



ECSEPS



University
of Windsor

Eastern Canada Sport and Exercise Psychology Symposium:

An AASP International Regional Conference

March 25 & 26, 2021

Presented Virtually through Zoom

Hosted by the University of Windsor



Welcome to the 25th annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS): An AASP International Regional Conference! The Sport Psychology and Physical Activity Research Collaborative (SPPARC) lab at the University of Windsor is excited to be able to host ECSEPS virtually in 2021 despite the unprecedented global circumstances we are all facing for the past year. ECSEPS is essential in providing students the opportunity to present their research in the fields of sport, exercise, and health psychology. In the virtual environment, we hope students will be able to connect and create meaningful relationships within the research community throughout the duration of the conference.

As part of the 25th anniversary, we are excited to have Drs. Natalie Durand-Bush and Gordon Bloom as our Welcome Speakers who were integral to the formation of ECSEPS in 1996 at University of Ottawa. It is incredible to see how ECSEPS has developed over the last 25 years. We are proud to provide numerous opportunities for ECSEPS attendees to engage and interact with others through a virtual environment. We are excited to have 12 speakers from academia and industry for our Lunch with a Professor and Professional sessions to share their valuable knowledge and experiences with our attendees as they move forward in their careers. Additionally, we are proud to present the Diversity and Inclusion in Sport Panel, which features University of Windsor staff and alumni to engage in important conversations as the field of sport, exercise, and health psychology continues to grow.

We are delighted to have a program consisting of 158 student presentations across three concurrent session rooms over the two days. The variety of research topics within the three categories of sport, exercise, and health, showcase the great research and innovative projects students are conducting within our various disciplines.

We would be remiss if we did not thank all of our sponsors for their generous financial support. With their support we were able to provide this year's conference at no cost to our attendees as a way to reduce the financial barriers for students and professional to engage and participate in the conference. Additionally, we would like to thank our faculty mentors, organizing committee, and support volunteers for their time and dedication throughout the planning and facilitation of the conference. Without you, this conference would not be possible.

Finally, thank you to all our attendees. We are incredibly proud of the conference program we have put together. We hope you enjoy the conference!

Sincerely,

Irene Muir, Frank Ely, Matthieu Boisvert, Katie Hirsch, & Melissa Paré

The ECSEPS 2021 Co-Chairs



ECSEPS 2021 Co-Chairs



Irene Muir



Frank Ely



Katie Hirsch



Matthieu Boisvert



Melissa Paré

ECSEPS 2021 Organizing Committee



Myles Doan



Jessica Simpson



Erkin Zuluev



Mason Sheppard

ECSEPS 2021 Volunteers



Devon Asemota



Ashley Flemington

Melanie Burgess
Samantha Gow
Kaitlyn Guernsey
Madeleine Janisse

Erika Lopetrone
Jaz Morneau
Dianne Parado
Chris Williams



On behalf of Sport Psychology and Physical Activity Research Collaborative (SPPARC) at the University of Windsor, we warmly welcome you to the 2021 Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS): An AASP International Regional Conference. This year marks the 25th anniversary of ECSEPS and therefore we have some special sessions planned to commemorate this milestone. While we regret that the COVID-19 pandemic prevented us from holding the conference in-person at the University of Windsor, we are excited about the opportunities of holding an innovative and interactive virtual conference.

Over the last 25 years, ECSEPS members have made tremendous contributions in research, teaching, and practice. At this conference let us celebrate what we, as a professional community, have achieved, especially during these difficult times. As researchers, we had to adapt and innovate this past year and the presentations reflect this ingenuity. We have an exciting program at this conference that will allow members to reflect upon and celebrate our past accomplishments, extend our networks virtually, and jointly explore current and future research directions. We hope that you will have a productive and enjoyable time at this very special conference.

To host the first-ever virtual ECSEPS conference is no small task. To that end, we want to thank the members of SPPARC including PhD students and co-organizers Matthieu Boisvert, Frank Ely, Katie Hirsch, Irene Muir, and Mel Paré, as well as MHK students Myles Doan, Mason Sheppard, Jessica Simpson, and Erkin Zuluiev. We would also like to thank our ECSEPS volunteers who have generously provided their time to assist. Finally, we would like to thank all of the sponsoring organizations for providing their generous financial support including University of Windsor's Faculty of Human Kinetics, Graduate Student Society, Office of Research and Innovation, Human Kinetics Society, and Student Life Enhancement Fund as well as the Association for Applied Sport Psychology, University of Western States, and Leadership Advancement for Women in Sports. Lastly, we would like to thank all of the conference participants for their contributions which are the foundation of this conference.

We are certain all of you will find this conference stimulating, rewarding and meaningful.

We welcome you to ECSEPS 2021 Virtual Conference

Dr. Krista Chandler and Dr. Todd Loughead

Co-Directors of Sport Psychology and Physical Activity Research Collaborative (SPPARC)
Department of Kinesiology, University of Windsor



A handwritten signature in black ink that reads "KChandler".



A handwritten signature in black ink that reads "Todd Loughead".



Dear Conference Delegates,

On behalf of the Faculty of Human Kinetics at the University of Windsor, it is my pleasure to welcome you to the 25th Annual Eastern Canada Sport and Exercise Symposium (ECSEPS)!


Over the past year, members of the Sport Psychology and Physical Activity Research Collaborative (SPPARC), working under the supervision of Drs. Krista Chandler and Todd Loughhead, have been diligently planning a first-rate conference for students to share their sport, exercise, and health psychology research. Planning this year's conference has been particularly challenging due to the many contingencies associated with the COVID-19 pandemic. As much as we were looking forward to hosting everyone in Windsor this week, the decision was made to move ECSEPS online to ensure the health and safety of everyone involved.

Despite the change in format, this year's virtual conference promises to be a memorable one, featuring several speakers, panel discussions, and an incredible 158 research presentations delivered across three concurrent sessions, over two days. In addition to the academic and professional components of the program, the host committee has also planned virtual Yoga and strength training sessions to help kickstart each day of learning and sharing.

Sport, exercise, and health psychology has a rich history and tradition at the University of Windsor, and I am proud to see so many of our graduates lending their time and expertise to this year's conference. I am equally proud of our current students, staff, and faculty for all the time and effort that they have put into planning such a terrific program for you all to enjoy. I encourage you take advantage of the exciting learning and networking opportunities that participating in this year's conference will provide.

Stay safe and best wishes for a wonderful virtual conference experience!




Jess C. Dixon, Ph.D.
Acting Dean, Faculty of Human Kinetics
University of Windsor



Dr. Natalie Durand-Bush, *University of Ottawa*



Dr. Natalie Durand-Bush is a sport psychology professor, scientist, and practitioner in the School of Human Kinetics at the University of Ottawa in Ottawa, Canada. Her areas of specialization include psychological skills training and assessment, mental health, and coaching psychology. Natalie is the Director of the SEWP LAB and the co-founder of the Canadian Centre for Mental Health and Sport (CCMHS) - a specialized Centre providing sport-focused mental health care, educational programs, and resources to competitive and high-performance athletes, coaches, and staff. As a Mental Performance Consultant for the past 25 years, Natalie has helped amateur and professional athletes and coaches of all ages, sports, and levels achieve their performance and well-being goals. A relentless advocate

for the field of sport psychology, she has co-founded and chaired the Canadian Sport Psychology Association (CSPA) and has served as the Vice-President of the International Society of Sport Psychology (ISSP). Natalie is currently the Past President of the Association for Applied Sport Psychology (AASP) and is an AASP Fellow. She is co-editing AASP's forthcoming Essential Guide for Mental Performance Consultants. As a student AASP representative in 1996, she created and launched the Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS).

Dr. Gordon Bloom, *McGill University*



Dr. Gordon Bloom is a Professor and director of the McGill Sport Psychology Research Laboratory (<https://www.mcgill.ca/sportpsych/>), where there are currently two inter-related themes that have important implications for maximizing the benefits that Canadians accrue through sport participation: (1) the knowledge, strategies and behaviours of coaches; (2) the psychosocial aspects of post concussion rehabilitation in athletes. The majority of research has taken place under theme one, where Gordon has developed an internationally recognized coaching research program in terms of leadership practices, mentoring, and team building that develop successful teams and athletes. Dr. Bloom has incorporated the findings of his research in his role as a mental performance consultant with amateur, professional, Olympic, and

Paralympic athletes and teams where he has taught them how to use mental skills to accelerate their level of performance in sport and life. He has also received numerous invitations from academic and sport coaching associations around the globe to present his research and practical experiences to scientists, athletes, administrators, and coaches. Gordon still enjoys competing in ice hockey, ball hockey, tennis, and softball.

Lunch with a Professor Speakers

Dr. Jeff Caron, *Université de Montréal*



Dr. Jeff Caron is an Assistant Professor in the School of Kinesiology and Physical Activity Sciences at Université de Montréal. He is also a Researcher within the Center of Interdisciplinary Research in Rehabilitation and he is a professional member of the Canadian Sport Psychology Association. Prior to his academic appointment, Jeff obtained a PhD in Kinesiology and Physical Education from McGill University, and he completed postdoctoral fellowships at McGill University and Yale University. Jeff's research program focuses on better understanding psychosocial aspects of sport-related concussions by attempting to answer the following research questions: How can we most effectively disseminate concussion information to members of the sport community? Which psychosocial strategies can assist athletes' recovery and return to sport, school, and daily life? Most of Jeff's research uses qualitative approaches to provide a detailed account of athletes' lived experiences with sport-related concussions.

Dr. Lindsay Duncan, *McGill University*



Dr. Lindsay Duncan is an Associate Professor and William Dawson Scholar in the Department of Kinesiology and Physical Education at McGill University. Her research focuses on the role of health messaging and other social-influence variables in motivating and supporting the initiation and maintenance of health behaviours in adolescents and adults. She has experience developing and testing theory-based interventions for health behavior change across a wide variety of behaviors including physical activity, healthy eating, smoking prevention and cessation, substance use, and sexual risk behaviors.

Dr. Kyle Paradis, *Ulster University*



Dr. Kyle Paradis is a Lecturer (Assistant Professor) in Sport Psychology/Sport Sociology (Mental Health) at Ulster University in Belfast, Northern Ireland. Kyle is originally from Canada and after completing graduate school and a SSHRC post-doctoral fellowship, moved across to the UK to take up a faculty position at Ulster University. His research interests include group dynamics and the social environment in sport and the impact on athlete performance and wellbeing. Kyle completed his B.A. at Laurentian University, M.H.K. at the University of Windsor, and Ph.D. at the University of Western Ontario.

Dr. Blair Evans, *Western University*



Dr. Blair Evans joined the Psychology Department Western University in 2020 in his current role as an assistant professor, following his first position from 2015-2020 in the Kinesiology Department at Penn State University. His educational pathway includes doctoral studies in social psychology at Wilfrid Laurier University, along with master's education from the University of Lethbridge and undergraduate education from Laurentian University. He also completed a postdoctoral fellowship at Queen's University. Research conducted by Blair and his students in focuses on how our peers within small groups can influence our wellbeing and health behaviours. This research spans varying contexts, developmental stages, and populations, and is published in leading journals related to sport and health psychology and is supported by sport-related research foundations as well as federal funding bodies in Canada and the United States.

Dr. Eva Pila, *Western University*



Dr. Eva Pila is an Assistant Professor at Western University in the School of Kinesiology. Her academic background consists of a BSc in Kinesiology and Psychology at McMaster University, MSc in Exercise Science (Behavioural Stream) at McGill University/University of Toronto, PhD in Exercise Science (Behavioural Stream). She completed a joint postdoctoral fellowship at the Centre for Addiction and Mental Health, Women's College Hospital, and the University of Saskatchewan. Dr. Pila has had a longstanding interest in body image and women's health. Specifically, she is interested in affective experiences (e.g., self-conscious emotions; self-compassion) as related to body image and health (behaviour). She has experience working with community populations across the lifespan (e.g., adult women, adolescents, athletes) and clinical populations (e.g., adolescent eating disorders, mood disorders, breast cancer).

Dr. Barbi Law, *Nipissing University*



Dr. Barbi Law is a Professor in the School of Physical & Health Education at Nipissing University in North Bay, Ontario where she works collaboratively with other members of the NORTH PA Lab. She is a Professional member of the Canadian Sport Psychology Association (CSPA-ACPS) and a founder of sportpsychologyforcoaches.ca. Dr. Law's research program explores strategies for creating positive sport and physical activity experiences, with a focus on children. Projects explore topics such as imagery and modeling use, development of physical literacy, and promotion of physical activity and sleep hygiene. Much of her research is community- and school-based, with ecological validity and knowledge translation as important considerations. Her research is currently funded by SSHRC and CIHR. Dr. Law takes an evidence-based approach in her role as mental performance consultant to the athletes and teams she supports, helping athletes and coaches to excel in both their performance and personal development.

Lunch with a Professional Speakers

Geoff Hackett, MHK, *PacificSport*



Geoff is a mental performance consultant in Nanaimo, British Columbia. He supports athletes and coaches in mental performance through his role at PacificSport Vancouver Island, Canadian Sport Institute -Pacific, and is one of three MPCs for Team BC in their preparation for the 2022 Canada Summer Games in Niagara, Ontario. In addition to his work in mental performance, he works at PacificSport VI as a coordinator in physical literacy and athlete/coach development programs and is part of the technical team at Nanaimo United FC. Geoff graduated from the University of Windsor (MHK in Sport Psychology) in 2014 and has been a Professional Member with the Canadian Sport Psychology Association since 2018.

Trista Hill, MHK, *Georgian College*



Always hearing coaches refer to mental toughness, but rarely any strategies to accomplish this challenging task, inspired Trista to pursue education and work as a mental performance consultant. Although Trista has worked with many athletes over the years, her primary focus is on teaching as a Liberal Arts faculty at Georgian College. Drawing on her experience in working with athletes, Trista brings sport and exercise psychology theory to life in the classroom. Her goal each semester is to have students walk away with strategies to help them improve their mental strength and subsequent performance across all areas of their lives.

Diana Vincer, MHK, *Human Kinetic Publishing*



Diana has been with Human Kinetics Publishers for 14 years. There, she holds the position of Acquisitions Editor and works across multiple divisions. Diana also recently started teaching as a Part-Time Faculty member at Canadore College, instructing courses in the School of Sport and Recreation.

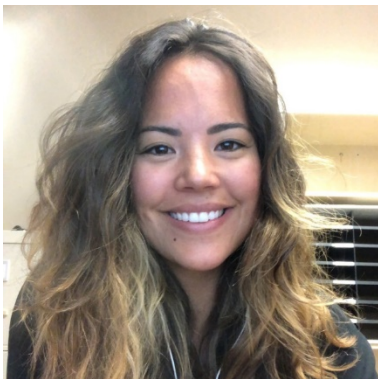
Dr. Celina Shirazipour, Cedars-Sinai Medical Center



Celina Shirazipour, PhD is an Assistant Professor at Cedars-Sinai Medical Center's Department of Medicine, where she also holds the position of Associate Director of the Master's Degree Program in Health Delivery Science. In addition, she is an Assistant Professor-in-Residence at the University of California Los Angeles (UCLA) Department of Medicine, as well as a Research Consultant for the Invictus Games Foundation. She completed a BA in Psychology (McGill University), an MHK with a focus on Sport and Exercise Psychology (University of Windsor), and a PhD in Health Promotion (Queen's University). She also completed a Postdoctoral Fellowship at Dalhousie University, as well as a visiting Postdoctoral Fellowship at the University of Toronto. Her research focuses on physical activity promotion for

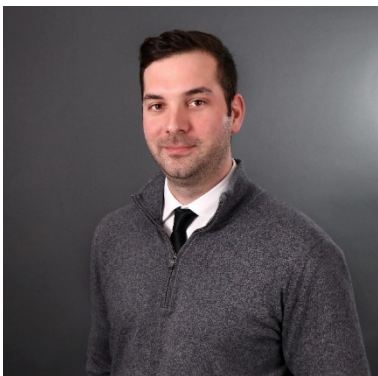
individuals with physical and mental illnesses and injuries, with a particular emphasis on military personnel and cancer survivors.

Dr. Michelle Guerrero, Children's Hospital of Eastern Ontario Research Institute



Dr. Michelle Guerrero is a postdoctoral fellow at the Children's Hospital of Eastern Ontario Research Institute, working in the Healthy Active Living and Obesity Research Group. She completed her Master of Human Kinetics and PhD in Kinesiology at the University of Windsor, where she was awarded the Governor General's Gold Medal (2017-18). Her research over the past few years has focused on children's and youth's movement behaviours (physical activity, digital-media use, and sleep). Michelle served as the research manager and lead author of the 2020 ParticipACTION Report Card on Physical Activity for Children and Youth.

Erin Nadalin, MHK, Windsor-Essex County Health Unit



Eric Nadalin is employed at the Windsor-Essex County Health Unit as the Manager of the Chronic Disease and Injury Prevention Department. Through this role, Eric leads a multi-disciplinary team of nurses, health promoters, mental health specialists, youth engagement specialists, and provincial offenses officers, in the delivery of public health standards and local interventions across the broad areas of chronic disease, mental health, and substance use. Eric received his Bachelor of Arts (Hon.) in Kinesiology from Western University in 2009 and his Master of Human Kinetics in Exercise Psychology from The University of Windsor in 2011 with a focus on Children's Use of Imagery during Active Play. Since graduating, Eric has worked in population health research, workplace health promotion, tobacco control and smoking

cessation, and now across multiple domains within the areas of chronic disease, mental health, injury prevention, and substance use.

Diversity and Inclusion in Sport Panelists

Randy Beardy, *University of Windsor*



Randy Beardy is the Recruiting Coordinator and Offensive Line Coach at the University of Windsor. As for his educational background, Randy graduated from the University of Windsor with a B.A. in Psychology, and afterwards became a certified strength & conditioning specialist.

As an indigenous man, diverse representation in sport is important because of the culture of understanding it cultivates. Removed are the concepts born from ignorance because of the relationships that are fostered through mutual understanding. Go Lancers!

Chris Cheng, *University of Windsor*

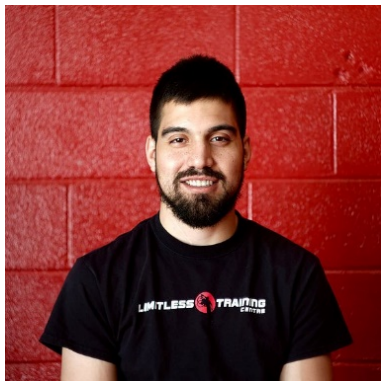


Chris Cheng is the head coach of the Lancer men's basketball team, and just the sixth coach in Windsor's program history. Prior to joining the Lancers, Chris served as the first-ever head coach of men's basketball at Nipissing University in North Bay where he was their coach for five seasons. Chris is a current Assistant Coach with Canada's Junior Men's National Team. Chris is a graduate of York University where he earned a Degree in Sociology and an Education Degree. He is also a graduate of Humber College where he completed both his Early Childhood Education and Recreation and Leisure Services diploma. He was awarded the provincial Jill Logan Teaching Award, the Sport Alliance Award and was the recipient of the Humber College Board of Governors Award during his time there. Chris is also

currently completing his Masters of Kinesiology in Sport Management at the University of Windsor.

Diverse representation in sport is important to Chris because it enhances participation and provides role-modeling.

Paul McCrary, *Limitless Training*



In 2009, Paul sustained a catastrophic C5/6 Spinal Cord Injury at 17 years old, while playing High School football in Windsor. Initially, he was told by all doctors that he would never leave a wheelchair again. Paul refused to accept this prognosis and proved the doctors wrong. He made steady strides along the way, always grinding towards the next goal. In 2014, after 5 years of living in & using his wheelchair to go everywhere, he was able to stop using it forever. He worked with the top rehab programs, therapists and trainers in our country and the best in Michigan too. He has since been able to get around on crutches, am able to work for a living, and am driving again. Paul opened Limitless Training in 2017, after leaving the University of Windsor's Human Kinetics program, where he also worked as a Strength Coach for the football team, while also training private clients at their fitness centre.

Dr. Leisha Strachan, *University of Manitoba*



Dr. Leisha Strachan is a first-generation Black Canadian, proud daughter of Jerome and Margaret Strachan who immigrated to Winnipeg 53 years ago from the Caribbean island of Grenada. She is blessed to stand on the shoulders of elders in her family and in the Black community who came to Winnipeg facing discrimination and racism yet remained for the opportunities that they foresaw for their children. Dr. Strachan began her career as a physical educator after completing a Bachelor of Physical Education and a Bachelor of Education from the University of Manitoba. She completed a Master of Human Kinetics at the University of Windsor and a PhD in Sport Psychology at Queen's University. Currently, Dr. Strachan is a Professor and serving as Associate Dean Research and Graduate

Studies in the Faculty of Kinesiology and Recreation Management at the University of Manitoba. Her research is focused on positive youth development through sport, and she is interested in exploring positive coaching behaviors and parent involvement. She is currently working on a SSHRC/Sport Canada research project evaluating Project SCORE. In addition, she is part of a research team exploring anti-racism policies and practices in Winnipeg and the sport experiences of newcomers in the community.

As for why diversity is important, Dr. Strachan (in short) believes that representation does not only matter but that it is key for BIPOC communities. In any sector, it is important for people to see themselves represented and for leaders to emerge and to be role models for their communities. Also, systemic racism is a barrier to advancement for BIPOC people and so dismantling these structures is important in encouraging diversity.

Dr. Ashley Duguay, *Team First Consulting*



Dr. Ashley Duguay is a Mental Performance Consultant (MPC) and Professional Member of the Canadian Sport Psychology Association. As an MPC, she seeks to facilitate the development of skills, attitudes, qualities, processes, and perspectives that enhance her clients' (e.g., athletes, coaches, sports teams/organizations) mental performance while helping them achieve positive personal development and performance enhancement. Ashley is also an adjunct instructor with the Center for Sport Leadership at Virginia Commonwealth University where she teaches Sport Psychology and Team Dynamics in Sport for their Master of Sport Leadership distance education program. Ashley holds a PhD in Kinesiology (Sport and Exercise Psychology) from the University of Windsor and has also earned a Master of Human Kinetics

(Sport and Exercise Psychology) from the University of Windsor and a Master of Education (Sport Leadership) from the Center for Sport Leadership at Virginia Commonwealth University.

Being intentional about efforts to celebrate and encourage diversity in sport will help us move towards safer and more inclusive sport systems where all individuals feel that they belong, are valued, have a voice, and are able to wholeheartedly, without unfair obstacles, pursue their aspirations in sport.

Dr. Jenny O, *Cal State East Bay University*



Dr. Jenny O (she/her) is an Associate Professor at Cal State East Bay in Hayward, CA USA. She completed her H.B.P.H.E. at Laurentian University (Sudbury, ON Canada), her M.H.K. at the University of Windsor under the supervision of Dr. Krista (Munroe) Chandler (Windsor, ON Canada), and her Ph.D. at The University of Western Ontario under the supervision of Dr. Craig Hall (London, ON Canada). Dr. O's research is centered upon two core areas: 1) Examining mental imagery in the context of sport learning and performance, and, 2) Examining the efficacy of different cognitive-behavioral approaches to enhance adult learning, performance, and experience. Dr. O is the current Director of Cal State East Bay's Center for Student Research, overseeing several research-engagement-based student development

programs focused on helping students develop academic, personal, and professional skills in preparation for graduate school and the professional world.

Diversity, equity, and inclusion serve as the cornerstone of her Center's programming. As a former competitive athlete and coach, and current mental performance coach, Dr. O has observed many elitist and exclusionary practices among athletes, coaches, teams, and sport organizations. Such practices often lead to negative sport experiences, self-perceptions, and oftentimes, drop out from sport. Dr. O is committed to contributing to the reimagination of competitive sport, as an inclusive, rather than exclusive activity.

ECSEPS 2021 Schedule-at-a Glance

Thursday March 25 - Day 1			
8:00 - 8:30	Free Virtual Yoga Class		
8:30 - 9:00	Break		
9:00 - 9:35	Conference Welcome from Drs. Bloom and Durand-Bush History of ECSEPS: A Celebration of 25 Years		
9:35 - 9:50	Break		
9:50 - 10:55	Session 1A Exercise Psychology	Session 1B Sport Psychology	Session 1C Sport Psychology
10:55 - 11:10	Break		
11:10 - 12:15	Session 2A Exercise Psychology	Session 2B Sport Psychology	Session 2C Sport Psychology
12:15 - 12:30	Break		
12:30 - 1:20	Lunch with a Professor		
	Jeff Caron, PhD University of Montreal	Lindsay Duncan, PhD McGill University	Blair Evans, PhD Western University
	Barbi Law, PhD Nipissing University	Kyle Paradis, PhD Ulster University	Eva Pila, PhD Western University
1:20 - 1:35	Break		
1:35 - 2:40	Session 3A Exercise Psychology	Session 3B Sport Psychology	Session 3C Sport Psychology
2:40 - 2:55	Break		
2:55 - 4:00	Session 4A Exercise Psychology	Session 4B Sport Psychology	Session 4C Health Psychology
4:00 - 4:30	Break		
4:30 - 6:00	Panel for Diversity and Inclusion in Sport Dr. Leisha Strachan, Dr. Ashley Duguay, Chris Cheng, Paul McCrary, Randy Beardy, & Dr. Jenny O (moderator)		

NOTE: double-sided arrow indicates one Zoom link between sessions



Friday March 26 - Day 2			
8:00 - 8:30	Free Virtual Exercise Class		
8:30 - 9:00	Break		
9:00 - 10:05	Session 5A Sport Psychology	Session 5B Sport Psychology	Session 5C Health Psychology
10:05 - 10:15	Break		
10:15 - 11:10	Session 6A Sport Psychology	Session 6B Sport Psychology	Session 6C Health Psychology
11:10 - 11:20	Break		
11:20 - 12:15	Session 7A Sport Psychology	Session 7B Sport Psychology	Session 7C Health Psychology
12:15 - 12:30	Break		
12:30 - 1:20	Lunch with a Professional		
	Michelle Guerrero, PhD Children's Hospital of Eastern Ontario Research Institute	Geoff Hackett, MHK PacificSport	Trista Hill, MHK Georgian College
	Eric Nadalin, MHK Windsor-Essex County Health Unit	Celina Shirazipour, PhD Cedars-Sinai Medical Center	Diana Vincer, MHK Human Kinetics Publishing
1:20 - 1:35	Break		
1:35 - 2:40	Session 8A Exercise Psychology	Session 8B Sport Psychology	Session 8C Sport Psychology
2:40 - 2:55	Break		
2:55 - 4:10	Session 9A Exercise Psychology	Session 9B Sport Psychology	Session 9C Sport Psychology
4:10 - 4:15	Break		
4:15 - 4:30	Closing Remarks & Announcement of 2022 Host		

NOTE: double-sided arrow indicates one Zoom link between sessions



ECSEPS 2021 Session Breakdown

Day 1: Thursday March 25, 2021

Session 1A: Exercise Psychology	
Time: 9:50-10:55 AM	
Application of the Quality Participation Framework to Community-based Exercise Programs for Persons with Physical Disabilities	<i>Laura C. Koch¹, Kristiann E. Man¹, Shane N. Sweet^{2,3}, Kelly P. Arbour-Nicitopoulos⁴, Krystn Orr⁴, Andrea Bundon⁵, Amy E. Latimer-Cheung¹ & Jennifer R. Tomasone^{*1}</i> <i>¹Queen's University, ²McGill University, ³Center for Interdisciplinary Research in Rehabilitation of Greater Montreal (CRIR), ⁴University of Toronto, ⁵University of British Columbia</i>
Challenging the Gender Binary in Physical Activity Contexts: A Content Analysis of Suggestions from LGBTQ+ Adults	<i>Tyler Baum, Shannon S. C. Herrick, & Lindsay R. Duncan*</i> <i>McGill University</i>
"Fitspiration" on Instagram: A Content Analysis of Men's Images	<i>Kirina Angrish, David Oshana, & Kimberley Gammage*</i> <i>Brock University</i>
The Relationship Between Daily Negative Self-conscious Emotions and Daily Compensatory Exercise Behavior: The Moderating Role of Self-compassion	<i>Katarina L. Huellemann¹, J.D. Gilchrist², & E. Pila^{*1}</i> <i>¹Western University, ²University of Waterloo</i>
Effects of message framing on physical activity effort discounting	<i>Jade Mardlin, Sheereen Harris, Rebecca Bassett-Gunter, Nicholas Santino, & Steven R. Bray*</i> <i>¹McMaster University, ²York University</i>
The ParticipACTION App: Disability Content Development and Knowledge Translation	<i>Brock M. Reissner, Leigh Vanderloo, & Amy E. Latimer-Cheung</i> <i>Queen's University, ParticipACTION</i>

Session 1B: Sport Psychology	
Time: 9:50-10:55 AM	
Exploring Experiences of Interpersonal Violence in Dance	<i>Aalaya Milne & Ashley Stirling*</i> <i>University of Toronto</i>
Exploring Evaluation Practices within Youth Sport and Recreation Programming throughout COVID-19: A Proposed Study	<i>Caroline Hummell¹, Majidullah Shaikh², & Corliss Bean^{*1}</i> <i>¹Brock University, ²University of Ottawa</i>
How Elite Tennis Coaches Help their Athletes Balance their Personal and Professional Lives	<i>Mikaela Papich¹, Gordon A. Bloom^{*1}, & Lea-Cathrin Dohme²</i> <i>¹McGill University, ²Cardiff Metropolitan University</i>

The Loss of Youth Sport due to COVID-19: A Parental Perspective <i>Niel Strydom, Alex Murata, & Jean Côté*</i> <i>Queen's University</i>
University student-athletes as facilitators of life skills: Implementation and evaluation of a mentoring program <i>Laura Martin & Martin Camiré*</i> <i>University of Ottawa</i>
Exploring Body Image Through the Injury and Rehabilitation Process: A Multiple Case Study <i>Morgan Miller & Jill Tracey*</i> <i>Wilfrid Laurier University</i>

Session 1C: Sport Psychology
Time: 9:50-10:55 AM
The Implementation of a Psychological Skills Training Program with Esport Players <i>Erkin Zuluev, Krista J. Munroe-Chandler*, & Todd Loughead*</i> <i>University of Windsor</i>
The Intersection of Proactivity Behaviours and Socialization Tactics on Athletes' Perceptions of their Group <i>Charlotte Revell¹, Mark Eys*¹, & Alex Benson³</i> <i>¹Wilfrid Laurier University, ²Western University</i>
Onboarding Support Systems into Elite Sport Organizations <i>Stefanie Gazmin & Luc J. Martin*</i> <i>Queen's University</i>
Personality and Choking Susceptibility Using an Online Pressure Inducing Task <i>Burgandy Thiessen¹, Philip Sullivan*¹, Kimberley Gammage¹, & Lori Dithurbide²</i> <i>¹Brock University, ²Dalhousie University</i>
Conflict Management with High School Sport Captains: A Pilot Intervention <i>Lauren Secaras & Karl Erickson*</i> <i>Michigan State University</i>
Experiencing Sport in Later Life: The Influence of Ethnicity and Gender <i>Alia Mazhar, Shruti Patelia, & Joseph Baker*</i> <i>York University</i>

Session 2A: Exercise Psychology
Time: 11:10 AM – 12:15 PM
Examining participant perceptions of quality participation in an online home exercise program in a COVID-19 context. <i>Jacob D. Sartor¹, Amy E. Latimer-Cheung¹, Shane N. Sweet², & Jennifer R. Tomasone*¹</i> <i>¹Queen's University, ²McGill University</i>
Exploring experiences with compulsive exercise among individuals with eating disorders <i>Laura Hallward & Lindsay R. Duncan*</i> <i>McGill University</i>

<p>Motivational interviewing to Optimize Movement (MOM): Supporting physical activity in pregnancy</p> <p><i>Sabrina Buchanan, Phil Wilson*, & Diane Mack</i> <i>Brock University</i></p>
<p>Self-perceptions as predictors of sustained participation in physical education among adolescents</p> <p><i>Kelsey Sick¹, Eva Pila*¹, Jenna Gilchrist², Mahmood Gohari², Karen Patte³, & Scott Leatherdale²</i> ¹Western University, ²University of Waterloo, ³Brock University</p>
<p>The Influence of Social Engagement during Exercise on Associated Cognitive and Affective Changes among Older Adult Women</p> <p><i>Teran H. Nieman^{1,2}, Maximilian Bergelt¹, & Laura E. Middleton*¹</i> ¹University of Waterloo, ²Western University</p>
<p>Examining the Effect of Additional Recruitment on EMA Compliance in Canadian Secondary School Students</p> <p><i>Imran Haider, P. Dutta, & M. Y. Kwan</i> <i>McMaster University</i></p>

<p>Session 2B: Sport Psychology</p> <p>Time: 11:10 AM – 12:15 PM</p>
<p>A Proposed Study on Athletes' Perceptions of Group Dynamics on the Offensive Line in Football</p> <p><i>Marc Glaude & Gordon A. Bloom*</i> <i>McGill University</i></p>
<p>High School Student-Athletes' Sport Participation and Psychological Distress: A Latent Class Analysis</p> <p><i>Camille Sabourin¹, Martin Camiré*¹, Stéphanie Turgeon*², Scott Rathwell³, Laura Martin¹, John Cairney⁴, & Mark Bruner⁵</i> ¹University of Ottawa, ²Université du Québec, ³University of Lethbridge, ⁴University of Queensland, ⁵Nipissing University</p>
<p>Female Athlete Outcomes in Sport Psychology: A Decade-Long Comprehensive Review</p> <p><i>Alex Murata, Cailie McGuire, Jen Coletti, Philip Simpson, Madison Robertson, Mia KurtzFavero, Ella Peirone, Luc Martin, & Jean Côté*</i> <i>Queen's University</i></p>
<p>A Resource Development Process: Reviewing and adapting Rowan's Law Concussion Awareness Resources for Athletes of All Abilities</p> <p><i>Roxy H. O'Rourke, Emily Bremer, Nick Reed, James Noronha, & Kelly Arbour-Nicitopoulos*</i> <i>University of Toronto, Bloorview Research Institute</i></p>
<p>Abusive Supervision within the Coach-Athlete Dyad</p> <p><i>Alysha D. Matthews & Karl Erickson*</i> <i>Michigan State University</i></p>
<p>Goal Setting in Masters Sport: An Autoethnography of a Masters Kettlebell Athlete and Coach</p> <p><i>Kimberley Eagles & Bettina Callary*</i> <i>Cape Breton University</i></p>

Session 2C: Sport Psychology

Time: 11:10 AM – 12:15 PM

Examining the Perception and Education of Sport Psychology Concepts among Canadian Sport Injury Rehabilitation Professionals

*Melissa Paré & Krista Munroe-Chandler**
University of Windsor

Lone girls: Exploring the Experiences of Girls on Boys Sports Teams

*Jennifer Coletti & Luc Martin**
Queen's University

Exploring Coach-Leaders' Experiences Facilitating Special Olympics Active Start Programs

Nathania Ofori, Jessica Fraser-Thomas, Rebecca Bassett-Gunter*, & Meghan Harlow**
York University

"Digging deeper": Exploring the Role of Personality Nuances on Expertise Development in Sport

*Sarah Manfred¹, Brad W. Young², & Rafael A. B. Tedeschi*¹*
¹Bishop's University, ²University of Ottawa

An Investigation of the Influence of Psychological Flexibility on Psychological Distress during COVID-19 Pandemic

Véronique Gauthier, Véronique Boudreault, & Frederick Dionne
*¹Université du Québec à Trois-Rivières, ²Université de Sherbrooke**

The Effects of Privacy on Self-Reported Depression in Athletes

*Chloe Ouellet-Pizer¹, Sebastian Harenberg*², & Justine Vosloo*²*
¹Ithaca College, ²St. Francis Xavier University

Session 3A: Exercise Psychology

Time: 1:35 – 2:40 PM

Implementing a Physical Activity Program for University Students and Employees with Physical Disabilities: A Proposed Feasibility Study

*Olivia Pastore, Natasha Kaushik, Rachel Desjourdy, Crystal Ceh, & Shane Sweet**
McGill University

Effects of Weight Stigma Induction on Psychological Stress and Exercise Behaviour

*Isabella Randall & Eva Pila**
Western University

Older Adults' Perceptions of the Use of Peer Support in Exercise Settings: A Qualitative Study

*Matthieu Dagenais, Alexandra Bula, & Kimberley L. Gammage**
Brock University

Exploring the Gut-Brain Axis and Autonomic Control in an Acute Stress Model

*Emma Nicholson & Dr. Jennifer Heisz**
McMaster University

Understanding Optimal Message Development and Dissemination Regarding Physical Activity Support Among Parents of Children with and Without Disabilities: A Systematic Scoping Review

*Victoria Larocca, Amanda McKinnon, Kelly Arbour-Nicitopoulos, Jennifer Tomasone, Amy Latimer-Cheung, & Rebecca Bassett-Gunter**
York University

Investigating Strategies Used to Foster Quality Participation on Playgrounds

*Nikoleta Odorico¹, Maeghan E. James¹, Carrie Millar², Jennifer Leo², Amy Latimer-Chung³, & Kelly Arbour-Nicitopoulos^{*1}*

¹University of Toronto, ²University of Alberta, ³Queens University

Session 3B: Sport Psychology

Time: 1:35 – 2:40 PM

Examining the Psychometrics of Shared Leadership Inventories

*Mason B. Sheppard & Todd M. Loughead**
University of Windsor

Athletes vs. Coaches: Perspectives About Social Media

*Elyse Gorrell & Maureen Connolly**
Brock University

A Proposed Study on Black NFL Players' Perceptions of the Coach-athlete Relationship

*Cherokee Washington & Gordon Bloom**
McGill University

Attitudes on Promoting Social Justice in Canadian High School Sport: A Proposed Study

*Evan Bishop¹, Martin Camiré^{*1}, Corliss Bean², Leisha Strachan³, & Tarkington Newman⁴.*
¹University of Ottawa, ²Brock University, ³University of Manitoba, ⁴University of New Hampshire

Examination of the Psychosocial Impacts of (De)classification on Wheelchair Basketball Athletes

*Zane Grossinger, Janet Lawson, Andrea Bundon, & Amy Latimer-Cheung^{*1}*
¹Queen's University, ²University of British Columbia

Athletes' Perceptions of Role Significance in an Interdependent Sport Context

*Madeline Smith-Ackerl & Mark Eys**
Wilfrid Laurier University

Session 3C: Sport Psychology

Time: 1:35 – 2:40 PM

Exploring the Impact of Injury on Positional Competition in High Performance Sport

*Cameron Davidson & Luc Martin**
Queen's University

Empowering Communities through research: Conducting Community-Based Participatory Research with Marginalized Communities

*Jonathan Hood & Kelly Arbour-Nicitopoulos**
University of Toronto

Does Social Identity Moderate the Associations between Peer Relationships and Motivational Outcomes in Youth Sport?

*Justin T. Worley & Alan L. Smith**
Michigan State University

Investigating the relationships between communication, performance, and mental health in Esports teams

*Dillon Collett, Colin D. McLaren, & Mark W. Bruner**
Nipissing University

<p>Facilitating the Teaching and Transfer of Life Skills in the Context of School Sport: A Multiple Case Study</p> <p><i>Alexandra Cérovac-Robichaud & Christiane Trottier*</i> Laval University</p>
<p>Expanding the Understanding of the Term Masters Coach</p> <p><i>Catalina Belalcazar & Bettina Callary*</i> Cape Breton University</p>

<p align="center">Session 4A: Exercise Psychology</p>
<p align="center">Time: 2:55 – 4:00 PM</p>
<p>The Effects of Mental Fatigue and Attentional Focus on Co-activation During Isometric Endurance Exercise</p> <p><i>Daniel Trafford, Ashley Flemington, & Steven R. Bray*</i> McMaster University</p>
<p>Exploring Theoretical Predictors of Physical Activity Maintenance Post-cardiac Rehabilitation: A Prospective, Longitudinal Study</p> <p><i>Meaghan Osborne¹, Zhiyang Shi¹, Michelle Fortier², & Shane N. Sweet^{**1}</i> ¹McGill University, ²University of Ottawa</p>
<p>Where Dissemination Fails: The Use of Social Network Analysis to Optimize the Knowledge Translation of Movement Guidelines Across an Organizational Network</p> <p><i>Kaitlyn D. Kauffeldt¹, Heather L. Gainforth², Amy E. Latimer-Cheung¹, Guy E. Faulkner³, Jennifer R. Tomasone^{*1}</i> ¹Queen's University, ²University of British Columbia Okanagan, ³University of British Columbia</p>
<p>Break Up Call: Investigating the Role of Exercise Breaks During Remote Learning</p> <p><i>Michelle Ogrodnik, Kobika Selvarajah, Barbara Fenesi & Jennifer Heisz</i> McMaster University</p>
<p>Physical Activity in Children/Youth with Disabilities During the COVID-19 Pandemic: Are Parents Playing a Role?</p> <p><i>Maeghan E. James¹, Sarah Moore², Rebecca Bassett-Gunter³, Kathleen Martin Ginis⁴, Kelly P. Arbour-Nicitopoulos^{*1}</i> ¹University of Toronto, ²Dalhousie University, ³York University, ⁴ The University of British Columbia</p>
<p>The Effectiveness of Pelvic Floor Rehabilitation and Self-compassion Meditation on Sexual Dysfunction in Postpartum Mothers</p> <p><i>Alexandra Rakin, Michelle Mottola*, and Eva Pila*</i> Western University</p>

<p align="center">Session 4B: Sport Psychology</p>
<p align="center">Time: 2:55 – 4:00 PM</p>
<p>A Comprehensive Mental Performance Program Assisting a Major League Soccer Academy and The Front Office Staff</p> <p><i>Piotr A. Piasecki & F. Yu</i> Adler University</p>
<p>Chicago Fire Football Club Mental Skills Training: Adaptation and Multilateral Collaboration in Response to the Pandemic</p> <p><i>Ari Sapinsley, C. Newman & J. Pine</i> Adler University</p>

<p>"The Things I Do for Sport": Associations with Mental Health in Student-Athletes.</p> <p><i>Maxwell J. Brown, Diane E. Mack*, & Philip M. Wilson</i> <i>Brock University</i></p>
<p>Elite Divers' Perceptions of Coach Strategies in Competition</p> <p><i>Siobhan Henderson, Gordon A. Bloom*, & Danielle Alexander</i> <i>McGill University</i></p>
<p>What About Women?: A Two-Phase Exploratory Investigation of Leadership Development</p> <p><i>Tiffany Tse, Jordan D. Herbison, Beth Barz, Alex Murata, & Jean Côté*</i> <i>Queen's University</i></p>
<p>Switch It Up: Examining Changes in Athletes' Body Image Over a Competitive Season</p> <p><i>David Brown, Kristen Lucibello, & Catherine Sabiston*</i> <i>University of Toronto</i></p>

Session 4C: Health Psychology Time: 2:55 – 4:00 PM
<p>The scope of practice in physical activity participation for persons with physical disabilities in low-income countries: A systematic scoping review</p> <p><i>Yetnayet Sisay Yehuala, Maggie Locke, Jennifer R. Tomasone, and Amy E. Latimer-Cheung*</i> <i>Queen's University</i></p>
<p>An application of the Extended Parallel Process Model to optimize motivational messages targeting people with obesity</p> <p><i>Nilina Mohabir & Rebecca Bassett-Gunter*</i> <i>York University</i></p>
<p>A cross-sectional investigation of Ontario university students' social media use and social connectedness during the COVID-19 pandemic</p> <p><i>Olivia K. Holmes¹, Nerida Koert van der Linden¹, Maram Omar¹, Tara Dumas², Lynne Zarbatnay¹, Wendy Ellis³, Lorie Donelle¹, Jennifer D. Irwin¹, Trish Tucker¹, Erin S. Pearson⁴, Jason Gilliland¹, & Shauna M. Burke^{*1}</i> ¹Western University, ²Huron University College, ³King's University College, ⁴Lakehead University</p>
<p>Identifying Trustworthy Online Health Information: An Eye-tracking Study</p> <p><i>Bradley Crocker & Lindsay Duncan*</i> <i>McGill University</i></p>
<p>Enabling Clinicians to Translate Healthy Lifestyle Knowledge to Children with Complex Heart Problems and Their Parents</p> <p><i>Shikha Saxena^{1,2}, Jennifer Vo^{1,2}, Jamie Millage¹, Derek Wong¹, Priscilla Bélanger¹, Amelie Fournier¹, Lorene Bodiam⁴, Archie Allison⁵, Angelica Blais^{1,2}, & Patricia E. Longmuir^{*1,2}</i> ¹Children's Hospital of Eastern Ontario Research Institute, ²University of Ottawa, ³The Hospital for Sick Children, ⁴City of Toronto Parks, Forestry and Recreation, ⁵Variety Village</p>
<p>Staying Connected: Online Health Promotion for Wholistic Wellness in a First Nations Community during COVID-19</p> <p><i>Georgia Fraulin, CMT Research Team, & Lucie Lévesque*</i> <i>Queen's University</i></p>

Day 2: Friday March 26th, 2021

Session 5A: Sport Psychology	
Time: 9:00-10:05 AM	
Athlete leader fairness: Examining coaches' and athlete leaders' perceptions	<i>Katherine E. Hirsch & Todd M. Loughead*</i> <i>University of Windsor</i>
Facilitating a community of practice to enhance concussion support: A researcher's perspective	<i>Cassandra M. Seguin & Diane M. Culver*</i> <i>University of Ottawa</i>
A longitudinal investigation into well-being and the influence of injury and perceived exertion on female basketball players	<i>Allison Columbus, Diane E. Mack*, & Philip M. Wilson</i> <i>Brock University</i>
Wheelchair Basketball Athletes' Perceptions of Effective Coaching Practices	<i>Lara Pomerleau-Fontaine, Gordon A. Bloom*, & Danielle Alexander</i> <i>McGill University</i>
Followership: An Interdisciplinary Scoping Review	<i>Philip B. Simpson, Luc J. Martin, & Jean Côté*</i> <i>Queen's University</i>
Social Justice for Advancing Safe Sport: Perspectives from Sport Journalists	<i>Anika Taylor & Ashley Stirling*</i> <i>University of Toronto</i>

Session 5B: Sport Psychology	
Time: 9:00-10:05 AM	
A New Coach for Every Season: CHL Players' Experiences with the Communication Styles of Multiple Head Coaches in One Organization.	<i>Travis Crickard & Mark Eys*</i> <i>Wilfrid Laurier University</i>
Should I Stay or Should I Go?: Peer Motivational Climate and Adherence in Youth Sports	<i>Achuthan Shanmugaratnam, Colin D. McLaren, & Mark W. Bruner*</i> <i>Nipissing University</i>
Sport and Older Adults: A Scoping Review	<i>Shruti Patelia, Alia Mazhar, & Joseph Baker*</i> <i>York University</i>
Coaches use of Trauma-Sensitive Approaches in The Bounce Back League, a National Community Sport Program	<i>Alanna Stobbe¹, Majidullah Shaikh², Tanya Forneris^{*1}</i> <i>¹The University of British Columbia, ²University of Ottawa</i>
Training of Perceptual Cognitive Skills using 360 degree Videos in Volleyball Athletes	<i>Tara Stilwell¹, Dr. Sebastain Harenberg², Dr. Justine Vosloo^{*1}</i> <i>¹Ithaca College, ² St. Francis Xavier University</i>

Performance Anxiety in Musical and Sport Context: A Multiple Case Study

Joanie Thibault & Véronique Boudreault*

¹Université TELUQ, ²Université de Sherbrooke*

Session 5C: Health Psychology

Time: 9:00-10:05 AM

Physical Activity Counselling Improves Psychosocial Outcomes Among Children with Congenital Heart Disease

Angelica Blais, Jane Lougheed, Andrew Mackie, Kambiz Norozi, Jennifer Graham, Jenna Yaraskavitch, Alyssa Chappell, Adam Dempsey, & Patricia Longmuir*

¹Children's Hospital of Eastern Ontario Research Institute, ²University of Ottawa, ³Children's Hospital of Eastern Ontario, ⁴Stollery Children's Hospital, ⁵University of Western Ontario, ⁶Canadian Congenital Heart Alliance, ⁷University of Alberta

Content Analysis of Community-Based Organizations Using Web-Based Materials to Promote Physical Activity for Children With Disabilities

Dorsa Shakeri, Lauren Tristani, & Rebecca Basset Gunter*
York University

An Environmental Scan and Mapping of 24-Hour Movement Guideline Content in Undergraduate Medical Education to Inform Future Translation of Evidence Into Medical Practice

Tamara L. Morgan¹, Michelle S. Fortier^{2*}, & Jennifer R. Tomasone^{1*}
¹Queen's University, ²University of Ottawa

Exploring Spinal Cord Injury Peer Mentoring Relationships Using a Creative Non-Fiction Approach

Zhiyang Shi¹, Pierre Lepage¹, Jeffrey G. Caron², & Shane Sweet^{1*}
¹McGill University, ²Université de Montréal

Exploring the Quality of Volunteer Experiences on Long-Term Engagement in Para Sport

Alyssa Grimes & Amy Latimer-Cheung*
Queens University

A Cross-Sectional Examination of Self-Reported Health, Health Behaviours, and Psychological Wellbeing Among Ontario University Students During COVID-19

Merida K. van der Linden¹, Olivia Holmes¹, Maram Omar¹, Tara Dumas², Lynne Zarbatnay¹, Wendy Ellis³, Lorie Donelle¹, Jennifer D. Irwin¹, Trish Tucker¹, Erin S. Pearson⁴, Jason Gilliland¹, & Shauna M. Burke^{1*}
¹Western University, ²Huron University College, ³King's University College, ⁴Lakehead University

Session 6A: Sport Psychology

Time: 10:15 – 11:10 AM

An Online-based Psychological Skills Training Program for Athletes with a Disability

Frank O. Ely¹, Krista J. Munroe-Chandler^{1*}, Todd M. Loughead¹, & Jeffrey J. Martin²
¹University of Windsor, ²Wayne State University

Exploring Coach Embodiment and Enactment of Power and Unconscious Bias Towards High Performance Youth Athletes

Laura Parrott, Diane Culver*, & Audrey Giles*
University of Ottawa

Using Creative and Participatory Methods to Understand Children's Experiences of Engaging in a Trauma-Sensitive Sport Program

Ashley Romano¹, Lauryn Guy², Majidullah Shaikh^{3*}, & Corliss Bean^{1*}
¹Brock University, ²University of British Columbia, ³University of Ottawa

Exploring Adolescents' Anti-Doping Perceptions: Using Vignettes to Understand the Personal Relevance of Doping in Adolescent Athletes

Sean Harrop, Evelyne Bédard, & Lindsay Duncan*
McGill University

Classification in Paraspport: Exploring athletes' and Classifiers' Experiences with and Understand of Classification

Janet Lawson, Toni Williams, & Amy Latimer-Cheung*³
¹Queen's University, ²Leeds Beckett University, ³Queen's University

Session 6B: Sport Psychology

Time: 10:15 – 11:10 AM

Developing Theory-driven Narratives as a Type of Concussion Education Modality for High School Athletes: A Proposed Study

Erin Brennan & Jeffrey G. Caron*
Université de Montréal

Playing with the Coach's Kid: Investigating Relationships Among Athlete-coach-teammate Triads

Kaylee Flynn, Colin McLaren, & Mark Bruner*
Nipissing University

Thinking Through and Designing Qualitative Research Studies: A Focused Mapping Review Of 30 Years of Qualitative Research in Sport Psychology

Zoe A. Poucher¹, Katherine A. Tamminen^{*1}, Jeffrey G. Caron², & Shane N. Sweet³
¹University of Toronto, ²University of Montreal, ³McGill University

What is a Coaching Philosophy? Exploring Youth Sport Coaches' Conceptualizations, Development, and Implementation

Manal Beydoun & Jessica Fraser-Thomas*
York University

Experience-Related Variables That Affect Golf Coaches' Use and Trust in Technology

Ben Rittenberg, Lori Dithurbide*, & Heather Neyedli
Dalhousie University

Session 6C: Health Psychology

Time: 10:15 – 11:10 AM

A cross-sectional examination of internet use and risks among university students

Maram Omar¹, Nerida K. van der Linden¹, Olivia K. Holmes¹, Tara Dumas², Lynne Zabatnay¹, Wendy Ellis³, Lorie Donelle¹, Jennifer D. Irwin¹, Trish Tucker¹, Erin S. Pearson⁴, Jason Gilliland¹, & Shauna M. Burke^{*1}
¹Western University; ²Huron University College; ³King's University College; ⁴Lakehead University

Exploring the Experiences of Undergraduate Students in a Quality of Living Course During the COVID-19 Pandemic

Kristen Sherrington, Michelle Fortier*, & Olivia Pastore
University of Ottawa

Exploring the Relationship between Estimated Cardiorespiratory Fitness and Mental Health in thesis-based Graduate Students impacted by COVID-19

Maryam Marashi & Jennifer Heisz
McMaster University

Examining the effectiveness of physical activity-based interventions at improving physical, behavioural and mental health outcomes in immigrants/newcomers to Canada.

*El Zahraa Majed¹, Farah El Sayed², & Lucie Lévesque*¹*
¹Queen's University, ²American University of Beirut

Exploring Physical Activity Maintenance Among Adults with Spinal Cord Injury

*Tayah M. Liska¹, Emilie Michalovic¹, Haley Flaro², & Shane N. Sweet*¹*
¹McGill University, ²Ability New Brunswick

Session 7A: Sport Psychology

Time: 11:20 AM – 12:15 PM

COVID-19 Pandemic: How Has It Impacted the Mental Health of Canadian University Students and Student-Athletes?

*Joshua Celebre & Philip Sullivan**
Brock University

Psychological Factors of Resilience That Have Helped University Hockey Players Overcome Adversity Contexts

*Sara Lachance & François Gravelle**
University of Ottawa

Challenges in Conducting a Scoping Review on Mixed Methods Research

Mathieu Michaud, William J. Harvey, & Gordon A. Bloom**
McGill University

Powerchair Sport: An Investigation of Athletes' Experiences

*Thea Leavitt, Janet Lawson, & Amy Latimer-Cheung**
Queen's University

Validating the Wholistic Compass as a Measure of Indigenous Youth Development Through Sport and Physical Activity

*Kieran Peltier, Brenda Bruner, Colin McLaren, & Mark W. Bruner**
Nipissing University

Session 7B: Sport Psychology

Time: 11:20 AM – 12:15 PM

Leadership and Its Influence on Psychological Safety in Elite Hockey: A Player's Perspective

Myles Doan, Todd M. Loughhead, & Krista J. Munroe-Chandler*
University of Windsor

Examining How Sport-related Concussions Impact the Identities of Semi-elite Athletes.

*Cameron Collicot¹, Alex Benson², Lee Schaefer³, & Jeffrey G. Caron*¹*
¹Université de Montréal, ²Western University, ³McGill University

Integrating Reflective Practice in Applied Sport Psychology

Pénélope Duval-Brassard, Christiane Trottier, & Pierre Trudel**
Laval University

Emotion Expressions and Emotion Norms within Competitive Female Sports

*Rachel Crook & Katherine Tamminen**
University of Toronto

Exploring Elite Female Youth Hockey Teams' Shared Leadership Through Coach and Athlete Leaders' Experiences

*Dan Church & Jessica Fraser-Thomas**
York University

Session 7C: Health Psychology

Time: 11:20 AM – 12:15 PM

Ups and Downs: A Prospective Examination of Sedentary Behaviour and Physical Activity Across the Perioperative Period

Sarah McGee, S. Mann, M. Tough, D. Bardana, A. Campbell, G. Wood, D. Tripp, D., & M. Gierc**
Queen's University

Understanding the Relationship Between Body Image and Menopause in South Asian Women

*Taranjot K. Dhillon & Kimberley L. Gammage**
Brock University

Investigating the Associations Between Cardiorespiratory Fitness, Sleep and Cognition in Aging

*Tara Kuhn¹ & Jennifer Heisz^{*2}*
¹University of Waterloo, ²McMaster University

Acceptability of a Peer Support Physical Activity Program for Individuals Living With COPD: A Focus Group Study

*Emilie Michalovic & Shane N. Sweet**
McGill University

WhatsApp: mHealth Interventions for Physical Activity in Mexican Adolescents

*Alyssa Comfort¹, Juan Ricardo López y Taylor², Edna Jáuregui², & Lucie Lévesque^{*1}*
¹Queen's University, ²University of Guadalajara

Session 8A: Exercise Psychology

Time: 1:35 – 2:40 PM

Physical Activity Participation and Coping in College

*Dorian Hayden & Leapetswe Maletse**
Michigan State University

Developing a Webinar to Foster Physical Activity Support: A Focus on Those Caring for Young Adult Cancer Survivors

*Erica Dann, Jenson Price, Amirtha Srikanthan, & Jennifer Brunet**
¹University of Ottawa, ²The Ottawa Hospital Cancer Centre, ³The Ottawa Hospital Cancer Therapeutic Program, ⁴The Ottawa Hospital Research Institute, ⁵Institut du savoir Montfort

Investigating the Effects of Fit-Normative and Weight-Inclusive Instagram Content on Women's Exercise Motivations

*Madeline Wood & Eva Pila**
Western University

Development and Preliminary Validation and Reliability of a Measure of Self-efficacy for Self-control (SESC)

*Sheereen Harris¹, Jeffrey D. Graham², Kira L. Innes¹, & Steven R. Bray^{*1}*
¹McMaster University, ²Ontario Tech University

Physical Activity Support Behaviours Among Parents of Children with Intellectual Disabilities: Evaluating an Online Messaging Intervention

*Katerina Disimino, Lauren Tristani, Nicholas Santino, Jonathan Weiss, & Rebecca L. Bassett-Gunter**
York University

Critical Reflection's Influence on Resistance Training Performance

*Jason Dellatolla & Scott Thomas**
University of Toronto

Session 8B: Sport Psychology

Time: 1:35 – 2:40 PM

Qualitative Analysis of Youth Female Gymnast's Passion in Competitive Gymnastics - A Proposal

*Jessica Simpson¹, Krista Munroe-Chandler*¹, & Kyle Paradis²*
¹University of Windsor, ²University of Ulster

What is the purpose of recovery from hard sport training? Mapping elite athletes' perspectives on health and performance

*Stuart Wilson & Bradley W. Young**
University of Ottawa

Investigating the long-term effect of online mental health literacy training in intercollegiate sport

*Laura Tennant & Philip Sullivan**
Brock University

Exploring experiential elements, strategies, and outcomes of quality participation for children with intellectual and developmental disabilities: A systematic scoping review

*Natasha Bruno, Alanna Richardson, Kaitlyn D. Kauffeldt, Jennifer R. Tomasone, Kelly Arbour-Nicitopoulos, & Amy E. Latimer-Cheung**
Queen's University

A Descriptive Inquiry into Coping and Stressor Appraisals among Junior Competitive Ice Hockey Players

*Alex Marchand & Katherine Tamminen**
University of Toronto

Are Athletes Psychologically Ready After Completing the Return to Play Protocol? A Proposed Qualitative Multiple Case Study on Previously Concussed University Athletes

*Quinn Johnsson¹, Jeffrey G. Caron², *Claudia Gonzalez*¹, & Scott Rathwell*¹*
¹University of Lethbridge, ²Université de Montréal

Session 8C: Sport Psychology

Time: 1:35 – 2:40 PM

They Are a Part of the Team Too! The Role of Parents on Interdependent Youth Sport Teams

*Taylor Coleman & Mark Eys**
Wilfrid Laurier University

Transformations from the Trail: An Exploration of Identity & Belonging in Mountain Biking.

Jeff Silas & Lee Schaefer
McGill University

Exploring Student-Athletes' Perceptions of Psychological Readiness to Return to Sport Following a Concussion

*Matthew E. Lassman, Amanda M. Black, Scott Rathwell, & Jeffrey G. Caron**

¹Université de Montréal, ²Centre for Interdisciplinary Research in Rehabilitation, ³Sport Injury Prevention Research Centre, University of Calgary, ⁴Alberta Children's Hospital Research Institute, University of Calgary, ⁵Hotchkiss Brain Institute, University of Calgary, ⁶O'Brien Institute for Public Health, University of Calgary, ⁷University of Lethbridge

Academic Accommodations Following Concussion: Exploring the Power Dynamics and Relationships Involved in Student-Faculty Communications

*Melanie Ferstman¹, Dr. Lee Schaefer*², & Jeffrey G. Caron³*

¹University of Saskatchewan, ²McGill University, ³Université de Montréal

A Case Study of Youth Developmental Sport Participation Patterns Among Ontario Tech University Varsity Soccer Players

*Arman Mohammadi & Nick Wattie**

Ontario Tech University

Impact of Sports Participation on Anxiety Symptoms and Psychoactive Substance Use

Sophie Labossière, Catherine Laurier, Sophie Couture*, Luc Touchette, & Alexa Martin-Storey*

Université de Sherbrooke

Session 9A: Exercise Psychology

Time: 2:55 – 4:10 PM

An Exploration and Experimental Test of a Generic Messaging Approach to the Canadian 24-Hour Movement Guidelines for Adults

*Alexandra Walters, Jennifer Tomasone, & Amy Latimer-Cheung**

Queen's University

Do Older Adults Attend to and Better Recall Messages Tailored to their Socioemotional Goals?

*Laurence Bouchard & Lindsay Duncan**

McGill University

Appearance- versus function-based verbal cues during exercise in young female non-exercisers

*MacLean Press¹, Jenna Gilchrist², Anne Cox³, & Eva Pila*¹*

¹Western University, ²University of Waterloo, ³Washington State University

Effects of an online group-dynamics-based intervention on physical activity during transition to the first year of university

*Dusan Kovacevic & Steven Bray**

McMaster University

Physical activity and loneliness among adolescents with disabilities: Examining the quality of physical activity experiences as a possible moderator

*Nicholas Santino¹, Kelly Arbour-Nicitopoulos², Ritu Sharma², Jeffrey Graham³, & Rebecca Bassett-Gunter*¹*

¹York University, ²University of Toronto, ³Ontario Tech University

Exploring associations between physical activity, cognitive function, mood, and quality of life in adolescents and young adults treated for cancer.

*Sitara Sharma & Jennifer Brunet**

University of Ottawa

Investigating the Exercise-Driven Mechanisms Underlying Improvements to Executive Functions

*Anisa Morava & Harry Prapavessis**
Western University

Session 9B: Sport Psychology

Time: 2:55 – 4:10 PM

Investigating Masters Player Coaches' Experiences in a Men's Basketball League

*Ciera Disipio & Bettina Callary**
Cape Breton University

Furthering the Co-regulatory Coaching Interface Model: The Participant Coach's Reflection and Elaboration on the Dyadic Coaching Model

*Lisa Bain & Bradley W. Young**
University of Ottawa

Exploring Trust and Psychological Safety as Factors Protecting Athletes' Mental Health: A Citation Network Analysis

*Cailie McGuire & Luc J. Martin**
Queen's University

Mental Health in University Student Athletes: Differences Between Genders and Years of Study

*Taylor Budgell & Philip Sullivan**
Brock University

An Evaluation of Student-athletes Needs to Foster Their Positive Development in Sport-études: A Proposal

Joey Toupin, Christiane Trottier, Vicky Drapeau, Marc-Antoine Pépin, William R. Falcão, Claude Goulet, François Billaut, Stéphane Pelet, Pierre Trudel, Éric Frenette, Raymond Veillette, & Sébastien Lavoie*
Université Laval

Sex Differences in Coping Strategies Among Competitive Athletes

*Rowena Cai & Katherine Tamminen**
University of Toronto

What Defines Early Specialization: A Systematic Review of Literature

Alexandra Mosher, Jessica Fraser-Thomas, & Joe Baker**
York University

Session 9C: Sport Psychology

Time: 2:55 – 4:10 PM

Ethnicity and relational demography in association with intercollegiate athletes' perceptions of cohesion

*Vanessa Karim & Mark Eys**
Wilfrid Laurier University

Youth sports as a context for enhanced social capital, family relations, and well-being

*Guilherme Hebling Costa & Karl Erickson**
Michigan State University

Exploring the interactions of concussed athletes and their social support network during recovery and return to sport

*Makine Boukhari¹, Theresa Bianco², Shane N. Sweet³, & Jeffrey G. Caron^{*1}*
¹Université de Montréal, ²Concordia University, ³McGill University



Early-Career Physical Education Teacher Socialization: Negotiating the Tensions and Realities of Teaching for Social Justice

*Vanessa Da Fonte & Lee Schaefer**
McGill University

Influence of Training Self-efficacy on Performance in Varsity Student-Athletes

*Kassidy Ford¹, Joseph Baker², & Nick Wattie*¹*
¹Ontario Tech University, ²York University

Proposing Early Interventions to Decrease Moral Disengagement in Sport Through Developmental Psychology Recommendations

*Jessica Gingrich & Wade Wilson**
University of Waterloo

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