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# Heather Ann Hausenblas, PhD

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## CURRENT EMPLOYMENT

Jacksonville University: Associate Dean for the School of Applied Health Sciences (August 2017 – present)  
Professor of Kinesiology (August 2016 – present)  
Associate Professor (August 2012 – July 2016)  
Visiting assistant professor (August 2011 – July 2012)

## PAST EMPLOYMENT

University of Florida: Associate Professor, Director of Exercise Psychology Laboratory (August 1998 to August 2012)

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## PROFILE

Dr. Heather A. Hausenblas, PhD, is a physical activity and healthy aging expert, researcher, and author. Her research focuses on the psychological effects of health behaviors across the lifespan. In particular, Dr. Hausenblas examines how physical activity and diet (including supplementation) relate to healthy aging. More specifically, her research focuses on the effects of physical activity and diet on body composition, body image, mood, adherence, eating behaviors, quality of life, and excessive exercise. She has applied theoretical models to examine the psychological effects of physical activity during pregnancy and postpartum and its relationship to the health of the entire family. She has also examined the clinical effects of resveratrol, green coffee bean, fenugreek, and saffron supplementation and multiple health behavior interventions on healthy aging.

Dr. Hausenblas has been recognized for her research, and she has been the recipient of several awards. In 1996, she was awarded the Canadian Association for Psychomotor Learning and Sport Psychology Young Scientist Award for Scholarly Research. In 2003, Heather was the recipient of the Dorothy V. Harris Memorial Award for outstanding early career development in health and exercise psychology from the Association of Applied Sport Psychology. In 2005, she was the recipient of the early career distinguished scholars award by the North American Society for the Psychology of Sport and Physical Activity. In 1998, she received the Sport Science Award of the International Olympic Committee.

Dr. Hausenblas is the co-author of five scientific books, and she has published about 100 scientific journal articles. She has conducted over 200 national and international scientific presentations. She has also been the receipt of several research grants to examine the

Dr. Hausenblas obtained her Doctorate from The University of Western Ontario in Canada. She was a faculty member and the Director of the Exercise Psychology lab at the University of Florida from 1998 to 2012. She is currently the Associate Dean for the School of Applied Health Sciences and a Professor of Kinesiology in the Brooks Rehabilitation College of Healthcare Sciences at Jacksonville University. She is the Vice Chair for the Mayor's Council on Fitness and Well-being. Dr. Hausenblas serves as a Scientific Advisor for nutrition and health companies. She is a mom to three young boys, and she enjoys exercising outdoors, spending time with her family and friends, and coaching and watching her sons play sports. She resides in Jacksonville, FL with her husband and boys.

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## **DEGREES RECEIVED**

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

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

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

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## **ACADEMIC AWARDS AND DISTINCTIONS**

4. Carron, A. V., **Hausenblas, H. A.**, & Estabrooks, P. (2003). *Psychology of physical activity* (274 pages). New York: McGraw-Hill.
5. Singer, R. N., **Hausenblas, H. A.**, & Janelle, M. (Eds.) (2001). *Handbook on sport psychology* (896 pages). New York: John Wiley & Sons.
6. Carron, A. V., & **Hausenblas, H. A.** (1998). *Group dynamics in sport* (2<sup>nd</sup> Ed.) (394 pages). Morgantown, WV: Fitness Information Technology.

**Invited Book Chapters (8 book chapters)**

**\* = graduate or undergraduate student (former or current)**

1. Carron, A. V., & **Hausenblas, H. A.** (1998). Construire une equip en sport. In E. Thill & P. Fleurance, *Guide pratique de la preparation psychologique du sportif*. (pp.135-144). Paris: Vigot. [Team building in sport. In E. Thill & P. Fleurance, *Practical guide of psychological preparation*. Paris, France: Vigot.]
2. Carron, A. V., **Hausenblas, H. A.**, & Estabrooks, P. (1999). Social influence

- reasoned action and planned behavior to exercise behavior: A meta-analysis. *Journal of Sport & Exercise Psychology*, 19, 36-51.
4. Hall, C. R., Mack, D. E., Paivo, A., & **Hausenblas, H. A.** (1998). Imagery use by athletes: Development of the Sport Imagery Questionnaire. *International Journal of Sport Psychology*, 29, 73-89.
  5. Martin, K. A., & **Hausenblas, H. A.** (1998). Psychological commitment to exercise and eating disorder symptomology among female aerobic instructors. *The Sport Psychologist*, 12, 180-190.
  6. **Hausenblas, H. A.**, & Carron, A. V. (1998). Group influences on eating and dieting behaviors in residence members. *College Student Journal*, 32, 585-589.
  7. Carron, A. V., Estabrooks, P. A., Horton, H., Prapavessis, H., & **Hausenblas, H. A.** (1999). Reductions in social anxiety associated with group membership: Distraction, anonymity, security, or diffusion of evaluation. *Group Dynamics: Theory, Research, & Practice*, 3, 1-9.
  8. **Hausenblas, H. A.**, \*Dannecker, E. A., Connaughton, D. P., & Lovins, T. R. (1999). Examining the validity of the stages of exercise change algorithm. *American Journal of Health Studies*, 15, 94-99.
  9. **Hausenblas, H. A.**, & Mack, D. (1999). Social physique anxiety and eating disorder correlates among female athletic and nonathletic populations. *Journal of Sport Behavior*, 22, 502-513.
  10. **Hausenblas, H. A.**, & Carron, A. V. (1999). Eating disorder indices and athletes: An integration. *Journal of Sport & Exercise Psychology* 21, 230-258.
  11. **Hausenblas, H. A.**, Hall, C. R., Rodgers, W., & Munroe, K. (1999). Exercise imagery: Its nature and measurement. *Journal of Applied Sport Psychology*, 11, 171-180.
  12. Carron, A. V., **Hausenblas, H. A.**, & Mack, D. (1999). When a comment is much ado

- development and validation of the Exercise Dependence Scale. *Psychology & Health*, 17, 387-404.
23. **Hausenblas, H. A.**, & \*Symons Downs, D. (2002). Relationship among sex, imagery, and exercise dependence symptoms. *Psychology of Addictive Behaviors*, 16, 169-172.
  24. **Hausenblas, H. A.**, & \*Fallon, E. A. (2002). Relationship among body image, exercise behavior, and exercise dependence symptoms. *International Journal of Eating Disorders*, 32, 179-185.
  25. **Hausenblas, H. A.**, \*Symons Downs, D., Fleming, D. S., & Connaughton, D. P. (2002). Body image in middle school children. *The Journal of Eating and Weight Disorders*, 7, 244-248.
  26. **Hausenblas, H. A.**, Janelle, C. M., \*Ellis Gardner, R., & \*Hagan, A. L. (2002). Effects of exposure to physique slides on the emotional responses of men and women. *Sex Roles: A Journal of Research*, 47, 569-575.
  27. **Hausenblas, H. A.**, & Carron, A. V. (Winter 2002). Assessing eating disorder symptoms by sport groups: A critique with recommendations for future research. *International Sports Journal*, 65-74.
  28. **Hausenblas, H. A.**, & \*Symons Downs, D. (2002). Exercise dependence: A systematic review. *Psychology of Sport and Exercise*, 3, 89-123.
  29. \*Dannecker, E. A., **Hausenblas, H. A.**, Connaughton, D., & Lovins, T. (2003). Validation of a stages of exercise change questionnaire. *Research Quarterly for Exercise and Sport*, 74, 236-247.
  30. \*Symons Downs, D., & **Hausenblas, H. A.** (2003). Exercising for two: Examining pregnant women's second trimester exercise intention and behavior using the framework of the theory of planned behavior. *Women's Health Issues*, 13, 222-228.
  31. **Hausenblas, H. A.**, \*Dannecker, E. A., & \*Symons Downs, D. (2003). Examination of the validity of the Stages of Exercise Change Algorithm. *Journal of Applied Social Psychology*, 33, 1179-1189.
  32. **Hausenblas, H. A.**, Janelle, C. M., \*Ellis Gardner, R., & \*Ha-0.003 Tc 0 Tw 7.341 0 T&2[(-sP6 -0.007 Tw

39. Symons Downs, D., **Hausenblas, H. A.**, & Nigg, C. R. (2004). Factorial validity and psychometric examination of the Exercise Dependence Scale-Revised.









4. **Hausenblas, H. A.** (September 2013) Does resveratrol blunt the benefits of exercise? A natural medicine perspective on a controversial study. [I was an expert who contributed to this article].
5. **Hausenblas, H. A.** (August 2013). Resveratrol Decreases Inflammation. Study evaluates the effects of resveratrol supplementation on inflammatory cytokines in professional male basketball players. Abstracts & Commentary for the *Journal of Natural Medicine*.
6. **Hausenblas, H. A.** (June 2013). Saffron Improves Sexual Dysfunction. Study evaluates the effects of saffron on sexual function in women with major depression. Abstracts & Commentary for the *Journal of Natural Medicine*. [NMJ's top-10 most-read articles from 2013 (ranked #4)]
7. **Hausenblas, H. A.** (March 2014) Abstract and Commentary: Resveratrol improves diabetic health markers. Study evaluates the antihyperglycemic effects of resveratrol supplementation on patients with type 2 diabetes. *Natural Medicine Journal*.
8. **Hausenblas, H. A.** (Winter, 2015). *Workaholic: Are you addicted to exercise?* (pp. 16 – 21). Wave, Jacksonville University.

### **Bibliographies/Catalogs**







