

CURRICULUM VITA

Heather Ann Hausenblas, PhD

CURRENT EMPLOYMENT

Title: Associate Professor, Director of Exercise Psychology Laboratory
University of Florida, August 1998 to present

Area of Specialization: Exercise and Health Psychology, **Address:** Department of Applied Physiology and Kinesiology, PO Box 118205, University of Florida, Gainesville, FL, 32611-8205, phone: 352-392-0584 ext. 1292, fax: 352-392-5262, email: heatherh@hnp.ufl.edu

ACADEMIC EMPLOYMENT HISTORY

Teaching & Research Assistant, The University of Western Ontario, Faculty of Kinesiology (Sept. 1993 to Feb. 1998)

Teaching Assistant, McMaster University, Department of Psychology (Sept. 1992 to April 1993)

DEGREES RECEIVED

Doctor of Philosophy (Kinesiology)
The University of Western Ontario, London, ON, Canada, January 1998

Bachelor of Arts (Honours Psychology)
McMaster University, Hamilton, ON, Canada, June 1993

Bachelor of Arts (Psychology)
McMaster University, Hamilton, ON, Canada, June 1992

ACADEMIC AWARDS AND DISTINCTIONS

- University of Florida Research Foundation Professor (2006)
- Early Career Distinguished Scholar Award for outstanding research contributions in the early stage of my scientific career (2005)
North American Society for the Psychology of Sport and Physical Activity
- Dorothy V. Harris Memorial Award receipt for outstanding early career development in sport and exercise psychology (2003)
Association for the Advancement of Applied Sport Psychology
- Sport Science Award of the International Olympic Committee President
International Council of Sport Science and Physical Education (1998)
Presented in Lausanne, Switzerland by the International Olympic Committee President
- Young Scientist Award for Scholarly Research
Canadian Psychomotor Learning and Sport Psychology Association (1996)

PUBLICATIONS

Books

1. Carron, A. V., **Hausenblas, H. A.**, & Estabrooks, P. (2003). *Psychology of physical activity*. New York: McGraw-Hill.
2. Singer, R. N., **Hausenblas, H. A.**, & Janelle, M. (Eds.) (2001). *Handbook on sport*

- psychology*. New York: John Wiley & Sons.
3. Carron, A. V., & **Hausenblas, H. A.** (1998). *Group dynamics in sport* (2nd Ed.). Morgantown, WV: Fitness Information Technology.
 4. Carron, A. V., **Hausenblas, H. A.**, & Eys, M. A. (2005). *Group dynamics in sport* (3rd Ed.). Morgantown, WV: Fitness Information Technology.

Invited Book Chapters

1. Carron, A. V., & **Hausenblas, H. A.** (1998). Construire une equip en sport. In E. Thill & P. Fleurance, *Guide pratique de la preparation psychologique du sportif*. (pp.135-144). Paris: Vigot. [Team building in sport. In E. Thill & P. Fleurance, *Practical guide of psychological preparation* (pp.135-144). Paris, France: Vigot.]
2. Carron, A. V., **Hausenblas, H. A.**, & Estabrooks, P. (1999). Social influence and exercise involvement. In S. Bull (Ed.), *Adherence issues in sport and exercise*. (pp. 1-18). New York: John Wiley & Sons.

Refereed Journal Articles

- Chittester, N. I., & Hausenblas, H. A. (in press). Prediction of Drive for Muscularity by body composition and psychological factors. *Journal of Health Psychology* (August 2009)
1. Hoyt, A. L., Rhodes, R., **Hausenblas, H. A.**, & Giacobbi, P. R. (in press). Integrating the five-factor model facet level traits with the theory of planned behavior and exercise. *Psychology of Sport and Exercise*.
 2. De Braganza, N., & **Hausenblas, H. A.** (in press). Media exposure of the ideal physique on women's body dissatisfaction and mood: The moderating effects of ethnicity. *Journal of Black Studies*.
 3. Fallon, E., Chittester, N., Debraganza, N., & Hausenblas, H. A. (in press). Determinants of the drive for muscularity. *American Journal of Men's Health* (accepted January 2008) <http://dx.doi.org/10.1177/1359105308088520>
 5. Campbell, A., & **Hausenblas, H. A.** (2009). Effects of exercise interventions on body image: A meta-analysis. *Journal of Health Psychology*, 14,780 – 793
 6. Janelle, C. M., **Hausenblas, H. A.**, Ellis, R., Coombes, S. A., & Duley, A. (2009). The time course of attentional allocation while women high and low in body dissatisfaction view self and model physiques. *Psychology and Health*, 24, 351 - 366.
 7. **Hausenblas, H. A.**, Symons Downs, D., Giacobbi, P. Tuccitto, D., & Cook, B. (2008). A multilevel examination of exercise intention and behaviour during pregnancy. *Social Science & Medicine*, 66, 2555 -2561.
 8. Cook, B., & **Hausenblas, H.** (2008). The role of exercise dependence for the relationship between exercise behavior and eating pathology: Mediator or moderator? *Journal of Health Psychology*, 13, 495 - 502. :
 9. **Hausenblas, H. A.**, Gauvin, L. Downs, D. S., & Duley, A. (2008). Effects of abstinence from habitual involvement in regular exercise on feeling states: An ecological momentary assessment study. *British Journal of Health Psychology*, 13, 237 - 255.
 10. **Hausenblas, H. A.**, Brewer, B. W., Van Raalte, J. L., Cook, B., Symons Downs, D., Weis, C. A., Nigg, C., & Cruz, A. (2008). Validation of a multimedia CD-ROM for exercise during pregnancy and postpartum. *Patient Education & Counseling*, 70, 215 - 219.
 11. **Hausenblas, H. A.**, Cook, B., & Chittester, N. (2008). Can exercise treat eating disorders. *Exercise and Sport Sciences Reviews*, 36, 43 - 47.
 12. Symons Downs, D., & **Hausenblas, H. A.** (2007). Pregnant women's third trimester exercise behavior, body mass index, and pregnancy outcomes. *Psychology and Health*, 22, 545 - 559.
 13. Focht B. C., & **Hausenblas, H. A.** (2006). Exercising in public and private environments:

- Effects on feeling states in women with social physique anxiety. *Journal of Applied Behavioral Research*, 11, 147 – 165.
14. Germain, J. L., & Hausenblas, H. A. (2006). Relationship between perceived fitness and exercise: A meta-analysis. *Journal of Applied Sport Psychology*, 18, 283 - 296.
 15. Giacobbi, P. R., Jr., Hardin, B., Frye, N., Hausenblas, H. A., & Sears, S. & Stegelin, A. (2006). A multi-level examination of personality, exercise, and daily life events for individuals with physical disabilities. *Adapted Physical Activity Quarterly*, 23 129-147.
 16. Hausenblas, H. A., & Fallon, E. A. (2006). Exercise and body image: A meta-analysis. *Psychology and Health*, 21, 33-47.
 17. Giacobbi, P. R., Jr., Hausenblas, H. A., & Penfield, R. (2005). Further refinement in the measurement of exercise imagery: The Exercise Imagery Inventory. *Measurement in Physical Education and Exercise Science*, 9, 251-266.
 18. Ames E. G, Perri, M. G., Fox, L. D., Fallon, E. A., DeBraganza, N., Murawski, M., Pafumi, L., & Hausenblas, H. A. (2005). Changing weight-loss expectations: A randomized pilot study. *Eating Behaviors*, 6, 259-269.
 19. Ellis Gardner, R., & Hausenblas, H. A. (2005). Exercise and diet determinants of overweight women participating in an exercise and diet program: A prospective examination of the theory of planned behavior. *Women & Health*, 42, 37 - 62.
 20. Fallon, E. A, Hausenblas, H. A., & Nigg, C. (2005). The transtheoretical model and exercise adherence: Examining construct associations in later stages of change. *Psychology of Sport and Exercise*, 6, 629-641.
 21. Doughty, J. H., & Hausenblas, H. A. (2005). A longitudinal examination of disordered eating correlates in collegiate gymnasts. *Women in Sport and Physical Activity Journal*, 14, 52-61.
 22. Hagan, A. L., & Hausenblas, H. A. (2005). Examination of personality correlates, exercise preferences, and exercise behavior. *Malaysian Journal of Sports Science and Recreation*, 1, 17-34.
 23. Hausenblas, H. A., & Symons Downs, D. (2005). Prospective examination of leisure-time exercise during pregnancy. *Journal of Applied Sport Psychology*, 17, 240-246. [Impact Factor = 1.22]
 24. Dannecker, D. A., Hausenblas, H. A., Kaminski, K., & Robinson, M. E. (2005). Sex differences in delayed onset muscle pain. *Clinical Journal of Pain*, 21, 120-126. [Impact Factor = 2.45]
 25. Fallon, E. A, & Hausenblas, H. A. (2005). Media images of the “ideal” female body: Can acute exercise reduce their psychological impact? *Body Image: An International Journal of Research*, 2, 62-73.
 26. Symons Downs, D., & Hausenblas, H. A. (2005). Exercise behavior and the theories of reasoned action and planned behavior: A meta-analytic update. *Journal of Physical Activity and Health*, 2, 76-97.
 27. Giacobbi, P. R., Jr., Hausenblas, H. A., & Frye, N. (2005). A naturalistic assessment of the relationship between personality, daily life events, leisure-time physical activity, and mood. *Psychology of Sport and Exercise*, 6, 67-81.
 28. Symons Downs, D., & Hausenblas, H. A. (2005). Elicitation studies and the theory of planned behavior: A systematic review of exercise beliefs. *Psychology of Sport and Exercise*, 6, 1-31.
 29. Ellis Gardner, R., & Hausenblas, H. A. (2004). Exercise and diet beliefs of overweight women: An elicitation study using the theory of planned behavior. *Journal of Applied Biobehavioral Research*, 9, 188 - 200.
 30. Symons Downs, D., Hausenblas, H. A., & Nigg, C. R. (2004). Factorial validity and psychometric examination of the Exercise Dependence Scale-Revised. *Measurement in Physical Education and Exercise Science*, 8, 183-201.
 31. Focht, B. C., & Hausenblas, H. A. (2004). Perceived evaluative threat and state anxiety

- during exercise in women with high social physique anxiety. *Journal of Applied Sport Psychology*, 16, 361-368.
32. Ellis Gardner, R., & Hausenblas, H. A. (2004). Understanding exercise and diet motivation in overweight women enrolled in a weight loss program: A prospective study using the theory of planned behavior. *Journal of Applied Social Psychology*, 34, 1353-1370.
 33. Symons Downs, D., & Hausenblas, H. A. (2004). Women's exercise beliefs and behaviors during their pregnancy and postpartum. *Journal of Midwifery & Women's Health*, 49, 138-144.
 34. Carron, A. V., Brawley, L. R., Bray, S. R., Eys, M. A., Dorsch, K. D., Estabrooks, P. A., Hall, C. R., Hardy, J., Hausenblas, H. A., Madison, R., Paskevich, D., Patterson, M. M., Prapavessis, H., Spink, K. S., & Terry, P. C. (2004). Using consensus as a criterion for groupness: Implications for the cohesion-group success relationship. *Small Group Research*, 35, 466-491.
 35. Bolton, D. A., Cauraugh, J., & Hausenblas, H. A. (2004). Electromyogram-triggered neuromuscular stimulation and stroke motor recovery of arm/hand functions A meta-analysis. *Journal of the Neurological Sciences*, 223, 121-127.
 36. Hausenblas, H. A., & McNally, K. D. (2004). Eating disorder prevalence and symptoms for track and field athletes and nonathletes. *Journal of Applied Sport Psychology*, 16, 274-286.
 37. Hausenblas, H. A., & Symons Downs, D. (2004). Prospective examination of the theory of planned behavior applied to exercise behavior during women's first trimester of pregnancy. *Journal of Reproductive and Infant Psychology*, 22, 199-210.
 38. Fallon, E. A., & Hausenblas, H. A. (2004). Transtheoretical model of behavior change: Is the current definition of termination applicable to exercise behavior? *American Journal of Health Studies*, 19, 35-44.
 39. Symons Downs, D., & Hausenblas, H. A. (2004). I can't stop: The relationship among exercise dependence symptoms, injury and illness behaviors, and motives for exercise continuance. *Journal of Human Movement Studies*, 45, 359-375.
 40. Hausenblas, H. A., & Giacobbi, P. R. (2004). Relationship between exercise dependence symptoms and personality. *Personality and Individual Differences*, 36, 1265-1273.
 41. Hausenblas, H. A., Brewer, B. W., & Van Raalte, J. L. (2004). Self-presentation and exercise. *Journal of Applied Sport Psychology*, 16, 3-18.
 42. Hausenblas, H. A., Janelle, C. M., Ellis Gardner, R., & Focht, B. C. (2004). Viewing physique slides: Affective responses of women at high and low drive for thinness. *Journal of Social and Clinical Psychology*, 23, 45-60.
 43. Dannecker, E. A., Hausenblas, H. A., Connaughton, D., & Lovins, T. (2003). Validation of a stages of exercise change questionnaire. *Research Quarterly for Exercise and Sport*, 74, 236-247.
 44. Symons Downs, D., & Hausenblas, H. A. (2003). Exercising for two: Examining pregnant women's second trimester exercise intention and behavior using the framework of the theory of planned behavior. *Women's Health Issues*, 13, 222-228.
 45. Hausenblas, H. A., Dannecker, E. A., & Symons Downs, D. (2003). Examination of the validity of the Stages of Exercise Change Algorithm. *Journal of Applied Social Psychology*, 33, 1179-1189.
 46. Hausenblas, H. A., Janelle, C. M., Ellis Gardner, R., & Hagan, A. L. (2003). Affective responses of high and low body satisfied males to viewing physique slides. *Eating Disorders: The Journal of Treatment and Prevention*, 11, 101-113.
 47. Hagan, A. L., & Hausenblas, H. A. (2003). The relationship between exercise dependence symptoms and perfectionism. *American Journal of Health Studies*, 18, 133-137.

48. Carron, A. V., Brawley, L. R., Eys, M. A., Bray, S., Colman, M., Dorsch, K., Estabrooks, P., Hall, C. R., Hardy, J., **Hausenblas, H.**, Madison, R., Paskevich, D., Prapevessis, H., Spink, K. S., & Terry, P. C. (2003). Do individual perceptions of group cohesion reflect shared beliefs? An empirical investigation. *Small Group Research: An International Journal of Theory, Investigation, and Application*, *34*, 468-496.
49. Giacobbi, P. R., **Hausenblas, H. A.**, Fallon, E. A., & Hall, C. A. (2003). Even more about exercise imagery: A grounded theory of exercise imagery. *Journal of Applied Sport Psychology*, *15*, 160-175.
50. Focht, B. C., & **Hausenblas, H. A.** (2003). State anxiety responses to acute exercise in women with high social physique anxiety. *Journal of Sport & Exercise Psychology*, *25*, 123-144.
51. Janelle, C. M., **Hausenblas, H. A.**, Fallon, E. A., & Gardner, R. E. (2003). A visual search examination of attentional biases among individuals with high and low drive for thinness. *The Journal of Eating and Weight Disorders*, *8*, 138-144.
52. Zhang, J. J., **Hausenblas, H. A.**, Barkouras, A. K., & Pease, D. G. (2002). Simultaneous study of individual and group correlations: An application example. *Journal of Sport Behavior*, *25*, 287-308.
53. **Hausenblas, H. A.**, Nigg, C. R., Symons Downs, D., Fleming, D., & Connaughton, D. P. (2002). Perceptions of exercise stages, barrier self-efficacy, and decisional balance for middle-level school students. *The Journal of Early Adolescence*, *22*, 436-454.
54. **Hausenblas, H. A.**, & Symons Downs, D. (2002). How much is too much? The development and validation of the Exercise Dependence Scale. *Psychology & Health*, *17*, 387-404.
55. **Hausenblas, H. A.**, & Symons Downs, D. (2002). Relationship among sex, imagery, and exercise dependence symptoms. *Psychology of Addictive Behaviors*, *16*, 169-172.
56. **Hausenblas, H. A.**, & Fallon, E. A. (2002). Relationship among body image, exercise behavior, and exercise dependence symptoms. *International Journal of Eating Disorders*, *32*, 179-185.
57. **Hausenblas, H. A.**, Symons Downs, D., Fleming, D. S., & Connaughton, D. P. (2002). Body image in middle school children. *The Journal of Eating and Weight Disorders*, *7*, 244-248.
58. **Hausenblas, H. A.**, Janelle, C. M., Ellis Gardner, R., & Hagan, A. L. (2002). Effects of exposure to physique slides on the emotional responses of men and women. *Sex Roles: A Journal of Research*, *47*, 569-575.
59. **Hausenblas, H. A.**, & Carron, A. V. (Winter 2002). Assessing eating disorder symptoms by sport groups: A critique with recommendations for future research. *International Sports Journal*, 65-74.
60. **Hausenblas, H. A.**, & Symons Downs, D. (2002). Exercise dependence: A systematic review. *Psychology of Sport and Exercise*, *3*, 89-123.
61. **Hausenblas, H. A.**, & Symons Downs, D. (2001). Comparison of body image between athletes and nonathletes. A meta-analytic review. *Journal of Applied Sport Psychology*, *13*, 323-339.
62. Fallon, E. A., & **Hausenblas, H. A.** (2001). Transtheoretical model of behavior change: Does the termination stage exist for exercise? *Journal of Human Movement Studies*, *40*, 465-479.
63. **Hausenblas, H. A.**, Dannecker, E. A., & Focht, B. C. (2001). Psychological effects of exercise with general and diseased populations. *Journal of Psychotherapy in Independent Practice*, *2*, 27-48.
64. **Hausenblas, H. A.**, Nigg, C. R., Dannecker, E. A., Symons Downs, D., Ellis Gardner, R., Fallon, E. A., Focht, B. C., & Loving, M. G. (2001). A missing piece of the transtheoretical model applied to exercise: Development and validation of the Temptation to Not Exercise Scale. *Psychology & Health*, *16*, 381-390.

65. Focht, B., & Hausenblas, H. A. (2001). Influence of quiet rest and aerobic exercise performed in a naturalistic environment on selected psychological responses. *Journal of Sport & Exercise Psychology, 23*, 108-121.
66. Hausenblas, H. A., & Carron, A. V. (2000). Group influences on eating and dieting behaviors in male and female varsity athletes. *Journal of Sport Behavior, 23*, 33-41.
67. Hausenblas, H. A., & Martin, K. A. (2000). Bodies on display. Female aerobic instructors and social physique anxiety. *Women in Sport and Physical Activity Journal, 9*, 1-14.
68. Carron, A. V., Estabrooks, P. A., Horton, H., Prapavessis, H., & Hausenblas, H. A. (1999). Reductions in social anxiety associated with group membership: Distraction, anonymity, security, or diffusion of evaluation. *Group Dynamics: Theory, Research, & Practice, 3*, 1-9.
69. Hausenblas, H. A., Dannecker, E. A., Connaughton, D. P., & Lovins, T. R. (1999). Examining the validity of the stages of exercise change algorithm. *American Journal of Health Studies, 15*, 94-99.
70. Hausenblas, H. A., & Mack, D. (1999). Social physique anxiety and eating disorder correlates among female athletic and nonathletic populations. *Journal of Sport Behavior, 22*, 502-513.
71. Hausenblas, H. A., & Carron, A. V. (1999). Eating disorder indices and athletes: An integration. *Journal of Sport & Exercise Psychology 21*, 230-258.
72. Hausenblas, H. A., Hall, C. R., Rodgers, W., & Munroe, K. (1999). Exercise imagery: Its nature and measurement. *Journal of Applied Sport Psychology, 11*, 171-180.
73. Carron, A. V., Hausenblas, H. A., & Mack, D. (1999). When a comment is much ado about little: A reply to the Spence. *Journal of Sport & Exercise Psychology, 21*, 382-388.
74. Hall, C. R., Mack, D. E., Paivo, A., & Hausenblas, H. A. (1998). Imagery use by athletes: Development of the Sport Imagery Questionnaire. *International Journal of Sport Psychology, 29*, 73-89.
75. Martin, K. A., & Hausenblas, H. A. (1998). Psychological commitment to exercise and eating disorder symptomology among female aerobic instructors. *The Sport Psychologist, 12*, 180-190.
76. Hausenblas, H. A., & Carron, A. V. (1998). Group influences on eating and dieting behaviors in residence members. *College Student Journal, 32*, 585-589.
77. Hausenblas, H. A., Carron, A. V., & Mack, D. (1997). Application of the theories of reasoned action and planned behavior to exercise behavior: A meta-analysis. *Journal of Sport & Exercise Psychology, 19*, 36-51.
78. Carron, A. V., Hausenblas, H. A., & Mack, D. (1996). Social influence and exercise: A meta-analysis. *Journal of Sport & Exercise Psychology, 18*, 1-16.
79. Hausenblas, H. A., & Carron, A. V. (1996). The relationship between group cohesion and self-handicapping in female and male athletes. *Journal of Sport & Exercise Psychology, 18*, 132-143.

RESEARCH GRANTS

A) Funded Grants

1. Hausenblas, H. A. (Principal Investigator) (8/10/07 to 7/31/09) Project title: Theoretical Assessment of Exercise Beliefs During Pregnancy (1R03HD054404-01A1). R03 NIH NICHD (Direct Cost = \$100,000, IDC = \$39,722)
2. Hausenblas, H. A. (PI). (April 2009 to April 2010). Project title: *Exercise Predictors During Postpartum*. NIH R03(Direct Cost = \$100,000, IDC = \$39,722)