassa, C. (2001, October). *Physical activity interventions in community settings: What's out there?* Poster presented at "Innovative Approaches to Understanding and Influencing Physical Activity", Cooper Institute Conference, Dallas, TX.
161. Fein, A., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2001, March). *An examination of adolescents' perceptions of the school physical environment related to physical activity*. Poster presented at the 22<sup>nd</sup> Society for Behavioral Medicine meeting, Seattle, WA.
162. Gauvin, L., Richard, L., Potvin, L., Craig, C. L. **Spence, J. C.**, Quinney, H. A., & Dassa, C. (2001, March). *Multilevel determinants of physical activity: Individual- and neighbourhood-level influences*. Poster presented at the 22<sup>nd</sup> Society for Behavioral Medicine meeting, Seattle, WA.
163. Rhodes, R. E., Plotnikoff, R., & **Spence, J. C.** (2001, October). *Assessing optimal predictive value in exercise self-efficacy: A comparison of specific efficacy beliefs versus a summed scale with a large population sample over three six-month time periods*. Poster presented at "Innovative Approaches to Understanding and Influencing Physical Activity", Cooper Institute Conference, Dallas, TX.

## 2000

164. **Spence, J. C.** (2000, May). *Behavior does not occur in a vacuum: The social-ecology of physical activity*. Paper presented at The Psychology of Exercise, Sport, and Behavior Change Workshop, Kansas State University, Manhattan, KS.
165. **Spence, J. C.**, & Blanchard, C. (2000, June). *Effect of pretesting on feeling states and self-efficacy in acute exercise*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, San Diego, CA.\*
166. **Spence, J. C.**, Courneya, K. S., Blanchard, C., & Wilson, P. (2000, November). *The theory of planned behavior and physical activity: A quantitative review of explained variation in intention and behavior*. Poster presented at the Sixth International Congress of Behavioral Medicine, Brisbane, Australia.\*
167. **Spence, J. C.**, Plotnikoff, R., & Blanchard, C. (2000, October). *A population-based study of gender and educational differences in exercise self-efficacy*. Poster presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Waterloo, ON.
168. **Spence, J. C.**, Poon, P., Carlson, M., & Hystad, J. (2000, October). *Physical activity programs in Alberta continuing care facilities*. Poster presented at the 29<sup>th</sup> Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, AB.
169. Fein, A., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2000, November). *The relationship between the perceived physical environment, the perceived importance of the physical environment and physical activity in youth*. Poster presented at the Sixth International Congress of Behavioral Medicine, Brisbane, Australia.\*
170. Mandigo, J. L., Melnychuk, N., Thompson, L., **Spence, J. C.**, Schwartz, M., Causgrove-Dunn, J., Marshall, D., Gessell, J., & Covey, J. (2000, May). *What's going on in physical education programs across Alberta*. Paper presented at the Health and Physical Education Conference (HPEC), Calgary, AB.

## 1999

171. **Spence, J. C.** (1999, June). *Effects of anabolic-androgenic steroids on muscular strength: A meta-analysis*. Paper presented at the 46<sup>th</sup> Annual Meeting of the American College of Sports Medicine (ACSM), Seattle, WA.\*
172. Dryden, D. M., Francescutti, L. H., Rowe, B. H., **Spence, J. C.**, & Voaklander, D. C. (1999, November). *Epidemiology of women's recreational ice hockey injuries*. Poster presented at the American Public Health Association 127<sup>th</sup> Annual Meeting, Chicago, IL.
173. Dryden, D. M., Francescutti, L. H., Rowe, B. H., **Spence, J. C.**, & Voaklander, D. C. (1999, November). *Risk factors associated with injury among female ice hockey players*.

Paper presented at the American Public Health Association 127<sup>th</sup> Annual Meeting, Chicago, IL.

174. Mummery, W. K., & **Spence, J. C.** (1999, October). *Sport and recreational injuries in children and youth: Results of the Alberta Sport and Recreation Injury Survey (ASRIS)*. Poster presented at the 1999 Australian Conference of Science and Medicine in Sport, Sydney, Australia.
175. Mummery, W. K., & **Spence, J. C.** (1999, October). *The association between physical activity attitudes, self-concept, and sport participation in a sample of Canadian high school students*. Poster presented at the 1999 Australian Conference of Science and Medicine in Sport, Sydney, Australia.
176. Poon, P., **Spence, J. C.**, Mummery, W. K., & Plotnikoff, R. (1999, June). *Perceived barriers to physical-activity participation in the Alberta population*. Poster presented at the 46<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Seattle, WA.\*

#### 1998

177. **Spence, J. C.** (1998, October). *Effects of anabolic-androgenic steroids on serum lipid levels: A meta-analysis*. Paper presented at the 1998 Australian Conference of Science and Medicine in Sport, Adelaide, Australia.
178. **Spence, J. C.**, & Blanchard, C. (1998, October). *Publication bias in sport and exercise psychology research*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Fredericton, NB.
179. **Spence, J. C.**, & Poon, P. (1998, June). *Stages of physical-activity participation in the Alberta population*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Chicago, IL.\*
180. **Spence, J. C.**, & Rodgers, W. M. (1998, October). *Assessing attitude: Independent contributions of expectancy, value, and their interaction*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Fredericton, NB.
181. Poon, P., **Spence, J. C.**, & Mummery, W. K. (1998, April). *School sport and smoking behaviour: Results from the Alberta Schools' Athletic Association Student Survey*. Poster presented, Tobacco Reduction: Circle of Responsibility conference, Calgary, AB.
182. Poon, P., **Spence, J. C.**, & Mummery, W. K. (1998, May). *Results from the Alberta Schools' Athletic Association Student Survey*. Paper presented, Annual CAHPERD meeting, Saskatoon, SK.

183. Rodgers, W. M., & **Spence, J. C.**, (1998, October). *Assessing attitude using unipolar versus bipolar scales*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Fredericton, NB.

#### 1997

184. **Spence, J. C.**, & Mummery, W. K. (1997, August). *The 1997 Alberta Survey: Preliminary results*. Paper presented at the 51st session of the International Statistical Institute, Istanbul, Turkey.
185. **Spence, J. C.**, Poon, P., & Dyck, P. (1997, May). *The effect of physical-activity participation on self-concept: A meta-analysis*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Denver, CO.\*

#### 1996

186. Lou, Y., Abrami, P. C., **Spence, J. C.**, d'Apollonia, S., Chambers, B., & Poulsen, C. (1996, April). *A meta-analysis of the effects of homogeneous vs. heterogeneous group ability composition on student achievement: Looking at the "best" evidence*. Paper presented at the Annual AERA Conference, New York, NY.
187. Mummery, W. K., & **Spence, J. C.** (1996, October). *Results of the 1995 Alberta Sport and Recreation Injury Survey (ASRIS)*. Paper presented at the 6th Annual Injury in Alberta Conference, Kananaskis, AB.

#### 1995

188. **Spence, J. C.**, Gauvin, L., & Sellers, W. R. (1995, October). *The effects of moderately intense daily physical activity on the feeling states of healthy elderly persons*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Vancouver, BC.
189. **Spence, J. C.**, & Gauvin, L. (1995, June). *The role of outcome expectancies in predicting social and performance-enhancing drug use in Canadian inter-university athletes*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Asilomar, CA.\*
190. Lou, Y., Abrami, P. C., **Spence, J. C.**, Chambers, B., Poulsen, C., & d'Apollonia, S. (1995, April). *To group or not to group? A meta-analysis on the effects of within-class grouping on student achievement*. Paper presented at the Annual AERA Conference, San Francisco, CA.

#### 1994

191. **Spence, J. C.**, & Gauvin, L. (1994, October). *Drug and alcohol use among CIAU athletes: A national survey*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Hamilton, ON.
192. **Spence, J. C.**, & Gauvin, L. (1994, April). *Anabolic-androgenic steroid use and high density lipoproteins: A meta-analysis*. Poster presented at the Society for Behavioral Medicine - Fifteenth Annual Meeting, Boston, MA.\*
193. **Spence, J. C.**, Gauvin, L., & Butterfield, K. (1994, June). *Psychological outcomes of anabolic-androgenic steroid use: A meta-analysis*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Clearwater, FL.\*

#### 1991-1993

194. **Spence, J. C.** (1993, October). *Mood and anabolic steroid use: An "experience sampling" study*. Young Scientist Award paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Montreal, QC.
195. Gauvin, L., Ricci, J., O'Halloran, A., **Spence, J. C.**, & Cote, C. (1991, October). *Exploration of the role of exercise in the hierarchy of corporate employees' everyday behavior*. Paper presented at the Annual AAASP Conference, Savannah, GA.
196. Gauvin, L., Ricci, J., **Spence, J. C.**, & O'Halloran, A. (1991, June). *The impact of chronic exercise on the physical and psychological well-being of corporate employees*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Asilomar, CA.\*

#### ***Invited Presentations***

1. **Spence, J. C.** (2021, October). *Potential impact of autonomous vehicles*. Invited presentation, 2021 Annual General Meeting of the Transport & Health Science Group (THSG).
2. **Spence, J. C.** (2020, February). *The behavioural determinants of active transportation: What moves us to move?* Invited presentation at Transport Research Network Symposium, University of Otago, Dunedin, NZ.
3. **Spence, J. C.** (2020, February). *Motives for physical activity: A further delineation of FUN*. Invited presentation at the BEATS Symposium 2020, University of Otago, Dunedin, NZ.

4. **Spence, J. C.** (2019, November). *To sit is human, to move is divine*. Invited keynote presentation at Leadership In Physical Activity Promotion: Effective Strategies for Mobilizing Assets conference, Huesca, Spain.
5. **Spence, J. C.** (2019, October). *To sit is human, to move is FUN*. Carron Lecture, SCAPPS Conference, Vancouver, BC.
6. **Spence, J. C.** (2019, February). *A Common Vision and what it means: Why you should care?* Invited presentation at the Active Alberta Coalition Networking Meeting, Edmonton, AB.
7. **Spence, J. C.** (2019, February). *Potential impact of autonomous vehicles on movement behaviour: Winter is coming!* Invited presentation at the TALEs Symposium, University of Otago, Dunedin, NZ.
8. **Spence, J. C.** (2017, August). *To sit is human, to move is divine: A tale of cultural evolution and progress traps*. Invited presentation at Active Living and Environment: Towards Healthier and More Sustainable Future, University of Otago, Dunedin, NZ.
9. **Spence, J. C.** (2017, February). *Promoting physical activity in Canada: A living lab example*. Invited keynote presentation at My Life in a Petri dish: Covenant Health as a living lab, Covenant Health, Edmonton, AB.
10. **Spence, J. C.** (2016, January). *What's the dirt on outdoor play?* Invited presentation, Ever Active Schools, Vitamin (D)irt Workshop, Kananaskis, AB.
11. **Spence, J. C.** (2016, January). *Sitting is the new smoking: Sedentary behaviour in the workplace*. Invited presentation, Western Economic Diversification Canada, Edmonton, AB.
12. **Spence, J. C.** (2015, December). *Tax credit or subsidy? Fiscal policies to increase physical activity*. Invited presentation at Healthy Canada: Financial Models and Fiscal Incentives in Health and Health Care, Toronto, ON.
13. **Spence, J. C.** (2015, January). *"Just the Facts": The evidence to increase physical activity in youth*. Invited presentation, Ever Active Schools, Kananaskis, AB.
14. **Spence, J. C.** (2014, December). *Get Up, Stand Up: Is sedentary behaviour really the new smoking?* Invited presentation, Public Health, Faculty of Health Sciences, University of Lethbridge, Lethbridge, AB.
15. **Spence, J. C.** (2014, November). *Get Up, Stand Up: Sedentary behaviour in the workplace*. Invited presentation, Council on Workplace Health, Calgary, AB.
16. **Spence, J. C.** (2014, May 7). *Get Up, Stand Up: A public health perspective on sedentary behavior*. Alberta Centre for Active Living 2014 Physical Activity Forum, Calgary, AB.
17. **Spence, J. C.** (2014, May 6). *Get Up, Stand Up: A public health perspective on sedentary behavior*. Alberta Centre for Active Living 2014 Physical Activity Forum, Edmonton, AB.

18. **Spence, J. C.** (2014, February). *Understanding obesogenic environments in Alberta and Canada*. Invited panel presentation at Building Communities that Create Health Edmonton Regional Session hosted by The Office of the Chief Medical Officer of Health, Alberta Health, Edmonton, AB.
19. **Spence, J. C.** (2013, October 9). *Next steps for the built environment and physical activity: Can we walk the talk?* PARC (Physical Activity Resource Centre) Webinar.
20. **Spence, J. C.** (2013, May). *Take a walk on the wild side: Where we live, work and play has an influence on physical activity*. Invited presentation, 2013 PARC (Physical Activity Resource Centre) Symposium, Toronto, ON.
21. **Spence, J. C.** (2013, March). *The Children's Fitness Tax Credit: A tale of how Boss Tweed Bought the Emperor Some New Clothes*. Invited presentation at Advancing the Use of Evidence in Nutrition, Physical Activity, and Built Environment Policies Promoting Cancer and Chronic Disease Prevention, A National Workshop of The Canadian Partnership Against Cancer, Montreal, QC.
22. **Spence, J. C.** (2012, October). *There is no time like right now to get up and get moving: Children in the early years (aged 0-4 years)*. Invited presentation, The Second Annual CS4L Conference, The Kamloops Sports Council, Kamloops, BC.
23. **Spence, J. C.** (2011, December). *Promoting physical activity among children: The role of tax credits*. Invited presentation, Journées annuelles de santé publique, Montreal, QC.
24. **Spence, J. C.** (2011, October). *Restricting and promoting physical activity of Canadian children: Examples of bylaws and tax credits*. Invited presentation, University of Newcastle, Newcastle, NSW, Australia.
25. **Spence, J. C.** (2011, October). *Restricting and promoting physical activity of Canadian children: Examples of bylaws and tax credits*. Invited presentation, University of British Columbia, Kelowna, BC.
26. **Spence, J. C.** (2011, May). *Promoting physical activity for young children in developing countries*. Invited presentation, Early Life Opportunities for the Prevention of Non-communicable Diseases in Developing Countries, World University Network (WUN), Shanghai, China.
27. **Spence, J. C.** (2011, April). *Restricting and promoting physical activity of Canadian children: Examples of bylaws and tax credits*. Invited presentation, Consensus for Change: Using Policy to Protect and Promote the Health of Children, Montreal, QC.
28. **Spence, J. C.** (2011, March). *A longitudinal study of environmental determinants of overweight among children: The shapes of things to come*. Invited presentation, Heart and Stroke Foundation of Canada Built Environment Workshop.



29. **Spence, J. C.** (2011, March). *An ecological examination of obesity: Is it time to rage against the machine?* Invited presentation, International School on Obesity Research and Management (ISORAM), Lake Louise, AB.
30. **Spence, J. C.** (2011, January). *Physical inactivity in the 21st century: Is it time to rage against the machine?* Invited presentation, Alberta Policy Coalition for Cancer Prevention Built Environment Forum, Edmonton, AB.
31. **Berry, T., & Spence, J. C.** (2010, December). *How does the built environment impact health?* Invited presentation, Minister's Action on Wellness Forum, Alberta Health and Wellness, Edmonton, AB.
32. **Spence, J. C.** (2010, October). *Obesity and urban form in Alberta: A research perspective.* Invited presentation, Pan-Canadian Built Environment Indicator Workshop, Public Health Agency of Canada, Toronto, ON.
33. **Spence, J. C.** (2010, October). *Addressing the obesity epidemic: A public health perspective.* Invited presentation, Canadian Council for Integrated Healthcare Session XXII, Montreal, QC.
34. **Spence, J. C.** (2010, October). *Obesity and urban form: Where you live and what you weight ARE connected.* Invited presentation, Health, Leisure, and Human Performance Research Institute Seminar Series, University of Manitoba, Winnipeg, MB.
35. **Spence, J. C.** (2010, February). *Physical activity of Canadian children: Prevalence and determinants.* Invited presentation, University of Botswana, Gaborone, Botswana.
36. **Spence, J. C.** (2009, January). *Obesogenic environments: Physical activity.* Invited presentation, ICMR-CIHR Workshop on Childhood Obesity and Non-Communicable Diseases, Manesar, Haryana, India.
37. **Spence, J. C.** (2008, September). *Addressing physical inactivity among youth in Alberta.* Invited presentation, Alberta Active Living Partners Networking Meeting, Edmonton, AB.
38. **Spence, J. C.** (2008, March). *How does the obesogenic environment influence our bodies?* Invited presentation, Alberta CON-SNP Research Day, University of Calgary, Calgary, AB.
39. **Spence, J. C.** (2007, December). *How the built environment contributes to childhood obesity.* Invited presentation, Southern Alberta Child and Youth Health Network (SACYHN), University of Alberta Hospital, Edmonton, AB.
40. **Spence, J. C.** (2006, October). *The role of the environment in promoting physical activity and proper food choices among Canadian Children.* Invited presentation, 3<sup>rd</sup> International

Symposium on Making Children Healthy in the 21<sup>st</sup> Century, Juntendo University, Sakura, Japan.

41. **Spence, J. C.** (2006, October). *Addressing childhood obesity in Canada: Does where a child live make a difference?*. Invited presentation, Department of Sport and Leisure Studies, Yonsei University, Seoul, South Korea.
42. **Spence, J. C.** (2006, August). *Urban environments and children's physical activity*. Invited presentation, Healthy Cities and Towns – Healthy People workshop, Premier's Physical Activity Taskforce, Perth, Australia.
43. **Spence, J. C.** (2006, August). *Physical activity and obesity among children: The role of the environment*. Invited presentation, Central Queensland University, Rockhampton, Australia.
44. **Spence, J. C.** (2006, August). *Promotion of a healthy weight: Where's the policy?* Invited presentation, Obesity Boot Camp, Quebec City, QC.
45. **Spence, J. C.** (2006, August). *Addressing the obesity epidemic: Population interventions*. Invited presentation, Obesity Boot Camp, Quebec City, QC.
46. **Spence, J. C.** (2005, December). *Physical inactivity in the 21<sup>st</sup> century: Is it time to rage against the machine?* Invited presentation, Speaker Series, Faculty of Physical Education and Recreation, University of Alberta.
47. **Spence, J. C.** (2005, October). *The built environment and physical inactivity: Recognizing the health implications of urban planning*. Invited presentation, Research Forum: Emerging Leisure Landscapes - Ideas For Action, 2005 National Parks & Recreation Conference, Edmonton, AB.
48. **Spence, J. C.** (2005, April). *Media influences on physical activity and nutrition*. Symposium on Media influences on Physical Activity and Nutrition, University of Alberta, Edmonton, AB.
49. **Spence, J. C.** (2005, March). *Environmental factors associated with physical activity among children and youth*. Invited presentation at the "Tools and Strategies for an Edmonton Solution to Increase Childhood Physical Activity" symposium, Edmonton, AB.
50. **Spence, J. C.** (2004, November). *Childhood and adolescent physical activity*. Invited presentation at the 2004 International Conference on Physical Activity and Fitness Promotion, National Society of Physical Education in Taiwan, National Taiwan University, Taipei City.
51. **Spence, J. C.** (2004, November). *Environmental factors associated with physical inactivity and diet: Addressing the obesity epidemic*. Invited presentation at the 2004 International

Conference on Physical Activity and Fitness Promotion, National Society of Physical Education in Taiwan, National Taiwan University, Taipei City.

52. **Spence, J. C.** (2004, October). *The built environment and obesogenic behaviours: If you build it, they will sit and eat*. Invited presentation at the Confronting Obesity: Research, Policy, and Practice conference, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
53. **Spence, J. C.** (2004, May). *Physical activity in Alberta: Children and adolescents*. Invited presentation, DPA Initiative Evaluation Working Group, Alberta Learning, Edmonton, AB.
54. **Spence, J. C.** (2004, February). *An evolutionary perspective on obesity*. Paper presented at the Cancer Prevention Research Centre, Brisbane, QLD, Australia.
55. **Spence, J. C.** (2004, February). *An evolutionary perspective on obesity*. Paper presented at Auckland University of Technology, Auckland, New Zealand.
56. **Spence, J. C.** (2002, April). *Physical activity in schools*. Invited presentation, Capital Health Authority (CHA) and Edmonton Public School Board, Edmonton, AB.
57. **Spence, J. C.** (2001, October). *Healthy aging and seniors wellness strategy: Optimizing physical functioning*. Invited presentation, Alberta Health, Healthy Aging Forum, Edmonton, AB.
58. **Spence, J. C.** (2001, September). *Physical activity promotion in Alberta: The role of the physician?* Invited presentation, Calgary Regional Health Authority (CRHA) and Cochrane Health Centre, Cochrane, AB.
59. **Spence, J. C.** (2001, January). *Physical activity promotion in Alberta: The role of the physician?* Invited presentation, Calgary Regional Health Authority (CRHA) and 8<sup>th</sup> & 8<sup>th</sup> Health Centre, Calgary, AB.
60. **Spence, J. C.** (2000, January). *Publication bias in behavioral research: The games we play*. Research Symposia Series, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
61. **Spence, J. C.** (1999, November). *A social ecological framework for understanding physical activity*. Presentation to the Alberta Centre for Well-Being, Edmonton, AB.
62. **Spence, J. C.** (1999, February). *Anabolic steroids*. Presentation to students at Victoria Comprehensive High School, Edmonton, AB.
63. **Spence, J. C.** (1998, December). *The logistics of meta-analysis*. Workshop, Canadian Fitness and Lifestyle Research Institute, Ottawa, ON.

64. **Spence, J. C.** (1998, October). *The hows and how nots of meta-analysis*. Workshop, Faculty of Health Science, Central Queensland University, Rockhampton, Queensland, Australia.
65. **Spence, J. C.** (1998, October). *Anabolic-androgenic steroids: A series of meta-analyses*. Invited lecture, Faculty of Health Science, Central Queensland University, Rockhampton, Queensland, Australia.
66. **Spence, J. C.** (1998, March). *Determinants of physical activity and leisure*. Invited lecture, Graduate Students Research Day, School of Health and Human Performance, Dalhousie University, Halifax, NS.
67. **Spence, J. C.** (1997, November). *Anabolic steroids*. Presentation to students at Leduc Junior High School, Leduc, AB.
68. Quinney, H. A., Rodgers, W., **Spence, J. C.**, & Courneya, K. (1998, January). *Physical activity interventions: Moving from research to practice*. Panel presentation, University of Alberta, Edmonton, AB.

## SERVICE SUMMARY

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### **Journal: Editorial Board**

International Journal of Behavioral Nutrition and Physical Activity (2008-2015)

### **Journal: Guest Reviewer**

American Journal of Health Promotion  
American Journal of Preventive Medicine  
American Journal of Public Health  
Annals of Behavioral Medicine  
Canadian Journal of Public Health  
Health Education and Research  
Health and Place  
Health Psychology  
Health Reports  
International Journal of Behavioral Nutrition and Physical Activity  
International Journal of Obesity  
International Journal of Pediatric Obesity  
JAMA  
Journal of Adolescent Health  
Journal of Aging and Physical Activity  
Journal of the American College of Nutrition  
Journal of Applied Sport Psychology  
Journal of Pediatric Psychology  
Journal of Physical Activity and Health  
Journal of Science and Medicine in Sport  
Journal of Sport and Exercise Psychology  
Obesity Reviews  
Pediatric Exercise Science  
PLoS ONE  
Preventive Medicine  
Psychology of Sport and Exercise  
Research Quarterly for Exercise and Sport  
Social Science and Medicine  
The Sport Psychologist

### **Granting Agency: Review Panel**

Canadian Cancer Society Research Institute (CCSRI)  
Canadian Diabetes Association (CDA)  
Canadian Institutes of Health Research (CIHR), PB2 (Chair, 2013-2015)  
Heart and Stroke Foundation of Canada (HSFC)  
Heart and Stroke Foundation, Ontario  
National Institutes of Health (NIH)

**Granting Agency: Reviewer**

Alberta Heritage Foundation for Medical Research (AHFMR)  
Canadian Diabetes Association (CDA)  
Canadian Institutes of Health Research (CIHR)  
Cancer Research UK  
Centre for Urban Health Initiatives (CUHI)  
Dutch Diabetes Research Foundation  
Economic & Social Research Council, UK  
Hampton Fund Research Grant, University of British Columbia  
Health Canada, Population Health Fund  
Health Research Council of New Zealand  
Heart and Stroke Foundation of Canada (HSFC)  
Medical Research Council, UK  
National Institutes of Health (NIH)  
Research Grants Council (RGC) of Hong Kong  
Saskatchewan Health Research Foundation  
Social Sciences and Humanities Research Council of Canada (SSHRC)

**Conference Abstract Reviewer**

Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)  
International Congress of Physical Activity and Public Health (ICPAPH)  
International Society for Behavioral Nutrition and Physical Activity (ISBNPA)  
Society for Behavioral Medicine