

## CANADA RESEARCH CHAIR IN MOTIVATIONAL PROCESSES AND OPTIMAL FUNCTIONING

*Wednesday September 19th 2018, 12:30 – 2:00 pm  
Pavillon Adrien-Pinard, SU-1550  
100 Sherbrooke West, Montreal (Quebec), H2X 3P2  
A wine and cheese will follow, SU-R310*

# SELF-REGULATION LINKS SOCIAL, HEALTH AND EXERCISE PSYCHOLOGY: APPLICATION AMONG ASYMPTOMATIC AND SYMPTOMATIC POPULATIONS



## Lawrence R. Brawley, Ph.D.

Professor, College of Kinesiology, School of Public Health  
University of Saskatchewan

Dr. Brawley is a Professor and Tier 1 Canada Research Chair in the College of Kinesiology and affiliate member of the School of Public Health, University of Saskatchewan.

For the last 14 years as a Canada Research Chair, I've been involved in studying the effect of cognitive behavioral counselling during interventions. These interventions address the promotion and change in the physical activity recommended to self-manage chronic conditions. My research has both an applied and experimental perspective.

From the applied perspective, specific mediators such as self-efficacy, particularly self-regulatory efficacy, have been examined to determine their motivational impact on one of the aims of the interventions -- the behavioral adherence following treatment. From an experimental / quasi-experimental perspective, studies to test premises of Bandura's agency component of social-cognitive theory have been conducted in asymptomatic and symptomatic populations. These have concerned whether people with greater efficacy will maintain greater behavioral persistence when faced with challenges and obstacles. Findings have implications for informing the content of future interventions among individuals who attempt to sustain physical activity changes over time. The presentation will include results of both interventions and quasi-experimental studies to illustrate research perspectives. A summary of the intervention results across a number of chronic conditions will indicate the efficacy of the intervention model.

Last, preliminary results of an initial study of physically active individuals who have successfully maintained this behavior for years will be presented. What can be learned from these individuals that might help those who want or need to pursue physical activity as a health-related lifestyle change for disease prevention reasons?

### Upcoming Presentations

November 21th, 2018

**Paul A. O'Keefe, Ph.D.**

Yale-NUS College (Singapore)

*"The Benefits of Viewing Interests as Developed, Not Fixed"*

January 23rd, 2019

**Carsten Wrosch, Ph.D.**

Concordia University

*"Goal Adjustment Capacities, Subjective Well-being, and Physical Health"*

April 17th, 2019

**Emily Balcetis Ph.D.**

New York University

*"Focused and Fired up: Motivated Visual Perception and The Self-Regulation of Exercise Behavior"*

*In collaboration with the Research Laboratory on Social Behavior, directed by Robert J. Vallerand, Ph.D.*

*Professor, Department of psychology,  
Université du Québec à Montréal*

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