

## **Tanya R. Berry**

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### **Degrees:**

- PhD, School of Physical Education, University of Victoria 2003
- MA, School of Physical Education, University of Victoria 1997
- BSc, (First Class) Psychology, University of Victoria 1991

### **Professional Experience**

#### **Current Appointments:**

- 2009 – Assistant professor, tenure-track, Faculty of Physical Education and Recreation,  
University of Alberta
- 2005 – Research associate, Alberta Centre for Active Living (Edmonton)

#### **Previous Appointments:**

- 2006 – 2009 Assistant professor, limited term, Faculty of Physical Education and Recreation,  
University of Alberta
- 2003 – 2005 Assistant Professor, tenure-track, Department of Kinesiology and Physical  
Education, Wilfrid Laurier University
- 2002 – 2003 Research officer, B.C. Heart Health Project, University of Victoria
- 2002 – 2003 Research coordinator, Effective Coaching Practices, University of Victoria
- 2001 – 2002 Instructor, University of Victoria
- 2001 Instructor, National Coaching Institute (Victoria)
- 2000 Clinical counselling practicum, B.C. Ministry of Children and Families,  
Eating Disorders Program
- 1998 – 2001 Research assistant, cognitive psychology research, University of Victoria
- 1995 – 1996 Lab instructor, University of Victoria
- 1995 – 1996 Research assistant, sport psychology research

### **Awards**

- 2009 – 2012 Alberta Heritage Foundation for Medical Research, Population Health Investigator  
renewal. 1) direct investigator support (\$110,000 p.a.) ; 2) research prize (\$10,000  
p.a.); 3) research allowance (\$15,000)
- 2006 – 2009 Alberta Heritage Foundation for Medical Research, Population Health Investigator  
1) direct investigator support; 2) research prize (\$10,000 p.a.); 3) establishment grant

### Invited Presentations

- Berry, T. R. (October 6, 2009). *Changes in BMI Over Six Years: the role of demographic and neighbourhood characteristics*. The Population Research Laboratory 2009 Seminar Series, University of Alberta.
- Berry, T. R. (June 24, 2009). *Gut reaction: Implicit and explicit responses to health promotion materials*. Presentation to the Department of Health Education and Promotion, University of Maastricht, the Netherlands.
- Berry, T. R., (October 9, 2008). Invited presentation to the University of Lethbridge women speaker series.
- Berry, T. R. (March 13, 2008). *Health Promotion in a Crowded Advertising World*. Invited keynote presentation Alberta Cancer Board Prospecting Beyond Gold Conference, Edmonton, Alberta.

### Research

#### Published and In-press Refereed Papers (students underlined):

1. **Berry, T. R.**, Spence, J. C., Bauman, A., & Plotnikoff, R. (in press). Seeking and recall of physical activity information and advertising. *Health Communication*.
2. Clark, M. I., **Berry, T. R.**, Spence, J. C., Nykiforuk, C., Carlson, C., & Blanchard, C. (2009). Key Stakeholder Perspectives on the Development of Walkable Neighbourhoods. *Health and Place*. doi:10.1016/j.healthplace.2009.08.001
3. Taymoori, P., Lubans, D., **Berry, T. R.** (in press). Evaluation of the Health Promotion Model to predict physical activity in Iranian adolescents. *Health Education and Behavior*.
4. **Berry, T. R.**, & Carson, V. (in press). Ease of Imagination, Message Framing and Physical Activity Messages. *British Journal of Health Psychology*. DOI: 10.1348/135910709X447811
5. Taymoori, P., & **Berry, T. R.** (in press). The validity and reliability of Champion's Health Belief Model Scale for breast cancer screening behaviours among Iranian women. *Cancer Nursing*.
6. McCormack, G. R., Spence, J. C., **Berry, T. R.**, & Doyle-Baker, T. (2009). Does perceived behavioral control mediate the association between perceptions of neighborhood walkability and moderate and vigorous-intensity leisure-time physical activity? *Journal of Physical Activity and Health*, 6, 657-666.
7. Jackson, R., Kennedy, M., & **Berry, T., R.** (2009). The relationship between lifestyle and campus eating behavior in male and female university students. *College Student Journal*, 43(3), 860 – 871.
8. **Berry, T. R.**, & Spence, J. C. (2009). Beware the couch potato stereotype: Effects of physical activity and sedentary lifestyle priming on automatic attitude activation. *Research Quarterly for Exercise and Sport*, 80 (3), 1-8.
9. Taymoori, P., Niknami, S., **Berry, T. R.**, Ghofranipou, F. & Kazemnejad, A. (2009). Application of the health promotion model to predict stages of exercise behavior in Iranian adolescents. *Eastern Mediterranean Health Journal* (World Health Organization), 15 (5), 1215-1225.
10. Langille, J. D., **Berry, T. R.**, Reade, I. L., Witcher, C. & Loitz, C. C., Rodgers, W. M. (2009). Strength of messaging in changing attitudes in a workplace wellness program. *Health Promotion Practice*. first published on June 16, 2009 as doi:10.1177/1524839909336650
11. **Berry, T. R.**, Spence, J. C., Plotnikoff, R. C., Bauman, A., McCargar, L., Witcher, C., Clark, M., & Stolp, S. (2009). A mixed methods evaluation of televised health promotion advertisements targeted at older adults. *Evaluation and Program. Planning*, 32, 278 – 288.

12. Rodgers, W. M., Hall, C. R., Wilson, P. M., & **Berry, T. R.** (2009). Do nonexercisers also share the positive exerciser stereotype? An elicitation and comparison of beliefs about exercisers. *Journal of Sport and Exercise Psychology*, *31*, 3-17.
13. **Berry, T. R., Witcher, C., Holt, N. L., & Plotnikoff, R. C.** (2008). A qualitative examination of perceptions of physical activity guidelines and preferences for format. *Health Promotion Practice*. Advance Access published on December 30, 2008 as doi:10.1177/1524839908325066
14. Dawson, K. A., Tracey, J., & **Berry, T.** (2008). Evaluation of work place group and internet based physical activity interventions on psychological variables associated with exercise behavior change. *Journal of Sports Science and Medicine*, *7*, 537-543.
15. Taymoori, P., Rhodes, R. E., **Berry, T. R.** (2008). Application of a social cognitive model in explaining physical activity in Iranian female adolescents using structural equation modeling. *Health Education Research*. Advance Access published on October 20, 2008. doi:10.1093/her/cyn051
16. Tracey, J., Dawson, K. & **Berry, T.** (2008). Participant experiences in a group or internet-based physical activity intervention. *Malaysian Journal of Sport Science and Recreation*, *4*, 11 – 30.
17. Taymoori, P., Niknami, S., **Berry, T. R.,** Lubans, D., & Ghofranipou, F. (2008, April 3). A School-Based Randomized Controlled Trial to Improve Physical Activity among Iranian High School Girls. *International Journal for Behavioural Nutrition and Physical Activity*, *5*:18. available: <http://www.ijbnpa.org/content/pdf/1479-5868-5-18.pdf>.
18. **Berry, T. R.,** McCarville, R. E., & Rhodes, R. E. (2008). Getting to know the competition: A content analysis of publicly and corporate funded physical activity advertisements. *Journal of Health Communication*, *13*, 169-180.
19. **Berry, T. R.,** Fraser, S. N., Spence, J. C., & Bengoechea, E. G. (2007). Pedometer ownership, motivation, and walking: Do people walk the talk? *Research Quarterly for Exercise and Sport*, *78*(4), 369-374.
20. **Berry, T. R.,** Plotnikoff, R. C., Raine, K., Anderson, D., & Naylor, P.J. (2007). An Examination of the Stages of Change construct for health promotion within organizations. *Journal of Health Organization and Management*, *21*(2), 121- 135.
21. **Berry, T. R.,** Wharf-Higgins, J., & Naylor, P. J. (2007). SARS Wars: Quantifying Health Risks Portrayed in the Media. *Health Communication*, *21*(1), 35-44.
22. Wharf-Higgins, J., Naylor, P. J., **Berry, T. R.,** O'Connor, D., & MacLean, D. (2006). The Health Buck Stops Where?" Thematic framing of health discourse to understand the context for CVD prevention. *Journal of Health Communication*, *11*(1), 343-358.
23. **Berry, T. R.** (2006) Who's Even Interested in the Exercise Message? Attentional Bias for Exercise and Sedentary Lifestyle Related Words. *Journal of Sport and Exercise Psychology*, *28*(1), 4-17.
24. **Berry, T. R.,** Naylor, P.J., & Wharf-Higgins, J. (2005). Stages of change in adolescents: An examination of self-efficacy, decisional balance, and reasons for relapse. *Journal of Adolescent Health*, *37*(6), 452-459.
25. **Berry, T. R.,** & Howe, B.L. (2005). The effects of exercise advertising on self-efficacy and decisional balance. *American Journal of Health Behavior*, *29*, 117-126.
26. Rhodes, R., **Berry, T. R.,** Naylor, P.J., & Wharf-Higgins, J. (2004). Three-step validation of physical activity processes of change in an adolescent sample. *Measurement in Physical Education and Exercise Science*, *8*, 1-20.
27. **Berry, T. R.,** & Howe, B. L. (2004). Effects of health-based and appearance-based exercise advertising on exercise attitudes, social physique anxiety and self-presentation in an exercise setting. *Social Behavior and Personality*, *32*, 1-12.

28. **Berry, T. R.**, & Lauzon, L. (2003). A content analysis of fitness magazines. *Avante*, 9(1), 25-33.
29. **Berry, T. R.**, & Walsh, J. (2001). Mental health and cardiovascular disease: challenges for counsellors. *Canadian Journal of Counselling*, 25, 196-207.
30. **Berry, T.**, & Howe, B.L. (2000). Risk factors for disordered eating in female university athletes. *Journal of Sport Behavior*, 23, 207-218.
31. Strauss, E., Spellacy, F., Hunter, M., & **Berry, T.** (1994). Assessing believable deficits on measures of attention and information processing capacity. *Archives of Clinical Neuropsychology*, 9, 483-490.

**Under review (students underlined):**

1. **Berry, T. R.**, Spence, J. C., & Stolp, S. (revision under review). Attentional bias for exercise-related images: A pilot study. *Research Quarterly for Exercise and Sport*.
2. **Berry, T. R.**, Spence, J. C., & Clark, M. I. (revision under review). Exercise is in! Implicit Exercise and Sedentary-Lifestyle Bias held by In-groups. *Journal of Applied Social Psychology*.
3. Watanabe, T. **Berry, T. R.**, Willows, N. D., & Bell, R. C. (under review). Validation of a Questionnaire to Explore Knowledge, Attitudes and Behaviours about Diet and Glycemic Index in Diabetes. *Journal of Nutrition Education and Research*.
4. **Berry, T. R.**, Spence, J. C., Blanchard, C., Cutumisu, N., Edwards, J., & Nykiforuk, C. (revision under review). Changes in BMI over 6 years: The role of demographic and neighborhood characteristics. *International Journal of Obesity*.
5. Fulawka, S. & **Berry, T. R.** (revision under review). The role of student-run organizations within global health promotion initiatives: Commentary and call for research. *Global Health Promotion*.

**Conference Presentations (students underlined):**

1. **Berry, T. R.**, Spence, J. C. & Stolp, S. (November, 2009). *Attentional bias for exercise-related images: A pilot study*. Oral presentation at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Toronto, Ontario.
2. McLeod, N., Rodgers, W., & **Berry, T. R.** (November, 2009). *Attitudinal Ambivalence By Gender Over A Six Month Exercise Intervention*. Oral presentation at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Toronto, Ontario.
3. **Berry, T. R.** & Strachan, S. (September, 2009). *Influence of stereotype priming on implicit exercise or sedentary self-identity*. Poster presented at the 23<sup>rd</sup> Annual Conference of the European Health Psychology Society, Pisa, Italy, September 23<sup>rd</sup> to 26<sup>th</sup>, 2009.
4. Clark, M. I., **Berry, T. R.**, Spence, J. C., Nykiforuk, C., Blanchard, C., & Edwards, J. (June, 2009). *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 8<sup>th</sup> Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 17-20, 2009, Lisbon, Portugal.
5. Taymoori, P., & **Berry, T. R.** (June, 2009). *Application of the Health Promotion Model to Predict Stages of exercise behavior in Iranian adolescents*. Poster presented at the 8<sup>th</sup> Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 17-20, 2009, Lisbon, Portugal.
6. Stolp, S., Clark, M. I., & **Berry, T. R.** (November, 2008). Physical activity beliefs and recall on publically funded versus commercially funded physical activity advertisements. Presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Canmore, Alberta.

7. Watanabe, T., **Berry, T. R.**, Willows, N. D., & Bell, R. C. (October, 2008). Measuring Intentions to Eat a Low Glycemic Index Diet. Poster presented at the Canadian Diabetes Association Professional Conference, Montreal, QC.
8. Dana Lee Wilkinson MSc RD, Anna Farmer PhD RD, Noreen Willows PhD, Diana Mager PhD RD, **Tanya Berry** PhD, Shauna Downs MSc, Linda McCargar PhD, RD *Evaluation of the impact and effectiveness of the Alberta Nutrition Guidelines for Children and Youth*. Poster presented at the 6<sup>th</sup> Annual National Symposium of the Canadian Child Health Clinician Scientist Program, Edmonton, AB Canada 2008.
9. **Berry, T. R.**, & Spence, J. C. (May, 2008). *Effects of physical activity and sedentary lifestyle priming on automatic attitude activation*. Paper presented as part of the symposium "Physical activity, body image and the media: Exploring the automaticity and social construction of being " at the 7th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, May 21-24, 2008, Banff, Canada. Chairperson: **Berry, T. R.**
10. McCormack, G.R., Spence, J.C., **Berry, T.**, & Doyle-Baker, T. (May, 2008). *The role of perceived behavioural control in the association between self-reported neighbourhood walkability and leisure-time physical activity*. Presented at the 7th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, May 21-24, 2008, Banff, Canada.
11. Rodgers, W. M., Langille, J. L., Stolp, S., & **Berry, T. R.** (March, 2008). *Exploring sources of the gender difference in self-efficacy for exercise in cardiac rehabilitation*. Presented at the 29<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, California.
12. **Berry, T. R.** (November, 2007). *You Mean This Isn't The Food Guide? Awareness and perception of Canada's Physical Activity Guide*. Poster presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Windsor, Ontario.
13. Clark, M., **Berry, T. R.**, Spence, J. C. (November, 2007). *Evidence of the relationship between exercise schema and sedentary lifestyle bias using neutrally valenced descriptors*. Presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Windsor, Ontario.
14. Thomas, S., Johnson, S. T., **Berry, T. R.**, & Bell, R. (October, 2007). *Personal Factors Associated with Consuming Low Glycemic Index Foods in Type 2 Diabetes*. Poster presented at the 2007 Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism October 24-27, 2007, Vancouver, British Columbia. Abstract published in the Canadian Journal of Diabetes, Suppl 1; p291.
15. Witcher, C., **Berry, T. R.**, & Dechaine, J. (June, 2007). *What are rural older adults saying about physical activity participation?* Poster presented at the 6th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 20-23, 2007, Oslo, Norway.
16. **Berry, T. R.**, Spence, J.C., & Clark, M. (June, 2007). *Implicit evidence of sedentary-lifestyle biases*. Poster presented at the 6th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 20-23, 2007, Oslo, Norway.
17. **Berry, T. R.**, Dawson, K. A., & Tracey, J. (November, 2006). *Maybe I'm not quite ready yet: Promotions of interventions can positively influence plans to be physically active*. Poster presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Halifax, Nova Scotia.
18. **Berry, T. R.**, & Dechaine, J. (July, 2006). *An Evaluation Of a Modified Home Support Exercise Program In Both Urban And Rural Settings*. Poster presented at the 5th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, July 13-16, 2006,

- Boston, USA.
19. Fraser, S.N., Garcia-Bengoechea, E., McGannon, K., Spence, J., & **Berry, T. R.** (July, 2006). *Tracking gender differences in sociodemographic correlates of physical activity among Albertans, 2000-2005*. Poster presented at the 5th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, July 13-16, 2006, Boston, USA.
  20. Dechaine, J., Lee, D., & **Berry, T. R.** (June, 2006). *Implementing The Home Support Exercise Program (HSEP) in Urban and Rural Alberta*. Presented at the Best Practices 2006 Healthy Aging, Strategic Directions, Future Actions, June 22-23, Calgary, Alberta.
  21. Dechaine, J., & **Berry, T. R.** (April, 2006). *Implementing The Home Support Exercise Program (HSEP) in Rural Alberta*. Presented at the Innovations In Rural Chronic Care – The “Beulah Salt” Seniors Health Conference, April 12 – 13, Lethbridge, Alberta. 2006.
  22. Dechaine, J., Baich, L., & **Berry, T. R.** (March, 2006). *Implementing The Home Support Exercise Program (HSEP) in Alberta’s First Nations Communities*. Presented at the Alberta Conference on Diabetes and Aboriginal Peoples, March 2 – 3, Edmonton, Alberta.
  23. **Berry, T. R.** (November, 2005). *Message Received? Schema relevance and thoughts regarding exercise messages*. Poster presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Niagara Falls, Ontario.
  24. **Berry, T. R.**, Strachan, S., & Malhotra, K. (June, 2005). *An Examination of Attentional Bias for Exercise and Food Related Words*. Poster presented at the 4th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 16-18, 2005, Amsterdam, the Netherlands.
  25. **Berry, T. R.** (October, 2004). *Preaching to the converted: the prequel. Attentional bias for exercise related words*. Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Saskatoon, Saskatchewan.
  26. Naylor, P. J., O'Connor, B. A., Wharf-Higgins, J., **Berry, T. R.**, Maclean, D. R., Rankel, J.L. BC Ministry of Health Services, Victoria, British Columbia, Canada. (June, 2004). *Beyond Singapore: Lessons learned from the British Columbia Heart Health Dissemination Phase (1999-2004)*. 5th International Heart Health Conference, Milan, Italy.
  27. **Berry, T. R.** (June, 2004). *The Effects of Exercise Advertising on Exercise Self-Efficacy and Decisional Balance*. Poster presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Vancouver, British Columbia. Abstract published in the Journal of Sport and Exercise Psychology, 26, S33.
  28. **Berry, T. R.** (October, 2003). *Preaching to the converted: the effects of viewing health-based versus appearance-based exercise advertising*. Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Hamilton, Ontario.
  29. Rhodes, R., **Berry, T. R.**, Naylor, P. J., & Wharf-Higgins, J. (2003, June). *The processes of change and physical activity: Three-step validation in a sample of adolescents*. Poster presented at the meeting of the North American Society for the Psychology of Sport and Physical Activity, Savannah, Georgia. Abstract published in the Journal of Sport and Exercise Psychology, 25, S111.
  30. **Berry, T. R.**, & Howe, B. L. (2003, May). *An Examination of the Effects of Health Promotion and Appearance Based Exercise Advertising on Attitudes Toward Exercise*. Paper presented at the meeting of Connections 2001, University of Victoria, Faculty of Education, Victoria, B.C.
  31. **Berry, T. R.**, Naylor, P.J., & Wharf-Higgins, J. (2002, October). *Process of Change in Adolescents: An Examination of the Transtheoretical Model and Implications for Exercise Motivation*. Poster presented at 1st Congress on Integral Adolescent Health Care, Havana, Cuba.

32. Van Gyn, G.H., Deakin, J., & **Berry, T. R.** (2002, October). *Evidence for Implicit Use of Deliberate Practice Strategy by Expert Coaches*. Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Vancouver, B.C.
33. **Berry, T. R.** (2001, May). *Self-presentation and exercise behaviour: the development of a questionnaire*. Paper presented at the meeting of Connections 2001, University of Victoria, Faculty of Education, Victoria, B.C.
34. **Berry, T. R.** (1998, May). *Eating Disorders in Female University Athletes*. Paper presented at the meeting of Connections 1998, University of Victoria, Faculty of Education, Victoria, B.C.
35. **Berry, T. R.** (1997, May). *The Role of the Profile of Mood States in Assessing Male Rugby Players. State or Trait?* Paper presented at the meeting of Connections 1997, University of Victoria, Faculty of Education, Victoria, B.C.
36. **Berry, T. R.** (1997, January). *Psychological Risk Factors for the Development of Eating Disorders in University Level Athletes*. Paper presented at the meeting of the Pacific Northwest Exercise Group, Nanaimo, B.C.

#### **Current External Funding:**

1. **Berry, T. R.** (principal investigator) and Spence, J. C. *Examining Public Health and Commercial Physical Activity Advertisements: The Roles of Attention, Believability and Personal Relevance*. Social Sciences and Humanities Research Council, Standard Research Grants, 2009-2012. \$97,065 .
2. McCargar, L., **Berry, T. R.**, Farmer, A., Mager, D., Willows, N., & Downs, S. (2009-2012). *The Alberta Nutrition Guidelines for Children and Youth: Evaluation of Awareness, Intent to Use and Early Adoption of the Guidelines by Day Cares, Schools and Recreation Centres*. Canadian Institute of Health Research Operating Grant, Strategic Initiative – Intervention Research (Healthy Living and Chronic Disease Prevention), \$289, 576.00.
3. Spence, J. C. (principal investigator), Elliot, C., Storey, K., Faulkner, G., **Berry, T. R.**, LeBel, J. *Assessing the Impact of the Health Check Food Information Program*. Heart and Stroke Foundation of Canada, \$349,502.00.
4. 2009-15. CIHR Training Grant in Population Intervention for Chronic Disease Prevention: A Pan-Canadian Program. \$1,950,000. Principal Applicants: Roy Cameron, Barbara Riley, Roberta Ferrence, Kim Raine, Carolyn Gotay, Ron Plotnikoff. Co-Applicants: 58 additional mentors, including Tanya R. Berry.
5. Chan, C. R., Bell, R. C., Plotnikoff, R. C., & Sigal, R. (team leaders), with **Berry, T. R.**, Boulé, N., Cash, S., Edwards, A., Field, C., McCargar, L., Ozga, J., Ryan, E., & Weselake, R. (2008-2011). *Practical behavioural modifications for type 2 diabetes treatment: Physical Activity and Nutrition for Diabetes in Alberta (PANDA)*. Faculty of Medicine & Dentistry and Capital Health Emerging Research Teams Grant, \$300,000.
6. **Berry, T. R.** (principal investigator), Blanchard, C., Spence, J. C., Nykiforuk, C., Predy, G., & Edwards, J. (2007-2010). *A longitudinal examination of the relationship between the built environment, physical activity, and social factors within the Capital Health Region of Alberta*. Heart and Stroke Foundation of Canada, Built Environment, Obesity and Health Strategic Initiative, \$353,418.

#### **Completed externally funded projects:**

1. **Berry, T. R.** (principal investigator). *Toward successful health promotion: Understanding Persuasion*. Alberta Heritage Foundation for Medical Research, establishment grant to go with Population Health Investigator Award, 2006-6009. \$42,786.
2. **Berry, T. R.** (principal investigator) and Spence, J. C. *An examination of automatic processes*

*underlying physical activity choices: attentional bias, stereotypes and habitual behavior.* Social Sciences and Humanities Research Council, Standard Research Grants, 2006-2009. \$66,791.

3. **Berry, T. R.** (principal investigator), Spence, J. C., Plotnikoff, R. C., Bauman, A., & McCargar, L. (2007-2008). *Evaluation of the Healthy U initiative – refocus on seniors.* Canadian Institute of Health Research Operating Grant, Strategic Initiative – Intervention Research (Healthy Living and Chronic Disease Prevention), \$99,067.
4. **Berry, T. R.** (principal investigator), Spence, J. C., Nykiforuk, C., Blanchard, C., Predy, G., & Edwards, J. (2007). *Built environment, obesity and health, proposal development grant.* Heart and Stroke Foundation of Canada, \$2500.
5. **Berry, T. R.** (principal investigator), K. Dawson, J. Tracey, K. Zettel, S. Kibbee, & M. Jacobs. *Stepping into health: The search for a more effective worksite physical activity intervention.* Workplace Safety and Insurance Board of Ontario, 2005-2006, \$27,872.50.
6. Naylor, PJ (principal investigator), Wharf Higgins, J., Blair, L. E., Maclean, D. R., O'connor, B. P., & **Berry, T. R.** (2001-2004). *Initiation, adoption and implementation of the British Columbia heart health model.* Canadian Institute of Health Research – Operating Grant. \$344,750.

#### **Internal funding:**

1. **Berry, T. R.** (2007). A preliminary examination of the effects of stress on exercise behaviour: Test of an exercise proxy. University of Alberta, EFF Support for the Advancement of Scholarship. \$4996.
2. **Berry, T. R.**, & Shields, C. A. (2007). An examination of the effects of physical activity advertisements on young adults. University of Alberta, Killam Research Fund Cornerstones Grant Program. \$4840.
3. Maraj, B.K.V. (principal investigator), **Berry, T. R.**, Boule, N., Holt, N., Spence, J. C., & Young, B. (2007) The influence of environmental factors on the mobility and health of Alberta seniors. Alberta Centre on Aging: Research Development Grant. \$4,000.
4. **Berry, T.** (2006). University of Alberta Humanities, Fine Arts and Social Sciences Research Travel Grant for presenting: An evaluation of a Modified Home Support Exercise Program in both urban and rural settings at the meeting of the International Society for Behavioural Nutrition and Physical Activity, Boston, July 13 – 16. \$800.
5. Shields, C. (principal investigator) & **Berry, T.** (2006). Exercise promotion in the media: A research-based teaching tool. Teaching Innovation and Improvement Fund, Acadia University, \$5448.
6. **Berry, T.** (2005). SSHRC 4a grant – Wilfrid Laurier University award after receiving a 4a designation on a 2005 SSHRC application. \$2400.
7. **Berry, T.** (2005). Wilfrid Laurier University travel grant awarded for travel to the International Society for Behavioral Nutrition and Physical Activity meeting, June 16-18, Amsterdam, the Netherlands. Presentation entitled: An Examination of Attentional Bias for Exercise and Nutrition Related Words, \$1500.
8. **Berry, T.** (2004). Dissemination of Health Information in the News Media. Funded by Wilfrid Laurier University – research fellowship, \$4996.

#### **Student Awards:**

2000 - 2001	B.C. Medical Services Foundation Fellowship, \$17000.00
2001	Graduate Research Grant, University of Victoria, \$300.00

- 2000 Student bursary, The First International Conference on Women,  
Heart Disease and Stroke: Science and Policy in Action, \$500.00
- 1997 Physical Education Graduate Scholarship, \$300.00
- 1990 & 1991 University of Victoria Athletic Award, \$1500.00/year

## Teaching

### Courses taught at University of Alberta:

- Behavioural Medicine (HEED 221); 2006, 2008, 2009
- Social Dimensions of Health Promotion (HEED 320); 2005
- Directed studies (master's level) on statistics; 2007

### Courses Taught at Wilfrid Laurier University:

- Introduction to sport psychology (KP 210/PS 286)
- Advanced psychology of sport and physical activity (KP 410)
- Behaviour modification and physical activity (KP 412)
- Research methods for kinesiology and physical education (KP 261)

### Courses taught at other institutions:

- Applied Sport Psychology; graduate course in the Masters of Coaching Studies program, University of Victoria (2005, 2007)
- Sport psychology; elective undergraduate course at the University of Victoria (2002)
- Psychology for classrooms; required course for the post degree education degree program at the University of Victoria (2001)
- Mental Skills for Coaches and Athletes (National Coaching Institute, Victoria, B.C.)
- Mental Skills for Coaches and Athletes (International coaching school, Victoria, B.C.)

### Courses developed:

- Behaviour modification and physical activity, Wilfrid Laurier University

### Theses Supervised:

Ivan Todosijczuk (2009 - ). *Applying Communication Theory to workplace physical activity interventions: a mixed methods feasibility stud.* PhD dissertation.

Sean Stolp (2007 - ). *The influences of exercise stereotypes on intentions to be active.* Master's thesis at the University of Alberta. Co-supervisor with Dr. W. Rodgers.

Nicole McLeod (2008 - ) Topic to be determined. Master's thesis at the University of Alberta.

Amy Reid. (completed 2005). *Clients in cardiac rehabilitation: Are there psychological benefits?* Undergraduate honours thesis at Wilfrid Laurier University. Co-supervisor with Dr. P. Fletcher.

Melanie Pankratow (2009 - ) Topic to be determined. Master's thesis.

### Thesis Supervisory Committee:

Sue Buhler (2008 - ) PhD, Centre for Health Promotion Studies, University of Alberta

Chad Witcher (2008 - ) PhD, Faculty of Physical Education and Recreation, University of Alberta

Nicoleta Cumitusu (2008 - ) PhD, Faculty of Physical Education and Recreation, University of

Alberta

Katherine Tamminen (2008 - ) PhD, Faculty of Physical Education and Recreation, University of Alberta

Tomoe Watanabe (2007 - 2009) MA, Department of Agriculture Food and Nutritional Sciences, Faculty of Agriculture, Forestry, and Home Economics, University of Alberta

Christina Loitz, (2007 - ) PhD, Faculty of Physical Education and Recreation, University of Alberta

Jennifer Dooley, (2006 - 2008) MA, Centre for Health Promotion Studies, School of Public Health, University of Alberta

## Service

### Professional:

- ParticipACTION, research advisory committee member (2009 - ) – national in scope
- Director, Canadian Society for Psychomotor Learning and Sport Psychology (2007 – 2009)
- Organizing committee member for the 2008 meeting of the International Society for Behavioral Nutrition and Physical Activity; held in Banff, Alberta.

### Ad hoc reviews:

- Health Promotion Practice (2009)
- Canadian Diabetes Association Scholar application personnel award (2009)
- Research Grants Council of Hong Kong, grants competition (2009)
- Applied Physiology, Nutrition, and Metabolism (2009)
- Psychology and Health (2008)
- The Sport Psychologist (2008)
- Journal of Sport and Exercise Psychology (2008, 2009)
- Saskatchewan Health Research Fund (2008)
- Journal of Communication (2008)
- Leisure Studies (2008)
- Perceptual and Motor Skills (2008)
- Social Sciences and Humanities Research Council of Canada (2002, 2007)
- Canadian Journal of Public Health (2007)
- Journal of Sport and Exercise Psychology (2007)
- Health Education Research (2005, 2007)
- Canadian Journal of Behavioural Science (2006)
- International Journal of Sport and Exercise Psychology (2006)
- Medicine and Science in Sport and Exercise (2006)
- Social Behavior and Personality: An International Journal (2005)
- Journal of Aging and Physical Activity (2005)
- Journal of Sports Science and Medicine (2004)

### University:

- Faculty member on the Play Around the World Selection Committee, 2009
- Selection committee, dean Faculty of Physical Education and Recreation, 2009
- Selection committee for faculty hire in joint degree program with the Faculty of Native Studies,

2009

- Member of the Research Ethics Board, Faculty of Physical Education and Recreation, University of Alberta (2006 - )
- Selection committee for the Associate Dean, Community and International Engagement, Faculty of Physical Education and Recreation, University of Alberta, 2007
- Member of the Committee for Scholarly Inquiry, Faculty of Physical Education and Recreation, University of Alberta (chair: Dr. Marcel Bouffard; 2007 - 2008)
- Academic counselling for incoming students, Wilfrid Laurier University – 2005
- Co-organizer of Wilfrid Laurier University women’s caucus tenure and promotion workshop, May 6th 2005
- Ontario University’s Fair, Faculty Representative, Wilfrid Laurier University, September 25, 2004
- Member of the Century Committee – looking to WLU’s future, 2004 – 2005
- Steppin’ Out at Laurier, walking program for staff, speaker and leader, 2004
- Department of Kinesiology and Physical Education library representative, Wilfrid Laurier University, 2004 – 2005
- Member of the Departmental Appointment and Promotion Committee, Wilfrid Laurier University, 2003-2004

**Recent Community:**

- Guest lecture Smoky Lake Women’s Conference, Motivating people to be physically active, March 17, 2008
- Guest lecture for District of Sparwood, Leisure and Community Services, Motivating people to be physically active, March 23, 2007

**Professional Memberships:**

- Canadian Society for Psychomotor Learning and Sport Psychology
- International Society for the Behaviour of Nutrition and Physical Activity

**Other (e.g., Media and University Presentations):**

- Profile de chercheur. 22 avril, 2009. Radio-Canada Edmonton. Available: [http://www.radio-canada.ca/audio-video/pop.shtml#urlMedia%3D/Medianet/2009/CHFA/000240cc\\_20090427\\_133259.aspx&promo%3DZAPmedia\\_Telejournal&duree%3Dcourt](http://www.radio-canada.ca/audio-video/pop.shtml#urlMedia%3D/Medianet/2009/CHFA/000240cc_20090427_133259.aspx&promo%3DZAPmedia_Telejournal&duree%3Dcourt)
- Berry, T. R. (March 10, 2009). Invited presentation for the Nutrition and Food Science Student's Association (NuFSSA) at the University of Alberta.
- January 26 – Feb 4. Phone interviews with Calgary XL radio 103 FM; 24 hours; Global Lethbridge; Lethbridge Herald; Sherwood Park News; CBC radio, Lethbridge Sun-Times; re: Alberta Physical Activity Survey
- Chatelaine Magazine, November 2008. Getting started: Threes ways to walk more. Experts tips to fit walking into your busy schedule. Andre Voshart.
- Lethbridge Herald, October 10, 2008. *Right Message Can Help People Get Active*. Feature Interview by Caroline Zentner
- University of Alberta, Express News article, “No easy answers for childhood obesity epidemic” May 15, 2008; commentary following 2008 Physical Activity Forum on Childhood Obesity sponsored by Alberta Centre for Active Living. Available: <http://www.expressnews.ualberta.ca/article.cfm?id=9340>
- Calgary Today - AM 770 CHQR interview – comment on Statistics Canada report on declining

sport participation in Canada

- CBC Edmonton radio interview – motivation for physical activity. January 30, 2008.
- Telephone interview with Sara Altshul for an article in *Better Homes and Gardens*, December 10, 2007; appeared in April 2008 issue
- Newspaper interview with Gina Racine, Whitecourt Star. November 23, 2007.
- Speaker Series Presentation, Faculty of Physical Education and Recreation, University of Alberta, November 16, 2007, *PAY ATTENTION!!! Physical activity promotion in a crowded advertising world*.
- Television interview with Global TV, August 30, 2007, commentary on latest statistics Canada report on rates of physical activity in Canada.
- University of Alberta, Express News article, “Health message needs to exercise media muscle” – feature on my research by Ileiren Byles. Available: <http://www.expressnews.ualberta.ca/article.cfm?id=8118>
- Television interviews with CBC, CTV, SHAW, CityTV, and Global, Tuesday December 12, 2006
- Guest on CFRN (CTV) noon news show Wednesday, December 13, 2006
- CBC radio interview (Edmonton) – comment on research that reported children in less safe neighbourhoods are more likely to be obese. Aired January 4, 2006.
- Edmonton Journal interview – comment on Alberta Physical Activity Survey released by Alberta Centre for Active Living. Printed October 2005.
- Edmonton Examiner interview - comment on Alberta Physical Activity Survey released by Alberta Centre for Active Living. Printed October 2005.
- Stepping into Health - October 20, 2004. Presentation to staff at Wilfrid Laurier University on excuses and barriers to physical activity.
- Bodies of Evidence. Victoria Times Colonist – Saturday, July 5, 2003. Feature article on my dissertation work by Katherine Deyna.
- Forget the Diet - CBC Radio One – Commentary, national broadcast, December 31, 2002.
- Member of University of Victoria Speakers Bureau, 2001 – 2003, various presentations. Topics: Exercise Motivation; Body Image and Eating Disorders; Sport Psychology
- CH News, Victoria, July 26, 2002. Re: impact of positive drug test on other Canadian athletes at Commonwealth Games.

#### **Non-refereed Publications:**

1. Berry, T. R., McCarville, R. E., & Rhodes, R. E. (December, 2008). How health promoters can compete with commercial advertising. Alberta Centre for Active Living, 15 (4). Available: <http://www.centre4activeliving.ca/publications/research-update/2008/dec-active-living.pdf>
2. Loitz, C., **Berry, T. R.**, & Spence, J. C., (2009). *2009 Alberta Survey on Physical Activity: A concise report*. Available: [http://www.centre4activeliving.ca/publications/physact\\_survey/2009report.pdf](http://www.centre4activeliving.ca/publications/physact_survey/2009report.pdf)
3. Burgess, J., **Berry, T. R.**, & Spence, J. C., (2007). *2007 Alberta Survey on Physical Activity: A concise report*. Available: [http://www.centre4activeliving.ca/publications/physact\\_survey/2007report.pdf](http://www.centre4activeliving.ca/publications/physact_survey/2007report.pdf)
4. Dechaine, J., & **Berry, T. R.** (2006). *Home Support Exercise Program (HSEP) in Alberta: Chinook Health Region Pilot-Test Evaluation Results*. Alberta Centre for Active Living. Available: [http://www.centre4activeliving.ca/publications/hsep\\_report/Chinook\\_Eval\\_Results\\_0406.pdf](http://www.centre4activeliving.ca/publications/hsep_report/Chinook_Eval_Results_0406.pdf)

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5. **Berry, T. R.,** & Spence, J. C. (2006). *Understanding Reported Rates of Physical Activity: Comparing the Results of the Alberta Survey on Physical Activity and Canadian Community Health Survey*. Alberta Centre for Active Living. Available: [http://www.centre4activeliving.ca/publications/physact\\_survey/pa\\_rates\\_report/Full\\_PASurvReport\\_Final.pdf](http://www.centre4activeliving.ca/publications/physact_survey/pa_rates_report/Full_PASurvReport_Final.pdf)
6. **Berry, T. R.,** Bengoechea, E. G., & Spence, J. C. (December, 2005). *Highlights of the 2005 Physical Activity Survey – Understanding the Role of Determinants in Physical Activity Behaviour*. Alberta Centre for Active Living, Research Update, 12 (4).
7. **Berry, T. R.,** Naylor, P.J., & Wharf-Higgins, J. (September, 2005), *Adolescent Physical Activity: Reasons for Relapse*. Alberta Centre for Active Living, Research Update, 12 (3).
8. **Berry, T.** (2001). *Self-presentation and exercise behaviour: the development of a questionnaire*. Connections 2001, Faculty of Education, University of Victoria, 15-22.
9. **Berry, T.** (1999). *Coaches, athletes and eating disorders*. The BC Counsellor, 21, 45-54 .
10. **Berry, T.,** & Howe, B.L. (1997). *The Role of the Profile of Mood States in Assessing Male Rugby Players. State or Trait?* Connections 1997, Faculty of Education, University of Victoria, 23-28.