

# **ECSEPS** <sup>2022</sup> uOttawa

## **Eastern Canada Sport and Exercise Psychology Symposium:** An AASP Canada/International Conference

**March 25<sup>th</sup> & 26<sup>th</sup>, 2022  
Ottawa Marriott**

*Hosted by:*  
School of Human Kinetics  
University of Ottawa



Welcome to the 26<sup>th</sup> annual Eastern Canada Sport and Exercise Psychology (ECSEPS): An AASP Canada/International Conference! We are excited to be hosting ECSEPS 2022 on behalf of the University of Ottawa. ECSEPS is a graduate student run conference that brings together graduate and undergraduate students from across Eastern Canada to present research on the various topics within sport, health, and exercise psychology. Ever since the first iteration of ECSEPS, hosted here at the University of Ottawa in 1996, it has become a staple within our community.

The University of Ottawa is honoured to host ECSEPS for the sixth time. With over 120 student presentation scheduled over the course of two days, this will be a valuable weekend for not only discovering current research being conducted in the field, but also for the exchange of knowledge and networking. This year, we are proud to provide students with two new opportunities to engage more fully with the conference and their peers, through peer-review and symposium sessions. This peer-review process promoted the opportunity for students to engage in reviewing their peers' work and providing strength-based, constructive feedback to help recognize the strength's of their submission and areas or suggestions for improvement. All presenters were then given the opportunity to revise their abstract submissions given this feedback. Introducing a symposium session to this year's conference allowed students the opportunity to collaborate with their peers outside of their school to curate a group of presentations on a related theme, and gain experience being a chair and/or discussant of a symposia.

We are also excited to have a keynote panel on sport research outside of academia with Jenney Davey (Canadian Paralympic Committee's Paralympic Pathways), Dr. Marie-Pier Charest (Coaching Association of Canada), and Dr. Veronica Allen (SIRC), as well as a keynote by Dr. Blair Evans (Western University).

We would like to say thank you for joining us back in-person this year, and we hope that you have an amazing experience at ECSEPS 2022. We are grateful that you are all able to join us, and we hope that your networking experiences are rewarding.

We hope you enjoy the conference!

Sincerely,

**Jenson Price, Lisa Bain, and Laura Martin**

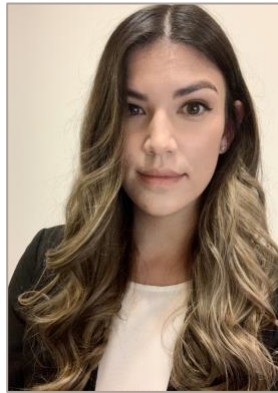
The ECSEPS 2022 Co-Chairs



## ECSEPS 2022 Co-Chairs



**Jenson Price**

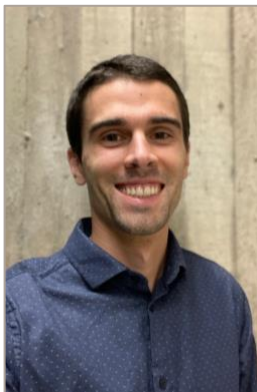


**Lisa Bain**



**Laura Martin**

## ECSEPS 2022 Organizing Committee



**Stuart Wilson**



**Camille Sabourin**



**Cassandra Seguin**



**Maji Shaikh**

## ECSEPS 2022 Volunteers, Peer-Reviewers, and Moderators

Alexandra Walters  
Amanda Miles  
Angelica Blais  
Bradley Crocker  
Cailie McGuire  
Catalina Belalcazar  
Chloe Ouellet-  
Pizer  
Derrick Motz  
Elise Lacoste

Emilie Miller  
Gabrielle Cadotte  
Janeil Bennett  
Janet Lawson  
Jensen Pletch  
Kelechi Kemnele  
Kristen Lucibello  
Kristen Sherrington  
Laura Hallward  
Maeghan James

Mathieu Michaud  
Maxime Landry-Lurette  
Melissa Pare  
Michael David Tan Lopez  
Mitchell Profeit  
Niel Strydom  
Rachel Crook  
Samuel St-Amour  
Sepehr Rassi

Sina Azimi  
Sitara Sharma  
Taranjot Kaur Dhillon  
Venet Kelma  
Victoria Larocca  
Vincent Huard  
Pelletier  
Wesley Tang  
William J Bean

Dear ECSEPS Delegates,

It is with great pleasure that I welcome you to the 26<sup>th</sup> annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), hosted by our student leaders in sport, exercise, and health psychology of the School of Human Kinetics (SHK). From the beginning of ECSEPS in 1996 to the present, the University of Ottawa has been an active member of the ECSEPS community. Thanks to the continued student leadership, ECSEPS provides student researchers a formidable conference in which to share their findings and ideas through a constructive, stimulating, and supportive environment.

Despite the uncertainties of the last few years, we are excited to be back in-person! We look forward to hosting over 120 presentations, a symposium, and panel discussions, over the two day conference.

On behalf of the SHK and the organizing committee, we thank you for attending this year's conference and hope you have a great in-person experience!



Michael A. Robidoux, PhD  
Professor/Professeur Titulaire  
Director and Associate Dean/Directeur et doyen associé  
School of Human Kinetics/École des sciences de l'activité physique  
Faculty of Health Sciences/Faculté des sciences de la santé  
University of Ottawa/Université d'Ottawa  
Tel./Tél.: 1 613-240-0529

Chers délégués de l'ECSEPS,

Il nous fait un grand plaisir de vous souhaiter la bienvenue à la 26<sup>ème</sup> édition du colloque de l'Eastern Canada Sport and Exercise Psychology (ECSEPS), organisée par nos étudiants dirigeants dans le domaine du sport, de l'exercice et de la psychologie de la santé de l'École des sciences de l'activité physique (ESAP). Dès le début de l'ECSEPS en 1996 jusqu'au présent, l'Université d'Ottawa a toujours été un participant actif dans la communauté de l'ECSEPS. Grâce au leadership étudiant continu, l'ECSEPS offre aux étudiants chercheurs un forum formidable dans le cadre duquel ils peuvent partager leurs conclusions et leurs idées dans un milieu constructif, stimulant et favorable.

Malgré les incertitudes des dernières années, nous sommes ravis d'être de retour en présentiel! Nous avons hâte d'accueillir plus de 120 présentations, un colloque, ainsi qu'une série de tables rondes pendant les deux jours de la conférence.

Au nom de l'ESAP et du comité organisateur, nous vous remercions de votre participation à la conférence de cette année et nous espérons que vous vivrez une belle expérience en présentiel!



Michael A. Robidoux, PhD  
Professor/Professeur Titulaire  
Director and Associate Dean/Directeur et doyen associé  
School of Human Kinetics/École des sciences de l'activité physique  
Faculty of Health Sciences/Faculté des sciences de la santé  
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## Friday, March 25<sup>th</sup> Keynote Panel Sport Research Outside Academia



**Jenny Davey** is the Manager of the Canadian Paralympic Committee's Paralympic Pathways team, which focuses on development and implementation of strategies to support a sustainable Paralympic development system. She works closely with the CPC's Paralympic Performance team and a variety of national, provincial, and regional sport partners to support research, funding, athlete identification, classification, and athlete & coach development initiatives. Jenny holds a Masters in Psychology and Pedagogy of Sport from the University of Ottawa with a specialization in Para sport coaching, and her previous experience includes time as a high school teacher and Para sailing coach.



**Marie-Pier Charest, Ph.D.**, is a Coaching Consultant at the Coaching Association of Canada, also in charge of the NCCP Advanced Coaching Diploma and Research. Her Ph.D was completed in 2012 and focused on Athlete Development Model implementation in Quebec Provincial Sport Organizations and club. Before working for the CAC, Marie-Pier worked for 11 years as a lecturer at the Université Laval, then she moved to Speed Skating Canada as a Regional Mentor and to the Institut National du Sport du Québec as the Director of Coach Training Department.



**Veronica Allan, Ph.D.**, is the Manager of Research and Innovation at SIRC. In this role, she leads SIRC's research and evaluation initiatives. She also solicits, supports, and curates content from researchers, experts and thought leaders to mobilize knowledge for Canada's sport and physical activity sector. Prior to her role at SIRC, Veronica completed a SSHRC postdoctoral fellowship at York University where she worked in partnership with Ringette Canada to conduct a national evaluation of Ringette Canada's guidelines for structuring Children's Ringette. Her education and training to date, which includes a Ph.D. in Sport Psychology from Queen's University and a Fellowship in Global Journalism at the University of Toronto, has equipped her with a unique skillset grounded in innovative research design and knowledge translation through storytelling.

## Saturday, March 26<sup>th</sup> Keynote



**Blair Evans** is an Assistant Professor in the Department of Psychology at Western University. Dr. Evans' research program focuses on how we are shaped by the people who surround us. Along with student and collaborator 'teammates', he studies how interpersonal relationships influence a person's health behaviors and wellbeing. This work is applied in a number of applied contexts ranging from sport teams to exercise classes, workplace groups, and student clubs. Dr Evans' educational pathway includes Laurentian University (Undergraduate), the University of Lethbridge (Masters), and Wilfrid Laurier University (Doctoral). His previous roles include being an Assistant Professor of Kinesiology at Pennsylvania State University and a postdoctoral fellow at Queen's University.

## Day One – Friday, March 25, 2022

The Ottawa Marriott Hotel, 100 Kent St, Ottawa, ON

Time	Room A - Cartier I Sport Psych	Room B - Cartier II Sport Psych	Room C - Cartier III Health & Exercise Psych	Room D - Victoria South Health & Exercise Psych
8:00 - 9:00	<i>Registration</i>			
9:00 - 10:10	Session 1A: Mental Health & Sport I	Session 1B: Coaching Practice	Session 1C: Physical Activity for People with Disabilities	—
10:10 - 10:20	<i>Break (10 minutes)</i>			
10:20 - 11:30	Welcoming Remarks + Keynote Panel on Sport Research Outside Academia (in English) Victoria Ballroom			
11:30 - 13:00	<i>Lunch (90 minutes)</i>			
13:00 - 14:10	Session 2A: Sport for People with Disabilities	Session 2B: Coach Development	Session 2C: Mental Health & Illness I	—
14:10 - 14:20	<i>Break (10 minutes)</i>			
14:20 - 15:30	Session 3A: Talent ID & Expert Performance	Session 3B: Group Dynamics & Athlete Leadership	Session 3C: Physical Activity Facilitators Among Older Adults	—
15:30 - 15:40	<i>Break (10 minutes)</i>			
15:40 - 16:50	Session 4A: Mental Skills & Characteristics I	Session 4B: Practitioner Support & Education	Session 4C: Emotions & Self-Perceptions	—
16:50 - 17:00	<i>Break (10 minutes)</i>			
17:00 - 18:00	Canadian Sport Psychology Association (CSPA) Workshop/Discussion (Bilingual) Victoria Ballroom South			
20:00	Student Social Mozaik Street Foodery (201 Queen St, 2nd Floor)			



## Day Two — Saturday, March 26th, 2022

The Ottawa Marriott Hotel, 100 Kent St, Ottawa, ON

Time	Room A - Cartier I Sport Psych	Room B - Cartier II Sport Psych	Room C - Cartier III Health & Exercise Psych	Room D - Victoria South Health & Exercise Psych
8:00 - 9:00	<i>Registration</i>			
9:00 - 10:10	Session 5A: Mental Health & Sport II	Session 5B: Women & Coaching	Session 5C: Physical Activity & Chronic Conditions	—
10:10 - 10:20	<i>Break (10 minutes)</i>			
10:20 - 11:30	Keynote Dr. Blair Evans (in English) Victoria Ballroom			
11:30 - 13:00	<i>Lunch (90 minutes)</i>		<i>Yoga - Victoria Ballroom North 11:45 - 12:15</i>	
13:00 - 14:10	Session 6A: Gender Issues & Experiences	Session 6B: Masters Sport Symposium	Session 6C: Chronic Conditions in Children	Session 6D: Physical Activity Adherence
14:10 - 14:20	<i>Break (10 minutes)</i>			
14:20 - 15:30	Session 7A: Mental Skills & Characteristics II	Session 7B: Positive Youth Development & Programming	Session 7C: Support & Mentorship	Session 7D: Community-Informed Research
15:30 - 15:40	<i>Break (10 minutes)</i>			
15:40 - 16:50	Session 8A: Sport Injuries	Session 8B: Social Dynamics & Youth Sport	Session 8C: Mental Health & Illness II	—
16:50 - 17:00	Closing Remarks – Victoria Ballroom			
19:00	Banquet Victoria Ballroom			

## ECSEPS 2022 — Session Breakdown

### Day One — Friday, March 25th, 2022

Room A 9:00 to 10:10	Sport 1A: Mental Health & Sport I
9:00 — 9:13 Complete Study	Evaluating the mental health experiences of student-athletes through four years of university <i>Taylor Budgell</i> <i>Presented in english, english slides</i>
9:13 — 9:26 Proposed Study	I don't have time to sleep: Effect of sleep hygiene on Canadian varsity student-athletes' mental health. <i>Maxime Landry-Lurette, Bruno Goncalves Galdino da Costa, Barbi Law</i> <i>Presented in english, english slides</i>
9:26 — 9:39 Complete Study	Do you get what you give?: Exploring sacrifice and mental health in student-athletes. <i>Maxwell Brown</i> <i>Presented in english, english slides</i>
9:39 — 9:52 Complete Study	The COVID-19 pandemic: A cross-sectional analysis of Canadian university students' and student-athletes' mental health <i>Joshua Celebre, Philip Sullivan</i> <i>Presented in english, english slides</i>
9:52 — 10:05 Proposed Study	The role of high perceived stress on the evolution of university athletes' mental illness symptoms during the pandemic <i>Sophie Labossière, Sophie Couture, Véronique Boudreault, Catherine Laurier</i> <i>Presented in english, english slides</i>

Room B 9:00 to 10:10	Sport 1B: Coaching Practice
9:00 — 9:13 Proposed Study	Refinement and evaluation of the coach segment of the 1616 Program <i>Alex Maw, Kelsey Saizew, Jen Coletti, Jean Côté, Karl Erickson, Luc Martin</i> <i>Presented in english, english slides</i>
9:13 — 9:26 Complete Study	Coaches' reflections on their personal score card of adult-oriented coaching practices <i>Catalina Belalcazar, Bettina Callary, Ciera Disipio, Derrik Motz, Scott Rathwell, Brad W. Young</i> <i>Presented in english, english slides</i>
9:26 — 9:39 Proposed Study	A proposed study exploring the strategies and behaviours employed by successful University coaches during seasons with low performance <i>Madison M. Fraser, Gordon A. Bloom</i> <i>Presented in english, english slides</i>

9:39 — 9:52	"I'm not well versed on them if I'm being brutally honest": S&C leaders' perceptions of psychosocial approaches in coaching
Complete Study	<i>Kimberley Eagles, Bettina Callary, Brian Gearity, Chris Szedlak</i> <i>Presented in english, english slides</i>

Room C 9:00 to 10:10		Exercise & Health 1C: Physical Activity for People with Disabilities
9:00 — 9:13	Does ParticipACTION motivate all Canadians to move more? Exploring brand perceptions among people with disabilities	
Proposed Study	<i>Katerina Disimino, Rebecca L. Bassett-Gunter, Leigh M. Vanderloo, Amy E. Latimer-Cheung</i> <i>Presented in english, english slides</i>	
9:13 — 9:26	Evaluation of a mHealth program targeting parents of children with disabilities	
Proposed Study	<i>Victoria Larocca, Rebecca Bassett-Gunter, Kelly Arbour-Nicitopoulos</i> <i>Presented in english, english slides</i>	
9:26 — 9:39	Co-designing staff training to improve adapted physical activity service provision for two community organizations: A proposed study	
Proposed Study	<i>Nour Saadawi, Krista Best, Roxanne Périnet-Lacroix, Mario Legaré, Shane Sweet</i> <i>Presented in english, english slides</i>	
9:39 — 9:52	Investigating strategies used to foster quality participation on playgrounds	
Complete Study	<i>Nikoleta Odorico, Amanda Sottile, Maeghan James, Carolyn Millar, Jennifer Leo, Amy Latimer-Chung, Kelly Arbour-Nicitopoulos</i> <i>Presented in english, english slides</i>	
9:52 — 10:05	Exploring student perspectives towards a mixed abilities school-based physical activity program: A case study of students with intersectional identities	
Proposed Study	<i>Nancy Huynh, Kelly Arbour-Nicitopoulos</i> <i>Presented in english, english slides</i>	

Room A 13:00 to 14:10		Sport 2A: Sport for People with Disabilities
13:00 — 13:13	Para sport leader's perspectives on creating a quality powerchair sporting experience	
Proposed Study	<i>Shagun Jain, Meghan Hines, Paul Desaulniers, Amy Latimer-Cheung, Jordan Herbison</i> <i>Presented in english, english slides</i>	
13:13 — 13:26	Adaptive athletes' experiences in the CrossFit Open through a Quality Participation lens	
Proposed Study	<i>Wamiq Rizwan, Victoria Larocca, Lauren Tristani, Rebecca Bassett-Gunter</i> <i>Presented in english, english slides</i>	

13:26 — 13:39	Proposed Study	An evidence-informed, partnered approach to building accessible, inclusive quality sport programming for Canadians with a disability <i>Alexandra Walters, Jennifer Tomasone, Pinder DaSilva, Kathleen Martin Ginis, Amy Latimer-Cheung</i> <i>Presented in english, english slides</i>
13:39 — 13:52	Proposed Study	Developing recommendations for standardized volunteer training for disability sport events using the AGREE II instrument <i>Alyssa Grimes, Jennifer Tomasone, Laura Misener, Amy Latimer-Cheung</i> <i>Presented in english, english slides</i>
13:52 — 14:05	Complete Study	Promoting more inclusive research with Special Olympics athletes: Navigating ethical concerns and data collection processes when working with athletes with intellectual disabilities <i>Chloe Ellard, Jeemin Kim, Katherine Tamminen, Kelly Arbour-Nicitopoulos</i> <i>Presented in english, english slides</i>

Room B 13:00 to 14:10		<b>Sport 2B: Coach Development</b>
13:00 — 13:13	Complete Study	Athlete-centered approach: A case study <i>Juliette Maurin, Martin Roy, Amélie Soulard</i> <i>Presented in french, english slides</i>
13:13 — 13:26	Proposed Study	Supporting coach mental health and well-being in elite sport through communities of practice <i>Siobhan Henderson, Gordon A. Bloom</i> <i>Presented in english, english slides</i>
13:26 — 13:39	Proposed Study	Using narratives as a strategy to educate ice hockey coaches about sport-related concussions <i>Gabriel Delage, Jeffrey Caron</i> <i>Presented in english, english slides</i>
13:39 — 13:52	Proposed Study	Journeying into post-qualitative inquiry: reflections on opportunities and tensions for graduate students in sport and exercise psychology <i>Evan Bishop, Martin Camiré</i> <i>Presented in english, english slides</i>

Room C 13:00 to 14:10		<b>Exercise &amp; Health 2C: Mental Health &amp; Illness I</b>
13:00 — 13:13	Complete Study	Barriers and preferences to physical activity in adults with borderline personality disorder: An international online survey <i>Samuel St-Amour, Lionel Calhol, Déborah Ducasse, Paquito Bernard</i> <i>Presented in english, english slides</i>

13:13 — 13:26	Complete Study	Collective games in schizophrenia: Impact on depression, anxiety and stress (RCT) <i>Lucie Venet-Kelma, Ahmed-Jérôme Romain, Marjorie Meslier, Irene Mauricette Mendy, Yannick Morvan, Isabelle Amado, Laurence Kern</i> <i>Presented in english, english slides</i>
13:26 — 13:39	Proposed Study	Association between multimorbidity and suicidal ideation in people with psychosis <i>Joanne Mattar, Ahmed Jérôme Romain, Katerina Kavalidou, Aurélie Baillet Baillet, Robert-Paul Juster</i> <i>Presented in english, english slides</i>
13:39 — 13:52	Complete Study	“You have to be crazy not to go”: Physical activity during substance use disorder treatment <i>Florence Piché, Stéphanie Girard, Ahmed Jérôme Romain, Chantal Plourde</i> <i>Presented in english, english slides</i>
13:52 — 14:05	Proposed Study	Understanding the personal and sociocultural influences on compulsive exercise through creative nonfiction <i>Laura Hallward, Lindsay R. Duncan</i> <i>Presented in english, english slides</i>

Room A		Sport 3A: Talent Identification and Expert Performance
14:20 to 15:30		
14:20 — 14:33	Proposed Study	Exploring parasport stakeholders' experiences learning about classification <i>Janet Lawson, Melinda Rock, Amy Latimer-Cheung</i> <i>Presented in english, english slides</i>
14:33 — 14:46	Complete Study	Exploring eminence among Para athletes <i>Alia Mazhar, Nima Dehghansai, Joe Baker</i> <i>Presented in english, english slides</i>
14:46 — 14:59	Complete Study	An investigation of talent decisions in Canadian basketball <i>Garrett Blakey, Joe Baker, Nick Wattie</i> <i>Presented in english, english slides</i>
14:59 — 15:12	Complete Study	On the Road to the 2023 Canada Games: The Psychological Profile of Quebec Ice Hockey Players <i>Vincent Huard Pelletier, Jean Lemoyne</i> <i>Presented in french, english slides</i>
15:12 — 15:25	Complete Study	Exploring the self-regulation of recovery from hard training using the experience sampling method: A presentation of pilot data <i>Stuart G. Wilson, Sharleen Hoar, Bradley W. Young</i> <i>Presented in english, english slides</i>

Room B 14:20 to 15:30		Sport 3B: Group Dynamics & Athlete Leadership
14:20 — 14:33 Proposed Study	Adapting the shared professional leadership inventory for teams to an athlete leadership context: A proposed study <i>Mason Sheppard, Todd Loughead, Krista Munroe-Chandler</i> <i>Presented in english, english slides</i>	
14:33 — 14:46 Proposed Study	Preliminary findings of university athletes' perceptions of athlete leader fairness <i>Katherine Hirsch, Todd Loughead</i> <i>Presented in english, english slides</i>	
14:46 — 14:59 Complete Study	Assessing athlete leadership and team cohesion using a social network analysis approach <i>Ashley Flemington, Todd M. Loughead, Marie Desrosiers</i> <i>Presented in english, english slides</i>	
14:59 — 15:12 Proposed Study	Moral dilemmas in university populations <i>Keegan Brantner, Scott Rathwell, Sharleen Hoar, Luc Martin</i> <i>Presented in english, english slides</i>	

Room C 14:20 to 15:30		Exercise & Health 3C: Physical Activity Facilitators Among Older Adults
14:20 — 14:33 Proposed Study	Exercise for all: Exploring physical literacy through the lens of older Asian Canadians <i>Matthew Le, Brad Meisner</i> <i>Presented in english, english slides</i>	
14:33 — 14:46 Complete Study	Activity trackers and older adults <i>Sepehr Rassi, Jason Crandall, Mark Schafer, Matthew Shake, Spencer Otto</i> <i>Presented in english, english slides</i>	
14:46 — 14:59 Proposed Study	Do health promotion messages tailored to socioemotional goals attract more attention and support information retention among older adults? <i>Laurence Bouchard, Lindsay R. Duncan</i> <i>Presented in english, english slides</i>	
14:59 — 15:12 Complete Study	Orienteering skill is related to hippocampal-based spatial processing across adulthood <i>Emma Waddington, Jennifer J. Heisz</i> <i>Presented in english, english slides</i>	

Room A 15:40 to 16:50		Sport 4A: Mental Skills & Characteristics I
15:40 — 15:53 Proposed Study	Assessing the empirical distinctiveness of mental toughness in sport <i>Mishka Blacker, Philip Sullivan</i> <i>Presented in english, english slides</i>	

15:53 — 16:06 Proposed Study	Examining the relationships among imagery, resilience, and confidence: A proposed study <i>Samantha A. D'Agostino, Krista J. Munroe-Chandler</i> <i>Presented in english, english slides</i>
16:06 — 16:19 Complete Study	The Big Five personality traits and choking susceptibility <i>Burgandy Thiessen, Philip Sullivan, Kimberley Gammage, Lori Dithurbide</i> <i>Presented in english, english slides</i>
16:19 — 16:32 Proposed Study	Understanding the collective influences of choking under pressure <i>Matthew Marini</i> <i>Presented in english, english slides</i>
16:32 — 16:45 Complete Study	Effectiveness of an online self-regulation and mindfulness intervention in improving exercise-induced pain catastrophizing, mental performance, mental health, and mental illness symptoms in middle-distance runners: A randomized controlled trial <i>Jonathan Lasnier, Natalie Durand-Bush</i> <i>Presented in english, english slides</i>

Room B 15:40 to 16:50	Sport 4B: Practitioner Support & Education
15:40 — 15:53 Proposed Study	Exploring the experiences of female athletes and their interactions with physiotherapists throughout the injury rehabilitation process <i>Kirsten Hutt</i> <i>Presented in english, english slides</i>
15:53 — 16:06 Proposed Study	Experience and perceptions of psychological readiness in injured student-athletes when returning to sport: A qualitative approach <i>Samantha Burelle, Jill Tracey</i> <i>Presented in english, english slides</i>
16:06 — 16:19 Proposed Study	Didn't you learn this in school? A proposed content analysis of sport psychology courses in CATA accredited athletic therapy programs <i>Melissa A Paré, Krista J Munroe-Chandler</i> <i>Presented in english, english slides</i>
16:19 — 16:32 Complete Study	The impact of a mindfulness-based training program on well-being states in an organizational team setting during the COVID-19 pandemic. <i>Piotr Piasecki</i> <i>Presented in english, english slides</i>

Room C 15:40 to 16:50		Exercise & Health 4C: Emotions & Self-Perceptions
15:40 — 15:53 Complete Study	<p>Affective responses and perceived exertion to 6-minute walking tests in adults with obesity and mental disorders.</p> <p><i>Louis Pitois, Aurélie Baillot, Ahmed Jérôme Romain</i> Presented in english, english slides</p>	
15:53 — 16:06 Complete Study	<p>Dynamic patterns of personality states, affects and goal pursuit before and during an exercise intervention: a series of N-of-1</p> <p><i>Célia Kingsbury, Paquito Bernard</i> Presented in english, english slides</p>	
16:06 — 16:19 Complete Study	<p>Understanding self-conscious emotions and public self-consciousness as correlates of social media self-presentation among active adults</p> <p><i>Lamia Firasta, Kristen Lucibello, Sabrina Malouka, Madison Vani, Catherine Sabiston</i> Presented in english, english slides</p>	
16:19 — 16:32 Proposed Study	<p>Interest of musical rhythms on physical activity and disorders of biological rhythms</p> <p><i>Joana Collet, Paquito Bernard, Comtois Alain-Steve</i> Presented in english, english slides</p>	
16:32 — 16:45 Proposed Study	<p>Intentions or affects: Which is a key driver of physical activity? Using ecological momentary assessment to understand the intention-behaviour gap in psychotic disorders</p> <p><i>Valérie Chauvin, Paquito Bernard, Yannick Francillette, Sébastien Gaboury, Kevin Bouchard, Daniel Fulford, Ahmed Jérôme Romain</i> Presented in english, english slides</p>	



## Day Two — Saturday, March 26th, 2022

Room A 9:00 to 10:10	Sport 5A: Mental Health & Sport II
9:00 — 9:13 Proposed Study	The mental health of developing athletes in Quebec: Portrait of prevalence and undertaking <i>Lara Pomerleau-Fontaine, Véronique Boudreault</i> <i>Presented in english, english slides</i>
9:13 — 9:26 Complete Study	Canadian high performance athletes' perspectives on mental health, mental illness and mental performance before and after the 2020 Tokyo Olympic Games <i>Rachel Jewett, Natalie Durand-Bush, Connor Primeau, Krista Van Slingerland, Michelle Dionne</i> <i>Presented in english, english slides</i>
9:26 — 9:39 Proposed Study	What are the effects of whole body hyperthermia on varsity athletes with depression <i>Veronica Colasanti, Philip Sullivan</i> <i>Presented in english, english slides</i>
9:39 — 9:52 Proposed Study	Investigating the long-term effect of in-person suicide literacy training in intercollegiate sport <i>Laura Tennant, Philip Sullivan</i> <i>Presented in english, english slides</i>

Room B 9:00 to 10:10	Sport 5B: Women & Coaching
9:00 — 9:13 Proposed Study	Exploring the emotional climate and emotion norms in female competitive sport <i>Rachel Crook, Katherine Tamminen</i> <i>Presented in english, english slides</i>
9:13 — 9:26 Proposed Study	Keeping girls in sport: What coaches need to learn <i>Siobhan Rourke, Diane Culver</i> <i>Presented in english, english slides</i>
9:26 — 9:39 Complete Study	Mentorship programs: The importance of mentee training resources <i>Catalina Belalcazar, Andrea Johnson, Bettina Callary</i> <i>Presented in english, english slides</i>
9:39 — 9:52 Complete Study	A case study: Two women coaches' perspectives of barriers and facilitators that affect progression in leadership roles <i>Tiffany Tse, Alex Murata, Jean Côté</i> <i>Presented in english, english slides</i>

Cartier III 9:00 to 10:10		Exercise & Health 5C: Physical Activity & Chronic Conditions
9:00 — 9:13 Complete Study	<p>Implementation Evaluation of a Pilot RCT: The roles of peers and functional tasks in enhancing exercise training for adults with COPD</p> <p><i>Meaghan Osborne, Lauren Saletsky, Emilie Michalovic, Meredith Rocchi, Dennis Jensen, Shane Sweet</i></p> <p><i>Presented in english, english slides</i></p>	
9:13 — 9:26 Complete Study	<p>Feasibility of a peer support and physical activity intervention for adults with COPD: Preliminary results from a pilot randomized controlled trial</p> <p><i>Lauren Saletsky, Meaghan Osborne, Tayah M. Liska, Emilie Michalovic, Dennis Jensen, Shane N. Sweet</i></p> <p><i>Presented in english, english slides</i></p>	
9:26 — 9:39 Complete Study	<p>Impacts of quarantine on the mental health and health behaviours of individuals with multimorbidity during COVID-19 pandemic</p> <p><i>Valérie Chauvin, Paquito Bernard, Resti Tito H. Villarino, Hanan Yazbek, Laurence Kern, Marie Hokayem, Lama Mattar, Gayatri Kotbagi, Melissa Rizk, Yannick Morvan, Aurélie Baillot, Ahmed Jérôme Romain</i></p> <p><i>Presented in english, english slides</i></p>	
9:39 — 9:52 Complete Study	<p>Association between physical multimorbidity and suicidal ideation in young adults with obesity</p> <p><i>Joanne Mattar, Valérie Chauvin, Jacques Marleau, Katerina Kavalidou, Ahmed Jérôme Romain</i></p> <p><i>Presented in english, english slides</i></p>	
9:52 — 10:05 Complete Study	<p>Cognitive function and physical activity in young adults treated for cancer: preliminary mixed-methods findings</p> <p><i>Sitara Sharma, Jennifer Brunet</i></p> <p><i>Presented in english, english slides</i></p>	

Cartier I 13:00 to 14:10		Sport 6A: Gender Issues & Experiences
13:00 — 13:13 Proposed Study	<p>Young girls' perspectives of gender stereotypes in children's sport-based books</p> <p><i>Alyson Mainguy, Luc Martin, Jennifer Coletti</i></p> <p><i>Presented in english, english slides</i></p>	
13:13 — 13:26 Proposed Study	<p>Exploring women-led, female youth sport spaces: A case study of Canadian Girls Baseball</p> <p><i>Tess Armstrong, Dana Bookman, Corliss Bean</i></p> <p><i>Presented in english, english slides</i></p>	

13:26 — 13:39 Complete Study	Advocating for gender equity in sport: A content analysis of the Canadian Women and Sport She's Got It All campaign <i>Sabrina Malouka, Maryam Marashi, Tahla den Houdyker, Catherine Sabiston</i> <i>Presented in english, english slides</i>
13:39 — 13:52 Proposed Study	Examining psychosocial factors influencing sport dropout in transgender individuals <i>Aidan Haghgoo, Barbara Law</i> <i>Presented in english, english slides</i>
13:52 — 14:05 Proposed Study	Elite athletes' experiences of body image in sport: A retrospective qualitative study <i>David Brown, Jeemin Kim, Delaney Thibodeau, Catherine Sabiston</i> <i>Presented in english, english slides</i>

<b>Cartier II</b> 13:00 to 14:10	<b>Sport 6B: Emerging Perspectives on Masters Sport Symposium</b>
13:00 — 13:13 Symposium	The value of sport for older adults: A scoping review <i>Shruti Patelia, Alia Mazhar &amp; Joseph Baker</i> <i>Presented in english, english slides</i>
13:13 — 13:26 Symposium	Exploring Masters rowing coaches' perspectives on adult-oriented coaching <i>Ciera Disipio &amp; Bettina Callary</i> <i>Presented in english, english slides</i>
13:26 — 13:39 Symposium	Using grounded theory to understand Masters sport adherence: A proposed study <i>Zakry Walsh, &amp; Scott Rathwell</i> <i>Presented in english, english slides</i>
13:39 — 13:52 Symposium	Motivation and athletic identity profiles: A cluster analysis of Masters athletes <i>Derrick Motz &amp; Scott Rathwell</i> <i>Presented in english, english slides</i>
13:52 — 14:05 Symposium	Envisioning Masters sport outside its current boundaries <i>Catalina Belalcazar, Bettina Callary, &amp; Bradley W. Young</i> <i>Presented in english, english slides</i>

<b>Cartier III</b> 13:00 to 14:10	<b>Exercise &amp; Health 6C: Chronic Conditions in Children</b>
13:00 — 13:13 Proposed Study	Physical activity facilitators and barriers for children with ASD: A proposed scoping review of methods and findings <i>Mathieu Michaud, William Harvey</i> <i>Presented in english, english slides</i>

13:13 — 13:26	Investigating the relationship between health-related quality of life and physical literacy in children with chronic medical conditions
Complete Study	<i>Olubusola Dehinbo, Angelica Blais, Jane Lougheed, Sarah Lawrence, Sherri Lynne Katz, Joe Reisman, Robert Klaassen, Daniela Pohl, Lillian Lai, Suzie Lee, Letizia Gardin, Erick Sell, Derek Wong, Patricia Longmuir</i> <i>Presented in english, english slides</i>
13:26 — 13:39	Understanding the physical literacy development of children living with chronic medical conditions in the current context of the COVID-19 pandemic
Complete Study	<i>Angelica Blais, Jane Lougheed, Sarah Lawrence, Sherri Lynne Katz, Joe Reisman, Robert Klaassen, Daniela Pohl, Lillian Lai, Suzie Lee, Letizia Gardin, Erick Sell, Derek Wong, Patricia E. Longmuir</i> <i>Presented in english, english slides</i>
13:39 — 13:52	Exploring parental perceptions of physical literacy development for children with chronic medical conditions
Complete Study	<i>Javier Armando Porras-Gil, Angelica Blais, Jane Lougheed, Sarah Lawrence, Sherri Lynne Katz, Joe Reisman, Robert Klaassen, Daniela Pohl, Lillian Lai, Suzie Lee, Letizia Gardin, Erick Sell, Derek Wong, Patricia Longmuir</i> <i>Presented in english, english slides</i>
13:52 — 14:05	Understanding parent support for physical activity and fundamental movement skill development during early childhood: An application of the multi-process action control (M-PAC) framework
Proposed Study	<i>Maeghan E. James, Ryan Rhodes, John Cairney, Kelly P. Arbour-Nicitopoulos</i> <i>Presented in english, english slides</i>

Victoria South 13:00 to 14:10	<b>Exercise &amp; Health 6D: Physical Activity Adherence</b>
13:00 — 13:13	The Canadian 24-hour Movement Guidelines for Adults: Can population awareness be sustained over time?
Complete Study	<i>Olivia Varkul, Kaitlyn Kauffeldt, Tala Chulak-Bozzer, Jennifer Tomasone</i> <i>Presented in english, english slides</i>
13:13 — 13:26	Exploring students' perceptions of an app-based intervention designed to increase adherence to the 24-Hour Guidelines for Adults
Proposed Study	<i>Brooke H. Thompson, Julia Mckenna, Guy Faulkner, Stephanie M. Flood, Jennifer R. Tomasone</i> <i>Presented in english, english slides</i>
13:26 — 13:39	Physical activity maintenance among adults with physical disabilities: a scoping review
Complete Study	<i>Tayah Liska, Emma Baggio, Shane Sweet</i> <i>Presented in english, english slides</i>

13:39 — 13:52	Complete Study	<p>Une série de N-of-1 : intervention individualisée sur les processus de changement du modèle Transthéorique qui intègre les techniques de changement de comportement / N-of-1 to promote physical activity : individualized process change intervention from the Transtheoretical Model that integrates behavior change techniques</p> <p><i>Josyanne Lapointe, Comtois Alain-Steve, Paquito Bernard</i></p> <p><i>Presented in english, english slides</i></p>
13:52 — 14:05	Proposed Study	<p>A scoping review of online physical activity promotion: Enhancing the health and well-being of school-aged children and youth in Antigua</p> <p><i>Kelechi Kemnele, Ashley Johnson, Lucie Lévesque</i></p> <p><i>Presented in english, english slides</i></p>

Cartier I		Sport 7A: Mental Skills & Characteristics II
14:20 to 15:30		
14:20 — 14:33	Proposed Study	<p>Physical and health educator's reflections on the practice and provision of mental health education in Quebec high schools</p> <p><i>Bobby Angelini, Jordan Koch</i></p> <p><i>Presented in english, english slides</i></p>
14:33 — 14:46	Proposed Study	<p>Emotion regulation flexibility and dysregulated gaming behaviours</p> <p><i>Devin Bonk, Katherine Tamminen</i></p> <p><i>Presented in english, english slides</i></p>
14:46 — 14:59	Proposed Study	<p>#GGNation: A case study using design thinking for mental performance services in a USports context</p> <p><i>Sydney Graper, Diane Culver</i></p> <p><i>Presented in english, english slides</i></p>
14:59 — 15:12	Proposed Study	<p>Beyond the dissertation: Doctoral candidates' experiences working at the Canadian Centre for Mental Health and Sport</p> <p><i>Jonathan Lasnier, Connor Primeau, Rachel Jewett, Jennifer Misurelli, Natalie Durand-Bush</i></p> <p><i>Presented in english, english slides</i></p>

Cartier II		Sport 7B: Positive Youth Development & Programming
14:20 to 15:30		
14:20 — 14:33	Proposed Study	<p>Examining the impact of the COVID-19 pandemic on girls' return to ringette</p> <p><i>Cailie McGuire, Mandy McCurdy, Veronica Allan, Erin van Gulik, Luc Martin, Jessica Fraser-Thomas</i></p> <p><i>Presented in english, english slides</i></p>
14:33 — 14:46	Proposed Study	<p>An exploration of mentorship for female youth athletes</p> <p><i>Caroline Hummell, Corliss Bean</i></p> <p><i>Presented in english, english slides</i></p>

14:46 — 14:59 Complete Study	Assessing program quality at MLSE LaunchPad: A three-year journey <i>Sara Kramers, Marika Warner, Jackie Robinson, Bryan Heal, Patrick O'Connell, Corliss Bean</i> <i>Presented in english, english slides</i>
14:59 — 15:12 Complete Study	“What does skateboarding mean to you?” An exploratory study of Brazilian skateboarders’ developmental experiences <i>Guilherme Costa, Jill Kochanek, Karl Erickson</i> <i>Presented in english, english slides</i>
15:12 — 15:25 Complete Study	Assessing adolescent athletes’ learning about doping prevention through the videogame intervention True Champion <i>Ioana Gheta, Lindsay Duncan</i> <i>Presented in english, english slides</i>

Cartier III 14:20 to 15:30	Exercise & Health 7C: Support & Mentorship
14:20 — 14:33 Proposed Study	Exploring spinal cord injury organizational support and its influence on peer mentor basic need satisfaction <i>Georgia McKay, Shane Sweet, Olivia Pastore, Jacques Comeau, Zhiyang Shi, Jordan Herbison</i> <i>Presented in english, english slides</i>
14:33 — 14:46 Proposed Study	Understanding compassion fatigue and self-compassion in spinal cord injury peer mentors: A community-based study <i>Olivia Pastore, Michelle Fortier, Jordan Herbison, Sheila Casemore, Christopher B. McBride, Shane Sweet</i> <i>Presented in english, english slides</i>
14:46 — 14:59 Proposed Study	Development and usability testing of the 24-hour Movement Guidelines tool: A mixed-methods dissertation aimed at guiding discussions between primary care providers and adults accessing care <i>Tamara L. Morgan, Michelle S. Fortier, Jennifer R. Tomasone</i> <i>Presented in english, english slides</i>
14:59 — 15:12 Proposed Study	Mentors’ self-efficacy and intentions to provide movement behaviour peer-support to students with anxiety and depression: Impact of the Prescription Exercise at Queen’s Program. <i>Marley ARS Mullan, Stephanie M Flood, Beth Blackett, Gareth Cunningham, Erin Burns, Jennifer R Tomasone</i> <i>Presented in english, english slides</i>
15:12 — 15:25 Proposed Study	Barriers, facilitators, and types of physical activity engaged by persons with dementia during Canadian winters <i>Tara Kuhn, Laura Middleton</i> <i>Presented in english, english slides</i>

Victoria South 14:20 to 15:30		Exercise & Health 7D: Community-Informed Research
14:20 — 14:33 Proposed Study	Culturally relevant health promotion with Indigenous communities <i>Miriam Muirhead, Jackie Powell, KSDPP Team, Lucie Lévesque</i> <i>Presented in english, english slides</i>	
14:33 — 14:46 Proposed Study	Reciprocity as a key concept in community-engaged research with Indigenous communities <i>Cameron Jedemann, KSDPP Team, Lucie Lévesque</i> <i>Presented in english, english slides</i>	
14:46 — 14:59 Proposed Study	Newcomer and gender equitable physical activity opportunities and experiences: A formative evaluation <i>Jensen Pletch, Ashley Johnson, Kristin Côté, Lucie Lévesque</i> <i>Presented in english, english slides</i>	
14:59 — 15:12 Proposed Study	Identifying and overcoming barriers to transgender and gender-diverse collegiate student participation in health and well-being programs in athletics & recreation through innovative programming <i>Rebecca Bassett-Gunter, Jeffrey Hankey, Victoria MousSES</i> <i>Presented in english, english slides</i>	

Cartier I 15:40 to 16:50		Sport 8A: Sport Injuries
15:40 — 15:53 Proposed Study	Concussion rehabilitation in university sport: A proposed mixed methods study on social support and the return to sport protocol <i>Carley Jewell, Jeffrey Caron, Scott Rathwell</i> <i>Presented in english, english slides</i>	
15:53 — 16:06 Proposed Study	Re-analysis of interdisciplinary approaches on ACLR athletes: How social groups and multiple stakeholders affect sport injury recovery <i>Casey Ann Arguelles, Karl Erickson</i> <i>Presented in english, english slides</i>	
16:06 — 16:19 Proposed Study	Athletes' lived experiences following a sport-related concussion: A meta-synthesis <i>Gabrielle Cadotte, Jeffrey Caron</i> <i>Presented in english, english slides</i>	
16:19 — 16:32 Complete Study	How do sport-related concussions influence the identity constructs of elite athletes? <i>Cameron Collict, Alex Benson, Lee Schaefer, Jeffrey Caron</i> <i>Presented in english, english slides</i>	
16:32 — 16:45 Proposed Study	Does the effect of placebo significantly differ from CBD oil amongst athletes with chronic conditions on pain management and recovery? <i>Carlo Cardelli</i> <i>Presented in english, english slides</i>	

Cartier II 15:40 to 16:50		Sport 8B: Social Dynamics in Youth Sport
15:40 — 15:53 Proposed Study	The development of questionnaire items to assess perceptions of subgroups in youth sport <i>Mitchell Profeit, Luc Martin, Blair Evans, Alex Benson, Mark Bruner</i> <i>Presented in english, english slides</i>	
15:53 — 16:06 Proposed Study	Exploring interparental relationships in youth sport through the lens of social identity theory <i>Niel Strydom, Jean Côté</i> <i>Presented in english, english slides</i>	
16:06 — 16:19 Proposed Study	Exploring parents' intentions for rewarding their children in sport from a self-determination theory perspective. <i>Vanessa Willis, Barbi Law, Brenda Bruner</i> <i>Presented in english, english slides</i>	
16:19 — 16:32 Proposed Study	The coach's role: Exploring coach-initiated motivational climate and youth athlete mental wellness <i>Achuthan Shannmugaratnam, Colin McLaren, Mark Bruner</i> <i>Presented in english, english slides</i>	
16:32 — 16:45 Complete Study	Coach-preadolescent athlete interactions influencing child development and physical activity <i>Yazan Al Horoub, Karl Erickson</i> <i>Presented in english, english slides</i>	

Cartier III 15:40 to 16:50		Exercise & Health 8C: Mental Health & Illness II
15:40 — 15:53 Proposed Study	A vital mind in a vital body: Integrating yoga practice into an undergraduate quality of life course <i>Sarah McAllister, Olivia Pastore, Michelle Fortier</i> <i>Presented in english, english slides</i>	
15:53 — 16:06 Complete Study	Exploring the bi-directional relationship between physical activity and mental health: A qualitative study <i>Kristen Sherrington, Olivia Pastore, Michelle Fortier</i> <i>Presented in english, english slides</i>	
16:06 — 16:19 Proposed Study	How have pandemic-related declines in mental health and physical activity impacted attention? Implications for productivity <i>Michelle Orgodnik, Maryam Marashi, Jennifer Heisz</i> <i>Presented in english, english slides</i>	



16:19 — 16:32 Proposed Study	Evaluating the feasibility of the HELP (HEalthy Lifestyles Project) e-health intervention for youth with mental distress <i>Melenna Awaju, Miranda DiGasparro, Clare Gray, Marjorie Robb, Michael Cheng, Mark Norris, Paula Cloutier, Natasha Baechler, Kimberly Courtney, Fiona Cooligan, Jenna Yaraskavitch, Patricia Longmuir</i> <i>Presented in english, english slides</i>
16:32 — 16:45 Proposed Study	Serious videogames for depression: A scoping review <i>Jason Dellatolla, Lindsay R. Duncan</i> <i>Presented in english, english slides</i>

# Map of ECSEPS 2022 Locations



## Previous Hosts of ECSEPS

1996	University of Ottawa
1998	University of Ottawa
1999	University of Ottawa
2000	Queen's University
2001	Western University
2002	McMaster University
2003	McGill University
2004	Brock University
2005	University of Windsor
2006	University of Ottawa
2007	Queen's University
2008	Laurentian University
2009	York University
2010	McGill University
2011	Wilfrid Laurier University
2012	Western University
2013	Brock University
2014	University of Toronto
2015	University of Ottawa
2016	McMaster University
2017	Queen's University
2018	McGill University
2019	York University
2020	Brock University
2021	University of Windsor
2022	University of Ottawa

# Diamond Sponsors

# Association for Applied Sport Psychology



**University of Ottawa  
School of Human Kinetics**



uOttawa

# University of Ottawa School Spirit Council



**University of Ottawa  
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Federation of Students

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canadienne des étudiant·e·s



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# CUPE 2626



## University of Western States

