**CURRICULUM VITAE  
Dr. Shelly Russell-Mayhew, R. Psych.**

Professor, Counselling Psychology

Associate Dean Research, Werklund School of Education

University of Calgary (UCalgary)

**CONTACT**

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**ACADEMIC CREDENTIALS**

Ph.D., Counselling Psychology, Division of Applied Psychology, June 2003

Dissertation: Preventing eating disorders in schools

University of Calgary

M.Sc., Counselling Psychology, July 1998

Masters Thesis: Group therapy for eating disorders

University of Calgary

B.Sc., Psychology with Honours, May 1994

University of Calgary

**OTHER CREDENTIALS**

Registered Psychologist (2003), College of Alberta Psychologists #2799

**APPOINTMENTS and PROMOTIONS**

*University of Calgary (UCalgary)*

Associate Dean Research, Werklund January 2023 - current

Full Professor July 2017-current

Program Chair Counselling Psychology September 2021-August 2023

Werklund Research Professor July 2015-2020

Associate Professor April 2010 – June 2017

Director of Practica and Internships January 2013 - September 2015

Assistant Professor, (with tenure effective July 1, 2009) July 2009 - April 2010

Coordinator of Master of Counselling Program July 2009 - September 2011

Assistant Professor, Division of Applied Psychology April 2005 - July 2009

Research Coordinator for Campus Alberta April 2005 - April 2008

Instructor for Campus Alberta Applied Psychology September 2004 - March 2005

*Calgary Health Region [Alberta Health Services (AHS)]*

Promotion and Prevention Specialist, Eating Disorder Program 2000 - 2004

Eating Disorder Coordinator 1998- 2000

**ASSOCIATE MEMBERSHIP**

Canadian Psychological Association

Canadian Counselling and Psychotherapy Association

Obesity Canada

EveryBody Matters Collaborative – Obesity Canada

Academy for Eating Disorders

Eating Disorder Association of Canada

National Eating Disorder Association

National Eating Disorder Information Centre

**LEAVES**

Medical Leave (November 2022)

Research and Scholarship Leave September 2020-August 2021

Research and Scholarship Leave August 2011-September 2012

Special Leave (0.5 FTE) May 2007-September 2007

Parental Leave 2003, 2004, 2005

**AWARDS and HONORS**

Fellow of the Canadian Psychological Association (CPA) (2024). This class of membership is reserved for members who have made a distinguished contribution to the advancement of the discipline of psychology.

Killam Research Excellence Award (2023). University of Calgary and Killam Laureates.

[UCalgary Killam Research Excellent Award Article](https://www.ucalgary.ca/news/why-shelly-russell-mayhews-research-eating-disorders-and-weight-stigma-makes-difference?mkt_tok=MTYxLU9MTi05OTAAAAGO_CEe9yypo0k0bWg_MtrmeEOZTYY_pQ-TBFGVBQQ8JSEFbpKmfV7R8CNI8GDsDF2_Zr-lJ7NTrw_-dmqG_3rQhquG7neTeYv0ZMJgeygXtKtutzBC)

D2L Innovation Award (2022). Society for Teaching and Learning in Higher Education. ***Teachers of Tomorrow: Transforming Education by Facilitating a Culture of Wellbeing in Bachelor of Education Programs***; Co-Awardees: Kerri Murray & Louise McClellend, Ever Active Schools. <https://www.stlhe.ca/award_winners/2022-d2l-innovation-award-recipients-2/>

Community Engagement Award (2019). Werklund School of Education, UCalgary

UCalgary Teaching Award for Full-Time Academic Staff (2019)

Feminist Mentorship Award (Canadian Psychological Association - Student Nominated) (2018)

Research Excellence Award (2018). Werklund School of Education, UCalgary

UCalgary Teaching and Learning Award for Graduate Research Supervision (2018)

UCalgary Teaching and Learning Award for Educational Leadership (Group) (2018)

Distinguished Research Lecture Award (2015). Werklund School of Education, UCalgary

Inaugural Academic Fellow (2014 -2017), Population Health and Inequities Research Centre (PHIRC), Institute of Public Health, Cumming School of Medicine, UCalgary. *One of eight academics receiving this honor in recognition of research contributions related to public health.*

Distinguished Research Supervision Award (2014), Werklund School of Education, UCalgary

GREAT Supervisor Award (2014), Faculty of Graduate Studies, UCalgary

**GRANTS (68 grants totaling $7,209,708)**

2024. *Exploring wellness initiatives for university-age newcomer youth: An arts-based engagement ethnography*. UBC 2024-2025 Explore Grant. ($4994). Co- Applicant. PI: Anusha Kassan. Co-Applicants: Suna Eryigit-Madzwamuse

2024. *Largely invisible: Understanding the complexities of weight stigma in career development.* SSHRC Insight Grant ($99,995). Principal. Co-applicants: Drs. Nutter and Woodend; Collaborator: Dr. Arthur

2024. *Teachers of Tomorrow: Mobilizing partnerships for school wellness across the education system*. SSHRC Partnership Development Grant ($199, 998). PRINCIPAL. Co-director: Kerri Murray, Ever Active Schools. Co-Applicants: Drs. Barbeau-Julien, Gabel, & Ferber.

2024. *Part of the community: Development of accessible, research-based weight-neutral resources to support collective wellbeing*. UCalgary Teaching and Learning Grant ($15,000). Principal. Partners: Kheana Barbeau-Julien and Elizabeth Tingle

2024. *International Weight Bias Summit: Dissemination, Exchange of Research & Advocacy*. SSHRC Connection Grant ($25,000). Co-Investigator. PI: Dr. Angela Alberga

2023. *Teachers of tomorrow: Developing an Alberta stakeholder network*. SSHRC Connection Grant. ($25,000). PRINCIPLE. Partner: Kerri Murray & Louise McClelland (Ever Active Schools).

2023. *Building capacity to prevent gender-based violence: Development and evaluation of evidence-based tools for Canadian educations*. COLLABORATOR. Public Health Agency of Canada Preventing Gender-Based Violence: The Health Perspective. $550,000

2023. *Equity at every size: Developing a national weight stigma strategy*. SSHRC Partnership Development Grant. ($187, 703). Co-Applicant. Primary Applicant: Sarah Nutter

2023. *Teachers of tomorrow: Development of a funding strategy to support research aims*. VPR Catalyst Grant. UCalgary. ($15,000). PRINCIPLE. Partner: Kerri Murray & Louise McClelland (Ever Active Schools).

2022. *PodClass Updates: Conversations on School Health Series*. Werklund T&L Support Grant. ($1350)

2022. *Preventing youth suicide: A virtual human approach*. Government of Alberta Youth Suicide Prevention Grant. Co-Investigator. ($267,433). Primary Applicants: Carly McMorris and Deinera Exner

2022. *HEARTcare planning for Educational Workers: Mobilizing Interventions for Compassion Fatigue and Burnout*SSHRC Partnership Development Grant ($166,374). Co-Applicant. Primary Applicant: Dr. Astrid Kendrick

2022. *Flip the script: Experiences of wellbeing from teacher training to early career*. UCalgary Teaching and Learning Grant ($39,992). PRINCIPAL. Co-Principal: Dr. Maxine Myre. Partner: Kerri Murray (Ever Active Schools).

2022. *Championing Wellbeing: Examining the Implementation and Impact of a Wellbeing Framework in a Large Urban School District in Alberta.* Alberta Education Research Partnerships Program Grant.($49,500). PRINCIPAL. Co-Investigators: Dr. Michelle Kilborn and Dr. Astrid Kendrick. Co-Applicants: Ever Active Schools, Kerri Murray; Calgary Board of Education, Chris Fenlon-McDonald; Alberta Health Services, Nannette Gropp.

2021. *Update for the PodClass: Conversations on school health lecture series from EDUC 551*. Werklund T&L Support Grant. ($1500)

2021. *Interpreting the complexity of body image in adolescent and young adult cancer survivors.* SSHRC Insight Development. ($71,255) CO-INVESTIGATOR. NPI: Alana Ireland. Co-I: Nancy Moules; Collaborator: Michael Lang.

2021. *Measure what matters: Identifying key indictors to align health and social policy and service delivery with child health and well-being*. BMO Endowed Research Award in Healthy Living the Branch Category of the Child Health and Wellness Grand Challenge Catalyst Fund ($199, 709). CO-PRINCIPAL. NPI: Brent Hagel CoPIs: Jennifer Zwicker, Kelly Schwartz, Lynden Crowshoe, Health Boynton; Co-Is: Gina Dimitropoulos, Suzanne Tough, Amy Metcalfe, Deinera Exner-Cortens.

2021. Werklund School of Education Special Request Fund Grant. *Exercise clothing for those living in large bodies: Equity of access and representation* ($2,000) Supervisor; Co-PIs: Maxine Myre and Oliver Wilson.

2020. Eyes High Postdoctoral Match-Funding Program, University of Calgary. *Pandemic perspectives – Weight-related issues and concerns among youth* ($25,000). Supervisor; PDS Maxine Myre.

2020. *How does communication of COVID-19 risk factors influence weight stigma?* Faculty of Education COVID-19 Emergency Research Fund ($5 000), University of Victoria. Co-Applicant. PI: Dr. Sarah Nutter.

2020. UCalgary Teaching and Learning Development and Innovation Grant. $7500. *From Plenaries to Podcasts: Advancing Student Learning in EDUC 551*. PRINCIPAL. (Co-applicants: Kerri Murray, Louise McClelland, Sarah Nutter, Jessica Saunders).

2019. SSHRC Partnership Engage Grant. $18, 305. *Policy, Practice, and Partnership: Comprehensive School Health in School Communities.* PRINCIPAL. (Co-Applicants: Palliser School District; Kupery, Cranston, Alberta Health Services; McKernan, Wierl).

2019. WSE Community Engage Grant. $3000. *A pilot evaluation of comprehensive school health initiatives on health and learning outcomes in three Alberta schools: Proof of concept*. PRINCIPAL. (Co-Applicants: Kupery, Cranston, McKernan, Nutter).

2019. *Child Health and Wellness: Cross Cutting Research*. $200,000. UCalgary VPR Office. Thought Leader. (Benseler, Benzies, Reimer, Russell-Mayhew, Tough, Yeates).

2019. University of Calgary Teaching and Learning Grant. $39, 950. *Centering Student Learning through Social Justice Pedagogy in Canadian Counselling Psychology: A Collective Case Study.* Co-Applicant. (Principals: Drs. Kassan and Wada).

2019. Werklund School of Education Postdoctoral Scholarship (PDS). $130,000. Understanding the Social Complexities of Weight: Living in and with our Bodies. PRINCIPAL. (Co-Applicants: Drs. Anusha Kassan and Nancy Moules).

2018. SSHRC Insight Grant. $59,940. *Weight of the World: Expert Conceptualizations of the Complexities of Weight.* PRINCIPAL. (Co-Applicants: Drs. Nancy Moules and Andrew Estefan).

2018. WSE Scholarship of Teaching and Learning Grant. $6490. *Implementation of Social Justice Pedagogy in Counselling Psychology at the University of Calgary: Attending to Students’ Voices*. CO-INVESTIGATOR. (PI: Kassan; Co-I: Wada, Mudry, Domene, & Arthur).

2018. WellAhead Student Wellbeing for Systems Change Fund: McConnell Foundation.

$288,700. *Teachers of Tomorrow: Advancing School Wellness Through Teacher Preparation.* CO-PRINCIPAL. (Murray, K. – Ever Active Schools).

2018. Public Health Agency of Canada Preventing and Addressing Gender-Based Violence: The Health Perspective. $550,000. *Supporting educators’ capacity to prevent dating violence and promote healthy relationships through a gender-based lens.* COLLABORATOR. (PrevNet).

2018. Alberta Education Teaching Quality Standards Grant. $90,000. *Wellbeing and mental health within undergraduate teacher education.* PRINCIPAL.

2017. Campus Mental Health Strategy. $6285. *The Body Project @UCalgary*. CO-I. (PI: von Ranson, K., Dimitropoulos, G., Godley, J.)

2017. University of Calgary Teaching and Learning Grant. $40,000. *Transforming Teacher Preparation: The Impact of a Comprehensive School Health Course on Teaching and Learning.* PRINCIPAL. (Gabriele, T., Gereluk, D., & Murray, K.)

2017. Werklund School of Education Development Grant. $1500. *Feasibility and Utility: Expert Professionals’ Perceptions of Weight as a Social Justice Issue*. PRINCIPAL.

2016. Werklund Research Office Research Collaboration Grant. $4995. *Broadening Horizons: The Embodiment of Newcomer Women in Canada.* CO-APPLICANT. (Principal Applicant: Kassan, A.; Other Co-applicants: Goopy, S., Arthur, N., Lund, D., Sesma-Vasquez, M., Green, A.R., Nutter, S., Williams E., Silversides, H.)

2016. Werklund Research Office Powerful New Ideas Grant. $2500. *The Embodiment of Newcomer Women in Canada: A Visual Platform for Community Discourse.* (Principal Applicant: Kassan, A.; Other Co-applicants: Goopy, S., Arthur, N., Lund, D., Sesma-Vasquez, M., Alberga A., Green, A.R., Nutter, S., Williams E., Silversides, H.)

2016. Canadian Institutes of Health Research Strategy for Patient-Oriented Research (CIHR-SPOR)- Patient Engagement- Collaboration Grants. $15,000. *Weight Bias Research: Moving beyond raising awareness and creating change!* CO-PRINCIPAL. (Principal Applicant: Ramos, Salas, X.; Other Co-principals: Alberga, A.S., Cameron, E., Forhan, M., Kirk, S., Sharma, A., & Enokson, M.)

2016. Alberta Innovates- Health Solutions Community Engagement & Conference Grant (AIHS) ($5000). *Weight Bias Research: Moving beyond raising awareness and creating change!* CO-PRINCIPAL. ((Principal Applicant: Ramos, Salas, X.; Other Co-applicants: Alberga, A., Cameron, E., Forhan, M., Kirk, S., & Sharma, A.)

2016. University Research Grants Committee (URGC). $14,966. *What is in a name? The impact of framing obesity as a disease on the stigmatization of people with obesity*. PRINCIPAL. (Co-applicants: Ellard, J., MacInnis, C., Alberga, A., & Nutter, S.).

2016. Alberta Centre for Child Family and Community Research (ACCFCR) Seed Grant. $10,000. *Seeking mental health services for children and adolescents: Are we all on the same page?* CO-APPLICANT. (Principal: von Ranson, K.).

2016. Eyes High Postdoctoral Fellow (Round 3). *Weight bias.* $100,000. SUPERVISOR.

2015. Werklund Research Professor (5-year term). $200,000. Body Image Research Lab.

2015. Werklund Teaching Innovation Grant. $12,480. *Transforming Teacher Preparation: Educational Praxis for Well-Being*. PRINCIPAL. (Co-Applicants: Gabriele, T., Alberga, A., Murray, K., & Peat, G.).

2015. SSHRC Enhancement Grant. $5000. Transforming Teach Preparation: Educational Praxis for Well-Being. PRINCIPAL. (Elliot, C., Reimer, R., Gabriele, T., Peat. G., Murray, K., MacLeod, C., Hval, M., & Sunada, J.)

2015. Eyes High Doctoral Recruitment Award. $100,000 ($25000 per year for 4 years). SUPERVISOR. (Tkachuk, M.)

2015. Taos Associates Grant Program (TAG): The Taos Institute. $5040. “Diagnostic culture’’ and social constructionist therapies: Opening space for counter-practices. CO-PRINCIPAL. (Sesma, M.).

2014. Werklund School of Education Team Collaboration Grant. $5000. *Weight as a Social Justice Issue*. PRINCIPAL. (Co-Investigators: Arthur, N., Lund, D., Kassan, A., Sesma-Vazquez, M., & Alberga, A.).

2014.Werklund School of Education Powerful New Ideas in Education. $2500. *Imagine a World Where Every “Body” Belongs.* PRINCIPAL. (Co-Investigators: Arthur, N., Lund, D., Kassan, A., Peat, G., Sesma-Vazquez, M. & Alberga, A.).

2014. Canadian Institutes of Health Research – Planning and Dissemination Grants. $20,000. *Weight bias: What do we know and where shall we go from here?* PRINCIPAL. (Co-Applicants: Alberga, A., McLaren, L., von Ranson, K., Lorenzetti, D., & Sharma, A.). This application ranked 2nd (15.38%) of 13 applications.

2014. Institute of Public Health. $5000. *Provincial think tank: Understanding and reducing weight bias in Alberta.* PRINCIPAL. (Co-Applicants: Alberga, A., McLaren, L. & von Ranson, K.). Campus Alberta Health Outcomes and Public Health Meeting Grant.

2014. UCalgary Research Grants Committee. $1581. Faculty Travel Grant.

2013. Partnership for Research and Innovation in the Health System (PRHIS). Alberta Innovates Health Solutions (AIHS). $741,178. *Care and rehabilitation for patients with severe obesity in Alberta's tertiary care settings*. COLLABORATOR. (PIs: Forhan, M., Sharma, A., & Johnson, J.)

2013. Canadian Institutes of Health Research (CIHR) Planning Grants Priority Announcement: Partnerships for Health System Improvement (PHSI). $24,960. *Weight bias and primary health care: Creating a provincial research strategy.* PRINCIPAL. (Co-Applicants: Jelenski, S., Ball, G., Edwards, A., Oddie, S., Sharma, A.) This application was ranked 2nd (1.53%) of 131 applications.

2013. Alberta Advisory Committee for Educational Studies. $6000. *Recruiting and engaging teachers in the area of health and weight: Feasibility, utility, and efficacy*. PRINCIPAL. (Co-Applicant: Peat, G.)

2013. University Research Grants Committee Seed Grant. $18,000. *Health education for pre-service teachers in Canada: A call to action?* PRINCIPAL.

2013. Alberta Centre for Child Family and Community Research (ACCFCR). $10,000. *Testing a professional development model for pre-service teachers in the area of health and weight: Feasibility, utility and efficacy*. PRINCIPAL. (Co-Applicants: Peat, G.; Gabriele, T.; Crooks, J.; & Bardick, A.)

2013. Faculty of Education’s Faculty Research Event Funding. $250. *Testing a professional development model for pre-service teachers in the area of health and weight: Feasibility, utility and efficacy.* PRINCIPAL.

2013. Eyes High Postdoctoral Fellow (Round 1). *Psychosocial aspects of body weight*. $100,000. SUPERVISOR.

2009-2013. Social Sciences and Humanities Research Council (SSHRC) Standard Operating Grant. $100,046. *Integrating eating disorder and obesity prevention: A study of school-based activities aimed at shared risk factors.* PRINCIPAL.

2011. Canadian Institutes of Health Research (CIHR) Dissemination and Planning Grant $25,000. *Linking research, practice and policy to devise a national prevention strategy*. CO-PI with McVey, G.

2010. Canadian Institutes of Health Research. $68,584. Co-PRINCIPAL with McVey, G. *Preventing chronic diseases in children and youth using an integrated approach: Feasibility and pilot of a professional development model designed to help build resiliency, promote mental health, and prevent the triggering of weight and shape preoccupation*.

2009. Alberta Advisory Committee for Educational Studies (AACES). $4920. *Health promotion in schools: A pilot study on the professional development of pre-service teachers around weight-related issues.* PRINCIPAL.

2009. CON Calgary Chapter. $4000. *Obesity network analysis*. CO-PRINCIPAL with

2008. Canadian Institutes of Health Research (Gender and Health Special Call). $10,000 Application Development Grant (co-investigator). LOI: *EMBODY: Centre for research and prevention in eating disorders, mental health and body image*. (PI: McVey, G).

2008. URGC Collaborative Grant. $10,000. *Canadian Obesity Network: Mapping the interprofessional interactions, attitudes and behaviors of an emerging network*. PRINCIPAL.

2008. private school. $3500. *Body image and self esteem peer group intervention*. PRINCIPAL.

2008. UCalgary SSHRC Development Grant. $1000. *Integrating eating disorder and obesity prevention: A study of school-based activities aimed at shared risk and protective factors*. PRINCIPAL.

2008. Canadian Obesity Network Edmonton Chapter. $4000. *Obesity network analysis*. CO-PI with Godley, J.

2007-2009. UCalgary Public Health Initiative (Provost). $160 000. *Healthy Uni: A campus-wide health promotion initiative driven by students and focused on wellness and the prevention of obesity and type 2 diabetes*. CO-APPLICANT.

2007. Heart and Stroke Foundation. $2300. *Physical activity and the built environment*. CO-APPLICANT.

2007-2009. CIHR Team Grant. $180,000. *Healthy kidz: Translating multidisciplinary health research into effective interventions and public policies for the reduction of childhood obesity*. CO-APPLICANT.

2007. Canadian Obesity Network. $8704 plus in-kind support $2000. *Canadian Obesity Network: Mapping the interprofessional interactions, attitudes and behaviors of an emerging network*. CO-PI with Godley, J.

2006. URGC Starter Grant. $10,000. *Canadian Obesity Network and interprofessional practice: Members’ views*. PRINCIPAL.

2006. Faculty Starter Grant. $5000. *Social justice and eating disorders and obesity*. PRINCIPAL.

2005-2010. National Centres of Excellence – New Initiative Program. $1,600,000. CO-APPLICANT. *The Canadian Obesity Network*.

2001. Alberta Mental Health Board. $169, 450.00. *Duplication, dissemination and additions to the Body Image Resource Collections.* PRINCIPAL. (Collaborators: Ryder, S. & Marcoux, G).

2001. Alberta Mental Health Board. $24, 294.00. *A collaborative school pilot project to promote positive body image and prevent eating disorders*. PRINCIPAL. (Collaborators: Ewashen, C. & Arthur, A).

2000. Alberta Mental Health Board. $169,998.00. *Development and dissemination of Body Image Resource Collections (Grades 1- 12)*. PRINCIPAL. (Collaborators: Ryder, S. & Marcoux, G).

2000. Alberta Mental Health Board. $25,666.00. *A collaborative school pilot project to: Promote positive body image and prevent eating disorders.* PRINCIPAL. (Collaborators: Ewashen, C. & Arthur, N).

2000. Calgary Health Trust (CRHA). $4700.00. *A collaborative school pilot project to promote positive body image and prevent eating disorders.* PRINCIPAL.

1999. Health Promotion Initiatives Fund (CRHA Population Health). $48,051.00. *A collaborative school pilot project to promote positive body image and prevent eating disorders.* PRINCIPAL. (Collaborators: Ewashen, C. & Arthur, N).

**SCHOLARLY CONTRIBUTION SUMMARY**

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| --- | --- | --- | --- |
| Publications | Presentations | | |
| Refereed | Refereed | Invited | Non-Refereed |
| 94 | 218 | 36 | 60+ |

**PAPERS IN REFEREED JOURNALS**

**\***Note that in some fields, last author is often considered the next contributor after the first author and/or is often the principal investigator/lead of the research team.

Flauzino, P.A.; Baltar, V.T.; Radin Pereira, L.; Russell-Mayhew, S.; Carioca, A.A.F. (2024). Exploring the sssociations between media and Instagram interaction patterns with weight bias among undergraduate nutrition students in the Brazilian Nutritionists’ Health Study. *Nutrients, 16*, x. <https://doi.org/10.3390/xxxxx> <https://www.mdpi.com/2072-6643/16/14/2310/pdf>

Wilson, O., Nutter, S., Russell-Mayhew, S., Ellard, J. H., Alberga, A. S., & MacInnis, C. C. (2023). Weighty words: Commonly used vs perceived socially acceptable terminology among samples of physicians, obesity specialists, and the general public. *Journal of Communication in Healthcare.*

[*https://www.tandfonline.com/eprint/XQAHHRU8GQRWZBBKRIV3/full?target=10.1080/17538068.2023.2297122*](https://www.tandfonline.com/eprint/XQAHHRU8GQRWZBBKRIV3/full?target=10.1080/17538068.2023.2297122)

Wilson, W.A.O., Thai, M., Williams, L., Nutter, S., Myre, M., & Russell-Mayhew, S.\* (2023). A scoping review of school-based anthropometric measurement. Obesity Reviews, 1-13. <https://doi.org/10.1111/obr.13610>

Tingle, E., Saunders, J. F., Nutter, S., & Russell-Mayhew, S\*. (2023). Taking weight out of the equation: Unintended harms of weight-focused health promotion in schools. *Journal of Physical Education, Recreation, and Dance, 94*(2), 49-58*.*<https://doi.org/10.1080/07303084.2022.2146818>

Wong, K., Myre, M., Moules, N.J., Lefebvre, D., Morhun, J.M., Saunders, J., Estefan, A., & Russell-Mayhew, S.\* (2022). The enigma of weight: Figures, fitting in, and flux. *Frontiers In Psychology Research Topic: Thinking About Bodies in Societies, 13* [*https://doi.org/10.3389/fpsyg.2022.930360*](https://doi.org/10.3389/fpsyg.2022.930360)

Russell-Mayhew, S., Estefan, A., Moules, N.J., Lefebvre, D., Morhun, J.M., Saunders, J.F., Wong, K., Myre, M. (2022). The optics of weight: Expert perspectives from the panopticon and synopticon. *Psychology & Health, 1-15*, <https://www.tandfonline.com/doi/full/10.1080/08870446.2022.2117810>

Alberga, A. S.,Edache, E., Sigal, R. J., von Rason, K., Russell-Mayhew, S., G.P. Kenny, Doucette, S., Prud’homme, D., Hadjiyannakis, S., Cameron, J. & Goldfield, G. S. (June, 2022). Effects of the HEARTY exercise randomized controlled trial on eating behaviours in adolescents with obesity. *Obesity Science & Practice.* <https://doi.org/10.1002/osp4.620>

Nagpal, T., …(13) Russell-Mayhew, S., (3) (2022). Exploring weight bias internalization in pregnancy. *BMC Pregnancy and Childbirth, 22,* 605-613. <https://bmcpregnancychildbirth.biomedcentral.com/articles/10.1186/s12884-022-04940-4>

Williams, E. Tingle, E., Morhun, J., Vos, S., Murray, K, Gereluk, D., & Russell-Mayhew, S. (2022). “Teacher burnout is one of my greatest fears”: Interrupting a narrative on fire. *Canadian Journal of Education, 45*(2), 428-453. <https://doi.org/10.53967/cje-rce.v45i2.4919>

Conradson, H.E., Hayden, A., Russell-Mayhew, S. Raffin Bouchal, S. & King-Shier, K. (2022). Positive Psychological well-being in women with obesity: A scoping review of qualitative and quantitative primary research. *Obesity Science & Practice.* [*http://doi.org/10.1002/osp4.605*](http://doi.org/10.1002/osp4.605)

Russell-Mayhew, S., Moules, N., & Estefan, A. (2022). War on weight: Capturing the complexities of weight with hermeneutics. *Journal for Applied Hermeneutics*. DOI: 101010.11575/jah.v2022i2022.7512 <https://journalhosting.ucalgary.ca/index.php/jah/index>

Saunders, J. F., Nutter, S., & Russell-Mayhew, S\*. (2022). Examining the conceptual and measurement overlap of body dissatisfaction and internalized weight stigma in predominantly female samples: A meta-analysis and measurement refinement study. *Frontiers in Global Women’s Health, 3*, 877554. <https://doi.org/10.3389/fgwh.2022.877554>

(2022). Corrigendum: Examining the conceptual and measurement overlap of body dissatisfaction and internalized weight stigma in predominantly female samples: A meta-analysis and measurement refinement study. *Frontiers in Global Women’s Health* <https://www.frontiersin.org/articles/10.3389/fgwh.2022.928488/full?&utm_source=Email_to_authors_&utm_medium=Email&utm_content=T1_11.5e1_author&utm_campaign=Email_publication&field=&journalName=Frontiers_in_Global_Women>

Nutter, S., Saunders, J. F., Brun, I., Exner-Cortens, D., & Russell-Mayhew, S\*. (2022). Changes in pre-service teacher personal and professional attitudes following a comprehensive school health course. *Canadian Journal of Education/Revue Canadienne De l’Éducation, 45*(1), 227-245. <https://doi.org/10.53967/cje-rce.v45i1.5033>

Kirk, S., Forhan, M., Yusuf, J., Chance, A., Burke, K. Blinn, N., Quirke, S., Ramos Salas, X., Alberga, A. & Russell-Mayhew, S. (2022). Mapping changes in the obesity stigma discourse through Obesity Canada: a content analysis. *AIMS Public Health*, 9(1), 41-52. doi: 10.934/publichealth.2022004 <https://www.aimspress.com/article/doi/10.3934/publichealth.2022004>

Baker, E., Exner-Cortens, D., Brun, I., & Russell-Mayhew, S\*. (2021). Validation of the moral disengagement for adolescent dating violence prevention scale with teacher trainees. *Canadian Journal of School Psychology*, *37*(3), 271-288. <https://doi.org/10.1177/08295735211063990>

Ireland, A., & Russell-Mayhew, S. (2021). Working Together? A Situational Analysis of Combining Prevention Efforts Targeting Obesity and Eating Disorders in Schools. The Qualitative Report, 26(5), 1427-1443. <https://doi.org/10.46743/2160-3715/2021.4737>

Ireland, A., Russell-Mayhew, S., Wullf, D., & Strong, T. (2021). ‘One-size-fits-*none*’: Understanding weight-related issues in schools. *International Journal of Qualitative Studies in Education.*   <https://doi.org/10.1080/09518398.2021.1930253>

Nagpal, T. S., Ramos Salas, X., Vallis, M., Piccinini-Vallis, H., Adamo, K. B., Alberga, A. S., Bell, R., da Silva, D. F., Davenport, M., Gaudet, L., Incollingo Rodriquez, A. C., Liu, R., Myre, M., Nerenberg, K., **Nutter, S.,** Russell-Mayhew, S., Souza, S. S. C., & Vilhan, C. (2021). Coming soon: An internalized weight bias assessment scale for use during pregnancy. *Obesity.* doi:10.1002/oby.23169

Brun, I., Russell-Mayhew, S., Klingle, K., & Nutter, S. (2021). Making meaning of overt parental restrictive feeding: A retrospective examination of childhood experiences.*Eating and Weight Disorders – Studies on Anorexia Bulimia and Obesity, 26*(7), 2407-2411. <https://doi.org/10.1007/s40519-020-01036-w>

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**BOOK CHAPTERS**

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Lefebvre, D., Barbeau, J., & Russell-Mayhew, S. (2024, June 21-23). *Gender euphoria: An alternative for affirming care.*Poster presentation at the Canadian Psychological Association Convention, Ottawa, ON.

Baker, E., Exner-Cortens, D., McMorris, C., McConnell, C., Vijh, R., Maroney, M., Cullen, M., Russell-Mayhew, S., Jenney, A., Howe, S., & Godfrey, K. (2024, May). Co-design of a novel intervention for suicide prevention with Autistic and non-binary youth: Development and pilot evaluation of VIRTUE. In C. McConnell (Chair*), Lessons learned from co-designing a novel intervention to prevent suicide among Autistic and non-binary youth: The VIRTUE project.* Symposium to be conducted at the 32nd Annual Society for Prevention Research (SPR) Annual Meeting, Washington, DC.

Zak, M., Tingle, E., Barbeau, K., & Russell-Mayhew, S. (2024, April 24—26). Hearing all voices: Experiences of podcast lectures for equity-deserving groups. [Conference presentation]. University of Calgary Conference on Postsecondary Learning and Teaching, Calgary, AB.

Waugh, R., McEachran, E., Toor, A., Nutter, S., Shelley, J., Alberga, A. S., Forhan, M., Kirk, S., Nagpal, T. S., Patton, I., Ramos Salas, X., & Russell-Mayhew, S. (2024, April 3-6). *How (il)legal is weight discrimination? A scoping review of weight-related discrimination claims, case law, and the legal argumentation in Canada* [Poster session]. Obesity and Hypertension in Canada: From Science to Solutions joint conference between Obesity Canada and Hypertension Canada. Banff, AB.

Ireland, A,. Moules, N., Russell-Mayhew, S., Beamer, K., & Chaliwal, S. (September 2023). The complexity of body image in adolescent and young adult cancer survivors: a qualitative study. IPOS World Congress 2023. Milan, Italy.

Baker, E., Exner-Cortens, D., McMorris, C., Maroney, M., Cullen, M., Jenney, A., Russell-Mayhew, S., McConnell, C., Samoil, S., Vijh, R., \*Godfrey, K., & Aminolroya, Z.. (2023, September). *Preventing youth suicide using virtual humans: Lessons learned form a multidisciplinary co-creation.* Paper [to be] presented at the International Association for Suicide Prevention, Piran, Slovenia.

Saunders, J.F., Nutter, S., & Russell-Mayhew, S. (2023, June 1-3). *Exploring the complexities of internalized weight stigma*. Oral presentation at the biannual International Conference on Eating Disorders, Washington, D.C.

Côté, M., Carrière, K., Lavoie, K., Bacon, S.L., Atto, E.J., Kirk, S., Nutter, S., Russell-Mayhew, S., Forhan, M., Ramos-Salas, X., & Alberga, A.S. (May 14). *Body weight and COVID-19: Was body weight a primary source of concern during the pandemic?* Poster, Canadian Obesity Summit, Whistler, Canada.

Kendrick, A., Kilbourn, M. Russell-Mayhew,S. Murray, K., Fenlon-Macdonald,C. Gropp, McClelland, L., Sauders, J., Nutter, S., & Thai, M. (2023, May 4). *Championing Wellbeing: Examining the implementation and impact of a Wellbeing Framework in a large urban school district in Alberta.* PHE Canada Research Council Forum, Charlottetown, PEI.

Baker, E., Exner-Cortens, D. Maroney, M., Cullen, M., Jenney, A., Russel-Mayhew, S., McConnell, C., Samoil, S., & Vijh, R. (2023, April). *Co-creating an innovative tool for youth suicide prevention: Using virtual humans to teach adults how to talk to autistic nonbinary youth about suicide.*Paper presented at the American Association of Suicidology, Portland, USA.

Lefebvre, D., Russell-Mayhew, S., Callaghan, T., & Estefan, A. (2023, March 30-April 2). G*ender euphoria: A direction for trans-affirmative research and care*. Digital poster at the Moving Trans History Forward Conference, Victoria, BC.

McClelland, L., Murray, K., & Russell-Mayhew, S. (Feb 28, 2023). *Teachers of Tomorrow - A Model for Health Promotion in Post-Secondary Settings.* Healthy Minds Healthy Campuses Summit.

Russell-Mayhew, S., Saunders, J., Nutter, S., & Tingle, E. (2023, February 3). Are we over weight yet? Complexities of mental wellbeing in schools from diverse research perspectives. [Workshop presentation.] Shaping the Future 2023, Lake Louise, AB.

Conradson, H., Perez, G., Russell-Mayhew, S., Raffin Bouchal, S., King-Shier, K. (2022, Nov 1-4). *Women’s psychological well-being differs between body mass index groups* [Poster presentation]. The Obesity Society, Obesity Week, San Diego, California, United States.

Roth C.G., Zwicker J.D., Hagel B., Boynton H.M., Crowshoe L.F.J, Dimitropoulos G., Exner-Cortens D., Metcalfe A., Russell-Mayhew S., Schwartz K.D., Thomas K., Tough S. (August 29, 2022). *“Measure What Matters –Identifying key indicators to align policy and service delivery with child health and well-being"*[Poster Presentation]. DOHaD World Congress, Vancouver, British Columbia.

Lefebvre, D., Russell-Mayhew, S., Callaghan, T., & Estefan, A. (June 17-19, 2022). *Narrative*

*Inquiry as a trans-positive research method*. Oral 25-Minute Review Session at the Canadian Psychological Association Conference, Calgary, AB.

Russell-Mayhew, S., Lefebvre, D., Estefan, A., Morhun, J., Moules, N., Myre, M., Saunders, J., & Wong, K. (2022, June 17-19). *“Weight Watchers”: Weight understood through the lens of the panopticon and synopticon*[12-Minute Talk]. Canadian Psychological Association Conference, Calgary, AB.

Plante, M., Lefebvre, D., Myre, M., Wilson, O., & Russell-Mayhew, S. (Jun 17-19, 2022).

*Weight bias and intersecting identities in social media posts of activewear brands*. Poster presentation at the Canadian Psychological Association Conference, Calgary, AB.

Kim, B., Wilson, O. W. A., & Russell-Mayhew, S. (2022). *Self-Compassion and Body Dissatisfaction in Men: An Examination of Preliminary Findings*. [Poster presentation]. Canadian Psychological Association's 83rd Annual Convention, Calgary, Canada.

Glazer, M., & Russell-Mayhew, S. (2022, June 17-19). *Assessing weight bias in mock juries when child victims testify against sexual abuse in court.* [Poster presentation].Canadian Psychological Association's 83rd Annual Convention, Calgary, Canada.

Williams, L., Wilson, O. W. A., Thai, M., Myre, M., & Russell-Mayhew, S. (2022, June). *Measuring body composition in school settings: A scoping review*. Poster to be presented at the 83rd Annual National Convention, Calgary, AB, Canada.

Roth C.G., Zwicker J.D., Hagel B., Boynton H.M., Crowshoe L.F.J, Dimitropoulos G., Exner-CortensD., Metcalfe A., Russell-Mayhew S., Schwartz K.D., Thomas K., Tough S. (June 7, 2022). *Measure what matters – Identifying Key Indicators to Align Policy and Service Delivery with Child Health and Well-being in Alberta*. {Oral presentation]. Owerko Conference, Calgary, Alberta,

Baker, E., Exner-Cortens, D., & Russell-Mayhew, S. (2022, May 31 – June 3). *Increasing teacher trainees’ capacity to engage in adolescent dating violence prevention*[Poster presentation]. Society for Prevention Research, Seattle, Washington, USA.

Murray, K., McClelland, L., Russell-Mayhew, S. (May 2022). *Teachers of Tomorrow: A health-promoting schools approach in pre-service education settings.* International Health Promoting Campuses Symposium. Virtual.

Murray, K., McClelland, L., Russell-Mayhew, S. (May 2022). *Teachers of Tomorrow: A health-promoting schools approach in pre-service education settings.* International Union for Health Promotion and Education (IUHPE) World Conference on Health Promotion. Montreal and virtual.

Russell-Mayhew, S., & Murray, K. (2021, August 12-13). *Teachers of tomorrow: Advancing well-being in BEd programs*. [Oral presentation]. Collaborations for Change Virtual conference.

Nutter, S., McLaren, L., Russell-Mayhew, S., & von Ranson, K. (2021, July 13-15). *Moving upstream for health promotion: Critical appraisal of research investigating appearance focused social media and health.*[Poster presentation]. Appearance Matters Online, Virtual conference.

Nutter, S., Saunders, J. F., & Russell-Mayhew, S. (2021, July 13-15). *Body dissatisfaction and internalized weight bias: A case of concept creep?*[Poster presentation]. Appearance Matters Online, Virtual conference.

Exner-Cortens, D**.,**Baker, E., Russell-Mayhew, S., & Brun, I. (2021, July). Discussing dating violence with sexual minority youth: Findings from a study of pre-service teachers. [Symposium]. In D. Exner-Cortens (Chair), *Violence in friendships and dating relationships in adolescence: Measurement, correlates and prevention.*Symposium at the 2021 International Society for Research on Aggression (ISRA) World Meeting, Ottawa, ON.

Nieborowska, V., Russell-Mayhew, S., Nutter, S., & Nordstokke, D. (2021, June 10-12). *Rumination over body weight, shape, and eating habits: A risk factor for body dissatisfaction, depression, trait anxiety, and self-esteem in midlife women*[Poster presentation]. International Conference on Eating Disorders, Virtual conference.

Tingle, E., Taylor, L. M., Fulwiler, D., Marjoram, R., & Russell-Mayhew, S. (2021, June 7-10). *Podcasts as a pathway for living wellness in higher education.* Pre-recorded conference presentation for the Association Internationale des Écoles Supérieures d’Éducation Physique/International Association for Physical Education in Higher Education (AIESEP) 2021, online.

Lefebvre, D., Russell-Mayhew,S, Brun, I., Lambert, A., & Saunders, J. (2021, June virtual). Gazing in the therapeutic relationship: Influence of gender norms and implications for counselling. Snapshot presentation at CPA 82nd Annual National Convention Virtual Event.

Nieborowaska, V. & Russell-Mayhew, S. (2021, June virtual). Effects of Trauma in Childhood and Adulthood on Disordered Eating in Women: A Systematic Review. Poster presentation at CPA 82nd Annual National Convention Virtual Event.

Saunders, J. F., Nutter, S., & Russell-Mayhew, S. (2021, May 10-13). Internalized weight bias and body dissatisfaction: One in the same? [Conference session]. Obesity Canada’s Virtual Summit.

Russell-Mayhew, S., Moules, N., & Estefan, A. (2021, May 3). “War Stories”: Capturing the complexity of weight with experts in eating disorders and obesity. Review session at the 82st Psychological Association Conference. Virtual

Tingle, E., Nutter, S., Saunders, J. F., & Russell-Mayhew, S. (2021, January 17-30). *Weight Neutral Health Promotion in School Settings*[Conference session]. Shaping the Future 2020, Live Session Virtual.

Murray, K., Trim, K., & Russell-Mayhew, S.(2021, January 17-30). Teachers of Tomorrow: How to advance wellbeing in BEd programs. Shaping the Future 2020, Pre-recorded session Virtual.

Russell-Mayhew, S., Taylor, L., & Murray, K. (2021, January 17-30). A CSH Journey at the Werklund School of Education. Shaping the Future 2020, Pre-recorded session Virtual.

Glazer, M., & Russell-Mayhew, S. (2020, July 13-16). *Assessing Weight Bias in Mock Juries when Child Victims Testify Against Sexual Abuse in Court.*[Poster presentation]. Appearance Matters 9 Conference, Bath, UK. (Conference cancelled due to Covid-19)

Saunders, J. F., Russell-Mayhew, S., Moules, N., & Estefan, A. (2020, July 13-16). “*Hoodwinked": Trying to capture the complexity of weight*. [Poster presentation]. Appearance Matters 9, Bath, UK. (Conference cancelled due to Covid-19)

Nutter, S., Russell-Mayhew, S., von Ranson, K., & Stefanich, M. (2020, July 13-16).*Is individualized appearance-focused social media use a social determinant of health?*[Poster presentation]. Appearance Matters 9, Bath, UK. (Conference cancelled due to Covid-19)

Saunders, J. F., Russell-Mayhew, S., Moules, N., & Estefan, A. (2020, June 26-28). *Shifting scales: moving toward a socio-political view of body weight*. [Oral presentation]. Society for the Society of the Psychological Study of Social Issues annual conference, Denver, CO. (Conference cancelled due to Covid-19)

Russell-Mayhew, S., Moules, N., & Estefan, A. (2020, May 28-31). “War Stories”: Capturing the complexity of weight with experts in eating disorders and obesity. Review session at the 81st Psychological Association Conference, Montreal, QB. (Conference cancelled due to Covid-19).

Lefebvre, D., Russell-Mayhew, S., Brun, I., Lambert, A., & Saunders, J. (2020, May 28-31). *Research and reflexivity: How we gaze upon our research and the world.*Oral presentation at the 81st Canadian Psychological Association Conference, Montreal, QB. (Conference cancelled due to Covid-19)

Lefebvre, D., Russell-Mayhew, S., Brun, I., Lambert, A., & Saunders, J. (2020, May 28-31). *Transgender women and the male gaze: The relationship between gender, culture, and the body.* Oral presentation at the 81st Canadian Psychological Association Conference, Montreal, QB. (Conference cancelled due to Covid-19)

Lefebvre, D., Russell-Mayhew, S., Brun, I., Lambert, A., & Saunders, J. (2020, June 15-18). *Transgender women and the male gaze: The relationship between gender socialization, culture, and the body.* Poster presentation at the Gender and Education International Conference, Calgary, AB. (Conference cancelled due to Covid-19)

Russell-Mayhew, S., Brun, I., Nutter, S., Saunders, J. F., McClelland, L., & Murray, K. (2020, January 30-February 1). *Creating and Evaluating a Comprehensive School Health Course for Pre-Service Teachers*[Conference session]. Shaping the Future 2020, Lake Louise, AB.

Tingle, E. & Russell-Mayhew, S. (2020, January30-February 1).  *"Teacher burnout is one of my greatest fears": Disrupting a narrative on fire*.  [Workshop presentation]. Shaping the Future 2020, Lake Louise, AB.

Murray, K., McClelland, L., & Russell-Mayhew, S. (2019, November 5-7). *Teachers of tomorrow: Advancing wellbeing in pre-service education.* Healthy School Communities National Forum. PHE Canada. Ottawa, ON, Canada.

Nutter, S., Russell-Mayhew, S., Ellard, J. H., & Arthur, N. (2019, November 3-7). *Weight bias: The impact of the belief in a just world* [Paper and Poster presentation]. Obesity Society’s Annual Obesity Week Conference, Las Vegas, NV, United States.

Nutter, S., MacInnis, C., Alberga, A. S., Ellard, J. H., & Russell-Mayhew, S. (2019, August 16). *Attitudes of Canadian family physicians about obesity as a disease and patients with obesity* [Paper and poster presentation]. Obesity Canada Calgary Chapter 3rd Annual Research Showcase, Calgary, AB, Canada.

Nutter, S., McClelland, L., Brun, I., Murray, K., & Russell-Mayhew, S. (2019, July 18-20). *Wellness approaches to teacher education* [Workshop presentation]. 2019 International Kappa Delta Pi Research Conference: Developing Educators for Leadership in Schools, Calgary, AB, Canada.

Nieborowska, V., & Russell-Mayhew, S. (2019, May 28-30). *Rumination as a psychological risk factor for body dissatisfaction in middle-aged women* [Poster presentation]. Canadian Psychological Association’s 80th Annual Convention, Halifax, NS, Canada.

Lambert, A. M., & Russell-Mayhew, S. (2019, May 28-30).*A phenomenological exploration of physically active women living in large bodies* [Poster presentation]. Canadian Psychological Association’s 80th Annual Convention, Halifax, NS, Canada.

Nutter, S., & Russell-Mayhew, S. (2019, May 17-18). The impact of weight bias on quality of life after bariatric surgery. In M. Anvari & A. Neville (Chairs). *Debate: Quality of life is(not) improved after bariatric surgery* [Paper Presentation].  Canadian Association of Bariatric Physician and Surgeon’s Annual Conference, Toronto, ON, Canada.

Russell-Mayhew, S., Williams, E. P., Nieborowska, V., & Tingle, E. (2019, February 21-22). *Pre-Service teachers' attitudes and beliefs towards comprehensive school health* [PosterPresentation]. Western Canadian Association for Student Teaching Conference, Calgary, AB, Canada.

Russell-Mayhew, S., Murray, K., Gereluk, D., & Ireland, A. (2018, October 26-28). *It takes a village: Advancing health and wellness in a faculty of education* [Symposium]. 2018 Canadian Counselling Psychology Conference. Calgary, AB, Canada.

Nutter, S., Russell-Mayhew, S., Arthur, A., & Ellard, J. H. (2018, October 25-27). *Weight bias towards children and youth with obesity: Social justice considerations and recommendations for practice.* [Paper presentation]. 7th Conference on Recent Advances in the Prevention and Treatment of Child and Adolescent Obesity, Calgary, AB, Canada.

Edache, I., Alberga, A. S., Sigal, R. J., von Ranson, K. M., Russell-Mayhew, S., Kenny, G. P., Doucette, S., Prud’homme, D., Hadjiyannakis, C., & Goldfield, G. S. (2018, October 25-27). *Effects of aerobic training, resistance training, or both on eating behaviors in adolescents with obesity: the HEARTY trial* [Paper presentation]. 7th Conference on Recent Advances in the Prevention and Treatment of Child and Adolescent Obesity, Calgary, AB, Canada.

Nutter, S., Russell-Mayhew, S., Arthur, N., & Ellard, J. H. (2018, October 26-28). *Weighing in on weight bias as a social justice issue for counselling psychologists* [Poster presentation]. T 2018 Canadian Counselling Psychology Conference, Calgary, AB, Canada.

Lefebvre, D., & Russell-Mayhew, S. (2018, October 26-28). *Transgender women and the male gaze: Body image and the pressure to conform* [Poster presentation]. 2018 Canadian Counselling Psychology Conference, Calgary, AB, Canada.

Green, A. R., Kassan, A., Russell-Mayhew, S., & A., Goopy, S. (2018, October 26-28). *Newcomer women’s experiences in their bodies: An embodied approach to research* [Poster presentation]. 2018 Canadian Counselling Psychology Conference. Calgary, AB, Canada.

Williams, E. P., Russell-Mayhew, S., Moules, N., & Dimitropoulos, G. (2018, October 26-28. *Not quite this and not quite that: The ambiguity inherent within counselling psychology and anorexia nervosa* [Poster presentation]. 2018 Canadian Counselling Psychology Conference, Calgary, AB, Canada.

Nieborowska, V., & Russell-Mayhew, S. (2018, October 26-28). *Rumination as a psychological risk factor for body dissatisfaction in middle-aged women* [Poster presentation]. 2018 Canadian Counselling Psychology Conference, Calgary, AB, Canada.

Russell-Mayhew, S., Kassan, A., Wada, K., & Arthur, N. (2018, June 26-30). *Intersectionality and social justice: Reflecting on the complexities of practice through case studies* [Workshop presentation]. International Congress of Applied Psychology, Montreal, QC, Canada.

Russell-Mayhew, S. (2018, June 26-30). *Why NOT weight? Weight bias through a social justice lens.* [Symposium]. SWAP at Canadian Psychological Association, Montreal, QC, Canada.

Singh, K., Russell-Mayhew, S., von Ranson, K., & McLaren, L. (2018, June 26). *Is there more to the obesity equation? Considering the role of weight bias when estimating costs of obesity*[Poster presentation]. Second Annual Canadian Obesity Network Research Showcase, Calgary, AB, Canada.

Ramos Salas, X., Cameron, E., Alberga, A., Forhan, M., Kirk, S., Russell-Mayhew, S., & Sharma, A. M. (2018, May 23-26). *Moving towards consensus on weight bias reduction messages and strategies* [Oral presentation]. 25th European Congress on Obesity, Vienna, Austria.

Lambert, A. M., & Russell-Mayhew, S. (2018, May).*Body size, weight stigma, and health on university campuses*[Oral presentation]. Alberta Student Services Conference (ASSC), Lethbridge, AB, Canada.

Nutter, S.,Russell-Mayhew, S., Ellard, J. H., & Arthur, N. (2018, March 1-3). *Weight bias and deservingness: Predicted outcomes and justice reactions towards individuals with large bodies* [Poster presentation]. Annual Society for Personality and Social Psychology convention, Atlanta, GA, United States.

Russell-Mayhew, S. (2018, February 15-16). *Weight: Bias and Complexities in Schools* [Paper presentation]. Calgary City Teachers Convention, Calgary, AB, Canada.

Lacroix, E., Alberga, A., Russell-Mayhew, S., McLaren, L., & von Ranson, K. M. (2017, June 8-10). *Weight Bias: People-First Language in Self-Report Questionnaires* [Poster presentation]. International Conference on Eating Disorders, Prague, Czech Republic.

Nutter, S., Alberga, A. S., Russell-Mayhew, S., MacInnis, C., & Ellard, J. H. (2017, June 4-6). The O word or the F word? Using weight terms in research and practice. In S. Russell-Mayhew (Chair), *Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research* [Symposium]. Canadian Psychological Association's 76th Annual Convention, Toronto, ON, Canada.

Russell-Mayhew, S., Nutter, S., MacInnis, C., Alberga, A. S., & Ellard, J. H. (2017, June 4-6). The influence of labeling obesity a disease on weight bias. What’s in a name? In S. Russell-Mayhew (Chair), *Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research* [Symposium]. Canadian Psychological Association's 76th Annual Convention, Toronto, ON, Canada.

Kassan, A., Nutter, S., & Russell-Mayhew, S. (2017, June, 4-6). Considering intersectionality and social justice: Why weight? In S. Russell-Mayhew (Chair), *Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research* [Symposium]. Canadian Psychological Association's 76th Annual Convention, Toronto, ON, Canada.

Nutter, S., Alberga, A. S., Russell-Mayhew, S., MacInnis, C., & Ellard, J. H. (2017, April 25-29). *What’s in a name? The influence of framing obesity a disease on weight bias* [Paper presentation]. 5th Canadian Obesity Summit, Banff, AB, Canada.

Nutter, S., Williamson, M., Russell-Mayhew, S., Alberga, A. S., MacInnis, C., & Ellard, J. H. (2017, April 25-29). *Food, eating, and weight: Language discourses in the obesity field* [Paper and poster presentation]. 5th Canadian Obesity Summit, Banff, AB, Canada.

Forhan, M., & Russell-Mayhew, S. (Chairs, 2017, April 25-29). Weight bias: Moving beyond awareness to creating change [Symposium]. 5th Canadian Obesity Summit, Banff, AB, Canada.

EveryBody Matters Collaborative & CON Public Engagement Workshop (Speaker, 2017, April 25-29). Nothing about me without me: Patient-oriented research and education [Workshop presentation]. 5th Canadian Obesity Summit, Banff, AB, Canada.

Russell-Mayhew, S., Alberga, A., Ireland, A., & Nutter, S. (2017, January 26-28). *The F word: Why body weight has no place in schools* [Workshop Presentation]. Shaping the Future, Kananaskis, AB, Canada.

Russell-Mayhew, S., Murray, K., Ireland, A., Nutter, S., Alberga, A., Gabriele, T., Peat, G., & Gereluk, D., (2017, January 26-28). *The development of a comprehensive school health course for teacher education* [Paper Presentation]. Shaping the Future, Kananaskis, AB, Canada.

Green, A. R., Kassan, A., Russell-Mayhew, S. K., & Goopy, S. (2017, January 4-6). *Culturally responsible embodiment research with newcomer women in Canada* [Poster presentation]. National Multicultural Conference and Summit, Portland, OR, United States.

Ramos-Salas, X., Cameron, E., Alberga, A.S., Forhan, M., Kirk, S., & Russell-Mayhew, S. (2016, October 24-26). *Moving towards consensus on weight bias reduction messages and strategies* [Paper Presentation]. 6th Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity- Understanding the interplay between Physical and Mental Health, Ottawa, ON, Canada.

Sesma-Vazquez, M., Russell-Mayhew, S., & Williams, E. (2016, October). *Whiteness and “healthy body weight”: Analyzing discourses of privilege and oppression in social media*[Paper presentation]. Qualitative Health Research Conference (QHR), Kelowna, BC, Canada.

Dimitropoulos, G., Sesma-Vazquez, M., & Russell-Mayhew, S. (2016, September 29-30). *Family therapy interventions with eating disorders: A pinwheel of models applied to a single clinical case vignette* [Workshop presentation]. Eating Disorder Association of Canada Biennial Conference, Winnipeg, MB, Canada.

Russell-Mayhew, S., Kassan, A., Nutter, S., Sesma-Vazquez, M., Arthur, N., Alberga, A., Lund, D., & Williams, E. (2016, September 18-22). *Fighting weight stigma: Bodies at risk* [Symposium]. 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB, Canada.

Russell-Mayhew, S. Dimitropoulos, G., Sesma-Vazquez, M., Alberga, A. & von Ranson, K. (2016, September 18-22). *Embodied stigma: Addressing weight bias across the weight spectrum* [Workshop presentation]. 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB, Canada.

Hutchinson, T., & Russell-Mayhew, S. (2016, September 18-22). *Does average really matter? Body dissatisfaction and the effect of body norms on male body size estimates* [Workshop presentation]. 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB, Canada.

Sesma-Vazquez, M., Dimitropoulos, G., & Russell-Mayhew, S. (2016, June 22-25). *Cross-cultural applications of family therapy modalities for adolescents with eating disorders* [Paper presentation]. American Family Therapy Academy (AFTA 2016), Denver, CO, United States.

Williams, E. P., Russell-Mayhew, S.\*, Alberga, A., Arthur, N., Kassan, A., Lund, D., Nutter, S., & Sesma Vazquez, M. (2016, June 9-11). *The controversy of a tweet #WeightBias discussed over Twitter* [Poster presentation]. Canadian Psychological Association Annual Convention, Victoria, BC, Canada. \*Authors following are listed in alphabetical order to indicate equal contribution.

Russell-Mayhew, S., & Nutter, S. (2016, June 9-11). *Weight bias: What psychologists need to know* [Workshop presentation]. Canadian Psychological Association Annual Convention, Victoria, BC, Canada.

Russell-Mayhew, S. (2016, June 9-11). Examining weight as a social justice issue: What can be gained? [Paper presentation as part of a symposium]. *Why are we comparing apples and oranges? Improving our social justice efforts in counselling psychology*. (Kassan, A., Arthur, N., Nakamura, N., & Sinacore, A.). Canadian Psychological Association Annual Convention, Victoria, BC, Canada.

Hutchinson, T. F., & Russell-Mayhew, S. (2016, June 9-11). *Does Average Really Matter? Body Dissatisfaction and the Effect of Body Norm Information on Male Body Size Estimates* [Poster presentation]. T Canadian Psychological Association Annual Convention, Victoria, BC, Canada.

Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, June 13-16). *EveryBODY Matters: Addressing weight stigma in public health research, practice and policy*[*S*ymposium]. Public Health, Toronto, ON, Canada.

Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, June 1-4). *EveryBODY Matters: Addressing weight stigma in research, practice and policy* [Symposium]. European Obesity Summit, Gothenburg, Sweden.

Kirk, S., Cameron, E., Forhan, M., Russell-Mayhew, S., Alberga, A.S., & Ramos-Salas, X. (2016, May 1-4). *EveryBODY Matters: Addressing weight stigma in research, practice and policy* [Symposium]. International Congress on Obesity, Vancouver, BC, Canada.

Ross, S.B., & Russell-Mayhew, S. (2016, May). *Incorporating asset-building into a school-based obesity and eating disorder prevention program* [Poster presentation]. International Congress on Obesity (ICO), Vancouver, BC, Canada.

Arthur, N., Russell-Mayhew, S., Lund, D., Kassan, A., Alberga, A., Nutter, S., Sesma-Vazquez, M., & Williams, E. (2016, May 3-5). *Polyethnography and weight bias: How far do you dare to go in collaborative research*? [Paper presentation]. International Qualitative Research Methods Conference, Glasgow, Scotland.

Russell-Mayhew, S., & von Ranson. (2016, May 5-7). *Weight bias as a bridging construct between eating disorders and obesity: Challenges and opportunities.* [Workshop Presentation]. International Conference on Eating Disorders, San Francisco, CA, United States.

Russell-Mayhew,S., Sesma-Vazquez, M. & Ireland, A. (2016, May 18-21). *Doing situational analysis as a collaborative research process: A relational and dialogical journey* [Paper presentation]. Twelfth International Congress of Qualitative Inquiry, Urbana-Champaign, IL, United States.

Sesma-Vazquez, M & Russell-Mayhew, S. (2016, April). *Current and potential family therapy treatments for eating disorders in Canada: Looking for evidence based practices or expanding the possibilities?* [Paper presentation]. 24th World Family Therapy Congress, International Family Therapy Association Annual Conference. Kona, HI, United States.

Russell-Mayhew, S., Williams, E. P., Ireland, A., Alberga, A., Brun, I., Tkachuk, M., & Sesma-Vazquez, M. (2016, January). *Discourses related to responsibility of mental health in schools* [Poster presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.

Alberga, A.S., Russell-Mayhew, S., Grace, A., & Ireland, A. (2016, January). *Practical strategies for promoting positive school environments for EveryBODY* [Workshop presentation]. aShaping the Future Conference, Kananaskis, AB, Canada.

Russell-Mayhew, S., Alberga, A.S., Ireland, A., Tkachuk, M., Murray, K., Peat, G., & Gabriele, T. (2016, January). *Weight bias in educational settings* [Research session]. Shaping the Future Conference Kananaskis, Kananaskis, AB, Canada.

Tkachuk,M., Russell-Mayhew, S., Alberga, A.S., Ireland, A., Tkachuk, M., Murray, K., Peat, G., & Gabriele, T. (2016, January). *Comprehensive School Health: A teacher preparation perspective* [Research session]. Shaping the Future Conference, Kananaskis, AB, Canada.

Alberga, A.S., Russell-Mayhew, S., von Ranson, K.M., McLaren, L. & Sharma, A.M. (2015, September 18-19). *Results of the Weight Bias Summit: A Canadian Perspective* [Oral presentation]. 3rd Annual Weight Stigma Conference, Reykjavik, Iceland.

Cameron, E., Russell-Mayhew, S., Alberga, A., Nutter, S., & Haghighat, B. (2015, September 18-19). *Good teaching for EveryBODY: Highlighting current and future research in education – based weight stigma* [Symposium].T 3rd Annual Weight Stigma Conference, Reykjavik, Iceland.

Nutter, S., Russell-Mayhew, S., Alberga, A., Arthur, N., Kassan, A., Lund, D., Sesma Vaquez, M., & Williams, E. (2015, September 18-19). *Referring to “Fat/Obese” Persons in Research and Practice: Watch Your Language* [Poster presentation]. The 3rd Annual International Weight Stigma Conference, Reykjavik, Iceland.

Alberga, A.S., Russell-Mayhew, S., Ireland, A., Tkachuk, M., Peat, G., Murray, K. & Gabriele, T. (2015, June 22-25). *Piloting professional development in health education for BEd students: A call to action* [Paper presentation]. International Conference on Health Promoting Universities & Colleges, Kelowna, BC, Canada.

Russell-Mayhew, S., Ireland, A., & Alberga, A.S. (2015, June 22-25) *Canadian BEd curricula: Are Health and Wellness Topics Addressed in Teacher Training Programs?* [Interactive poster presentation]. International Conference on Health Promoting Universities & Colleges, Kelowna, BC, Canada.

Sesma-Vazquez, M., & Russell-Mayhew, S. (2015, June). *Social justice: Implications for eating and body image concerns in family therapy* [Poster presentation]. American Family Therapy Academy Conference, Portland, OR, United States.

Williams, E., & Russell-Mayhew, S. (2015, June 4-6). *Disclosing an eating disorder anonymously online: A therapeutic release?* [Poster presentation]. 76th Annual Canadian Psychological Association Convention, Ottawa, ON, Canada.

Williamson, M. E. & Russell-Mayhew, S. (2015, May 19-22). *The weight of conversation: Tensions in eating- and weight-related discourses* [Poster presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Niagara Falls, ON, Canada.

Balsden, K., & Russell-Mayhew, S. (2015, May 19-22). *How do women maintain positive embodiment in Western culture?* [Poster presentation]. 50th Annual Canadian Counselling and PsychotherapyAssociation Conference, Niagara Falls, ON, Canada.

Tkachuk, M., Salvisberg, W., Loewen, J., Kassan, A., Walji, S., & Russell-Mayhew, S. (2015, May 19-22). *Evaluation of a multi-disciplinary weight management program* [Poster presentation]. 50th Annual Canadian Counselling and PsychotherapyAssociation Conference, Niagara Falls, ON, Canada.

Russell-Mayhew, S., Alberga, A., Ireland, A., & Nutter, S. (2015, April 28 – May 2). *Weight bias: What do we know and where can we go from here?* [Workshop presentation]. 4th Canadian Obesity Summit, Toronto, ON, Canada.

Alberga, A., Russell-Mayhew, S., von Ranson, K., MacLaren, L., & Sharma, A. (2015, April 28 – May 2). *Finding Ways to Reduce Weight Bias in Education, Healthcare and Public Policy: Results of the Weight Bias Summit* [Workshop presentation]. 4th Canadian Obesity Summit, Toronto, ON, Canada.

Salvisberg, W., Tkachuk, M., Loewen, J., Kassan, A., Walji, S., & Russell-Mayhew, S. (2015, April 28 – May 2). *A multi-method evaluation of a weight management program for the treatment of obesity*[Paper presentation]. 4th Canadian Obesity Summit, Toronto, ON, Canada.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2015, April 28 – May 2). *From thigh gaps to fit moms: Analyzing media presentations of weight-related topics* [Poster presentation]. 4thCanadian Obesity Summit, Toronto, ON, Canada.

Drefs, M., Wilcox, G., Strong, T., Alberga, A., Zwiers, M., Climie, E., Russell-Mayhew, S., Koh, K., & Lailey, L., (2015, February 26 – March 1). *Targeting what matters in mental health: Shifting the focus from program to process* [Panel presentation]. National Association of School Psychologists Annual Convention, Orlando, FL, United States.

Russell-Mayhew, S., Williams, E., Alberga, A., Gabriele, T., Murray, K., Peat, G., Sunada, J., & Tkachuk, M. (2015, January). *Application of a professional development model for pre-service teachers in the area of health and weight* [Poster presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.

Russell-Mayhew, S., Ireland, A., & Alberga, A. (2015, January). *Health and wellness curriculum in teacher training programs.* {[Workshop presentation]. Shaping the Future, Kananaskis, AB, Canada.

Williamson, M. E. & Russell-Mayhew, S. (2015, January). *Tensions in eating- and weight-related discourses within the eating disorder field and the obesity field*. [Poster presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.

Williamson, M. E. & Russell-Mayhew, S. (2014, October 23). *Disordered eating and stigma – contrasting views* [Poster presentation]. Canadian Mental Health Association National Conference, Calgary, AB, Canada.

Russell-Mayhew, S. (2014, October 6-7). *Integrating eating disorder and obesity prevention: research challenges and opportunities* [Workshop presentation]. Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC, Canada.

Russell-Mayhew, S., Ireland. A., Tkachuk, M., Nutter, S., Peat, G., Gabriele, T., & Sunada, J. (2014, October 6-7). *Efficacy of a professional development workshop on undergraduate education students' beliefs toward health and weight* [Poster presentation]. Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC, Canada.

Balsden, K., & Russell-Mayhew, S. (2014, October 6-7). *Women’s experiences of embodiment* [Poster presentation]. Eating Disorders Association of Canada 4th Biennial Conference, Vancouver, BC, Canada.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, September). *Family matters! Navigating weight-related discourses in the media* [Poster presentation]. Campus Alberta Annual Student Conference on Health, Banff, AB, Canada.

Nutter, S. & Russell-Mayhew, S. (2014, July 1-2). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias* [Poster presentation]. Appearance Matters Conference, Bristol, UK.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, June 5-7). *A situational analysis of family interactions pertaining to eating, weight, and appearance* [Poster presentation]. 75thAnnual Canadian Psychological Association Convention, Vancouver, BC, Canada.

Nutter, S, & Russell-Mayhew, S. (2014, June 18-21). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias* [Poster presentation]. Canadian Obesity Student Meeting, Waterloo, ON. AWARDED*:* Best Poster Presentation for Master’s Student.

Russell-Mayhew, S., Alberga, A., Ireland, I., Peat, G., Sunada, J., & Gabriele, T. (2014, June 5-7). *Professional development for pre-service teachers in the area of health and weight: Efficacy and follow-up* [Poster presentation]. Canadian Psychological Association's 75th Annual Convention, Vancouver, BC, Canada.

Nutter, S, & Russell-Mayhew, S. (2014, June 5-7). *Ideology, thin-ideal internalization and social comparison: An examination of the predictive qualities of weight bias* [Poster presentation]. Canadian Psychological Association's 75th Annual Convention, Vancouver, BC, Canada.

Alberga, A., Pickering, B., Hayden, K., MacKean, G., GermAnn, K., … & Russell-Mayhew, S. (2014, June 18-21). *Weight bias in health care: one size fits all?* [Oral presentation]. 4th Canadian Obesity Student Meeting, Waterloo, ON, Canada.

Russell-Mayhew, S. (moderator), Hutchinson, T., Bardick, A., Poirier, C., Balsden, K., Ireland, A., & Alberga, A. (2014, May 7-9). *Body image, embodiment, and weight bias in education and health care* [Symposium]. Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC, Canada.

Russell-Mayhew, S., Sesma-Vazquez, M., Samuels, S., Strong, T., & Salvisberg, W. (2014, May 7-9). *Weight-related issues and families: From family therapy to psycho education* [Conversation Café]. Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC, Canada.

Bardick, A., Ireland, A., & Russell-Mayhew, S. (2014, May 7-9). *Why NOT weight? What every counsellor needs to know about client’s weight-related issues* [Round table]. Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC, Canada.

Russell-Mayhew, S., Ireland, A., Nutter, S., Tkachuk, M., Peat, G., Gabriele, T., Crooks, J., & Sunada, J. (2014, January). *Piloting professional development for pre-service teachers in the areas of health and weight* [Poster presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.

Tkachuk, M., Ireland, A., Nutter, S., Russell-Mayhew, S., Peat, G., Gabriele, T., Crooks, J., & Sunada, J. (2014, January). *Professional development for pre-service teacher’s in the area of health and weight: Pilot project efficacy and follow-up* [Poster presentation]. Mental Health Symposium, Edmonton, AB, Canada.

Russell-Mayhew, S. (2013, October). *Body image and wellness: The links between weight-related issues* [Workshop presentation]. International Wellness Symposium, Lake Louise, AB, Canada.

Dangenais, F., Manceau, M., Russell-Mayhew, S. (moderator), Paquette, M. C., Morency, G., Coniglio, C., Ishmael, K., & Korf-Uzan, K. (2013, May 1-4). *Changing social norms associated with weight and body image* [Workshop presentation]. 3rd Canadian Obesity Summit, Vancouver, BC, Canada.

Russell-Mayhew, S. (2013, May 1-4). *Interventions for the concurrent prevention of eating disorders and obesity: Challenges, opportunities and implications* [Paper presentation]. 3rd Canadian Obesity Summit, Vancouver, BC, Canada .

McVey, G., Dagenais, F., Walker, K., Coniglio, C., Beyers, J., Russell-Mayhew, S., & Simkins, S. (2013, May). *Canadian Prevention Knowledge Exchange Group: Linking eating disorder and obesity prevention through research, practice, and policy* [Paper presentation]. Academy for Eating Disorders International Conference on Eating Disorders, Montreal, QC, Canada.

Saraceni, R., & Russell-Mayhew, S. (2013, May). *The efficacy of acceptance and commitment therapy for women with eating disorders and eating problems* [Poster presentation]. Academy for Eating Disorders International Conference on Eating Disorders, Montreal, QC, Canada.

### Russell-Mayhew, S. Whitefield, N., Ross, S., Mohle, E., Ireland, A., & Carr, L. (2013, January). *You look great, have you lost weight? Weight bias in schools* [Panel presentation]. Shaping the Future Conference, Kananaskis, AB, Canada.

Mohle, E., Ireland, A., Bardick, A., & Russell-Mayhew, S. (2012, June). *Addressing weight bias in eating disorder and obesity prevention efforts: Research in schools* [Poster presentation]. Canadian Psychological Association Annual Convention, Halifax, NS, Canada.

Bardick, A., & Russell-Mayhew, S. (2012, June). Why *not* weight? *Counselling psychologists’ roles in addressing client’s weight-related issues* [Workshop presentation]. Canadian Psychological Association Annual Convention, Halifax, NS, Canada.

Russell-Mayhew, S., Saraceni, R., & Bardick, A. (2012, May 24-27). *Innovative approaches to weight-related issues* [Panel presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB, Canada.

Ireland, A., & Russell-Mayhew, S. (2012, May 24-27). *Weight-related issues: A rural school case study* [Poster presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB, Canada.

Moule, E. & Russell-Mayhew, S. (2012, May 24-27). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* [Poster presentation]. Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB, Canada.

Moule, E. & Russell-Mayhew, S. (2012, May 29 – June 1). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* [Poster presentation]. Society for Prevention Research Annual Meeting, Washington, DC, United States.

Ross, S. & Russell-Mayhew, S. (2012, May 29 – June 1). *Integrating asset-building and prevention efforts in a school-based intervention: Complementary or complicated?* [Poster presentation]. Society for Prevention Research Annual Meeting, Washington, DC, United States.

Moule, E. & Russell-Mayhew, S. (2012, May). *Eating disorder and obesity prevention aimed at five shared risk factors: Does order matter?* [Poster presentation]. Academy for Eating Disorders International Conference for Eating Disorders, Austin, TX, United States.

Russell-Mayhew, S. (2011, October). *Integrating eating disorder and obesity prevention through shared risk factors* [Paper presentation]. National Eating Disorder Association Conference, Hollywood, CA, United States. (1 of 25 presentations accepted worldwide from 165 submissions).

Powis, S. & Russell-Mayhew, S. (2011, June 2-4). *Is help just a click away?* [Poster presentation]. Canadian Psychological Association Annual Convention, Toronto, ON, Canada.

Russell-Mayhew, S., Ross, S., Whitefield, N. & Mohle, E. (2011, June 2-4). *Prevention of eating disorders and obesity: A developmental assets approach* [Poster presentation]. Canadian Psychological Association Convention, Toronto, ON, Canada.

Russell-Mayhew, S., Ross, S., & Whitefield, N. (2011, April). *Evaluating a shared risk factor approach to prevention in a school community* [Poster presentation]. Academy of Eating Disorders International Conference on Eating Disorders, Miami, FL, United States.

McVey, G., Walker, K., Harrison, H., Russell-Mayhew, S. Beyers, J., Simkins, S., Murkin, E., Scythes, C., Cowie-Bonne, J., Degagne, K., & Westland, J. (2011, April). *Preparing health educators to integrate mental health promotion into the prevention of weight-related disorders: Findings from a collaborative pilot study on inter-disciplinary professional development* [Paper presentation]. Academy of Eating Disorders International Conference on Eating Disorders, Miami, FL, United States.

McVey, G. Walker K. S., Harrison, H., Beyers, J., Russell-Mayhew, S., Simkins, S., Scythes, C., Cowie-Bonne, J., Murkin, E., Missiha, M., Westland, J., & Degagne, K. (2010, October). *There is no health without mental health: Optimizing students’ engagement in healthy and active living through the piloting of a reflective practice professional development model* [Workshop presentation]. Council of University Researchers & Professors’ Physical & Health Education Canada 2010 National Conference, Toronto, ON, Canada.

Lalande, V., & Russell-Mayhew, S. (2010, June 3-5). *A final project exit procedure for a master of counselling program: The portfolio course* [Conversation presentation]. Canadian Psychological Association Annual Convention, Winnipeg, MB, Canada.

Bardick, A. & Russell-Mayhew, S. (2010, June 3-5). *The history of (mis)treatment of anorexia nervosa* [Paper presentation]. Canadian Psychological Association Annual Convention, Winnipeg, MB, Canada.

Russell-Mayhew, S., Godley, J. & Scott, C. (2010, June 3-5). *Interprofessional practice in the obesity field* [Poster presentation]. Canadian Psychological Association Annual Convention, Winnipeg, MB, Canada.

McVey, G., Walker, K., Russell-Mayhew, S., Beyers, J., Simkins, S., Scythes, C., Cowie-Bonne, J., Westland, J., & Murkin, E. (2010, June 1-4). *Integrating mental health promotion in the prevention of chronic disease: Lessons learned from a participatory approach to changing professional practice* [Poster presentation]. Society for Prevention Research, Denver, CO, United States.

von Ranson, K. M., Russell-Mayhew, S., & Masson, P. C. (2010, June). *Eating disorder psychopathology among Overeaters Anonymous members: A preliminary study* [Poster presentation]. Academy of Eating Disorders International Conference on Eating Disorders, Salzburg, Austria.

Waegemakers-Schiff, J., Lane, A., Bell, D., Brager, N., Marlett, N., Rawlings, S., Sutter, E., & Asselstine, S. (2010, March 12-13). *Interprofessional mental health and addictions education initiative [*Poster presentation]. Interprofessional Care for the 21st Century: Redefining Education and Practice Conference, Philadelphia, PA, United States.

Russell-Mayhew, S. (2010, January)*. Integrating eating disorder and obesity prevention in school communities through shared risk factors* [Workshop presentation]. Shaping the Future Conference, Edmonton, AB, Canada.

Russell-Mayhew, S. Masson, P., & von Ranson, K. (2009, September). *Overeaters Anonymous: A qualitative study of the evolving belief systems of attendees* [Poster presentation]. Annual Eating Disorders Research Society, New York, NY, United States.

Russell-Mayhew, S. (2009, June 11-13). *Integrating eating disorder and obesity prevention through shared risk factors* [Workshop presentation]. Canadian Psychological Association Annual Convention, Montreal, QC, Canada.

Russell-Mayhew, S., Scott, C., Carter, R. Cullingham, C. & Godley, J. (2009, May). *A snapshot of interprofessional practice in the field of obesity* [Paper presentation]. National Obesity Summit, Kananaskis, AB, Canada.

Thompson, C. & Russell-Mayhew, S. (2009, May). *Evaluating a peer-support model of eating disorder prevention* [Paper presentation]. Canadian Counselling Association Annual Conference, Saskatoon, SK, Canada.

Ekong, J., Arthur, N., & Russell-Mayhew S. (2009, May). *Type 2 Diabetes: Exploring how counsellors can make significant contributions* [Paper presentation]. Canadian Counselling Association Annual Conference, Saskatoon, SK, Canada.

Russell-Mayhew, S. & McLaren, L. (2009, February 2-6). *Body weight and social justice* [Workshop presentation]. Hungry for Social Change Conference: Transcending Feast, Famine and Frenzy, Edmonton, AB, Canada.

Arthur, N., & Russell-Mayhew, S. (2008, October). *Interprofessional supervision: Implications for counsellors* [Paper presentation]. University of Ottawa Symposium of Counsellor Supervision Research, Ottawa, ON, Canada.

Saraceni, R. & Russell-Mayhew, S. (2008, June 9-11). *Images and ideals: Counselling girls and women in a ‘thin-is-in’ culture* [Poster presentation]. Canadian Psychological Association Annual Convention, Halifax, NS, Canada.

Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C. (2008, May). *Body dissatisfaction and weight change strategies in adolescent boys and girls: Mechanisms of peer influence* [Poster presentation]. Academy of Eating Disorders International Conference, Seattle, WA, United States.

Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C. (2008, May). *Bridging the concept-measurement divide: A review of concepts and assessment tools in the body image literature* [Poster presentation]. Academy of Eating Disorders International Conference, Seattle, WA, United States.

Russell-Mayhew, S. (February 2008). *The girl with the weight of the world in her hands: Eating disorders as social justice issues?* [Poster presentation]. Eating Disorder Association of Canada. Calgary, AB, Canada.

Renert, H., & Russell-Mayhew, S. (2008, February). *The visibly invisible: The experience of eating problems among women from visible minority groups* [Poster presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.

Saraceni, R. & Russell-Mayhew, S. (2008, February). *Images and ideals: Counselling girls and women in a ‘thin-is-in’ culture* [Poster presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.

Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C (2008, February). *Body dissatisfaction and weight change strategies in adolescent boys and girls: Mechanisms of peer influence* [Poster presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.

Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C (2008, February). *Bridging the concept-measurement divide: A review of concepts and assessment tools in the body image literature* [Poster presentation]. Eating Disorder Association of Canada Conference, Calgary, AB, Canada.

Saraceni, R. & Russell-Mayhew, S. (2007, November). *Images and ideals: Counselling girls and women in a ‘thin-is-in’ culture* [Poster presentation]. School of Public Health Symposium, Edmonton, AB, Canada.

Bardick, A., Ryder, S., & Russell-Mayhew, S. (2007, October). *Mirror mirror: Helping young children like what they see* [Workshop presentation]. Saskatchewan Institute of Prevention’s Prevention Matters Conference, Saskatoon, SK, Canada.

Russell-Mayhew, S. (2007, June 7-9). *Why ‘weight? Preventing eating disorders and obesity in schools* [Workshop presentation]. Canadian Psychological Association Annual Convention, Ottawa, ON, Canada.

Russell-Mayhew, S. (2007, June 7-9). *Weight of the world: Eating disorders and obesity as social justice issues* [Workshop presentation]. Canadian Psychological Association Annual Convention, Ottawa, ON, Canada.

Russell-Mayhew, S. (moderator), Courbasson, C., McVey, G., & McLaren, L. (2007, June 7-9). Innovative approaches to eating disorders: Theory, research and practice [Symposium]. Canadian Psychological Association Annual Convention, Ottawa, ON, Canada.

Russell-Mayhew, S. (2007, May). *Eating disorders and obesity as social justice issues? Implications for Canadian counsellors* [Paper presentation]. Canadian Counselling Association Annual Conference, Vancouver, BC, Canada.

Russell-Mayhew, S. (2006, November). *Worth the weight? Body image and disordered eating in the school context* [Workshop presentation]. Alberta Teacher’s Association Guidance Council Conference, Banff, AB, Canada.

Saraceni, R., & Russell-Mayhew, S. (2006, November). *An examination of the changing female ideal as portrayed in magazines and its relationship to articles about diet, weight loss, and cosmetic surgery*. Poster presented at the Alberta Teacher’s Association Guidance Council Conference, Banff, AB.

Russell-Mayhew, S., Scott, C., & Stewart, M. (2006, October). *The Canadian Obesity Network and interprofessional practice: Members’ views* [Poster presentation]. Annual National Pediatric Obesity Conference, Vancouver, BC, Canada.

Russell-Mayhew, S. & Arthur, N. (2006, June). *Guess who is coming to dinner? Interprofessional practice in the field of eating disorders* [Workshop presentation]. Canadian Psychological Association Annual Convention, Calgary, AB, Canada.

Saraceni. R. & Russell-Mayhew, S. (2006, April). *Images, icons and ideals: Implications for counselling girls and women* [Paper presentation]. Canadian Counselling Association Annual Conference, Montreal, QC, Canada.

Russell-Mayhew, S. (2005, October). *One size fits all? The role of mental health in the prevention of weight-related disorders* [Workshop presentation]. National School Health Association Annual Conference, Burbank, CA, Canada.

Arthur, N., Russell, S., Ewashen, C., & Wouts, P. (2003, February). *Health promotion and prevention of eating disorders in schools.* [Workshop presentation]. World Federation for Mental Health Biennial Congress, Melbourne, Australia.

Russell, S. (2002, May). *Body Image Resource Collection: A mental health promotion tool.* [Workshop presentation]. Canadian Counseling Association Annual Conference, Ottawa, ON, Canada.

Russell, S., & Arthur, N. (2002, May). *A school based eating disorder prevention program* [Workshop presentation]. Canadian Counseling Association Annual Conference, Ottawa, ON, Canada.

Russell, S., & Arthur, N. (2002, May). *Why wait for eating disorders? A school based eating disorder prevention program* [Workshop presentation]. Canadian Psychological Association Annual Conference, Vancouver, BC, Canada.

Russell, S. (2002, April). *Results of school-based eating disorder prevention research program* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Jasper, AB, Canada.

Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2002, April). *Focus group methodology in a health promotion research project in schools* [Workshop presentation]. Qualitative Health Research Conference, Banff, AB, Canada.

Russell, S. & Wouts, P. (2001, June). *Promotion of healthy body image, personal attitudes and eating in a school project* [Workshop presentation]. Alberta Public Health Association Conference, Red Deer, AB, Canada.

Russell, S., & Arthur, N. (2001, May). *The mental health continuum and eating disorder prevention: BRIDGING service delivery* [Workshop presentation]. Psychological Association of Alberta: Promoting Health and Well-Being in the 21st Century, Edmonton, AB, Canada.

Russell, S. (2001, May). *“BRIDGING” service delivery: Promotion, prevention and treatment of eating disorders* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB, Canada.

Russell, S., & Arthur, N. (2001, March). *Bridging the prevention, promotion and treatment of eating disorders* [Workshop presentation]. American Psychological Association Annual Convention, Houston, TX, United States.

Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2001, March). *Promoting resilient school communities* [Workshop presentation]. Canadian Counselling Association Annual Conference, Vancouver, BC, Canada.

Russell, S. & Ryder. S. (2001, February). *Promoting positive body image without addressing eating disorders: An overview of new strategies and useable ideas* [Workshop presentation]. Calgary City Teachers’ Convention, Calgary, AB, Canada.

Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2000, November). *Promoting resilient school communities* [Workshop presentation]. 2nd Annual Children’s Mental Health Conference, Calgary, AB, Canada.

Russell, S. & Wouts, P. (2000, November). *Promoting resilient school communities* [Workshop presentation]. Alberta Teacher’s Association Annual Guidance Counsellor Conference, Banff, Alberta, Canada.

Russell, S., & Ryder, S. (2000, June). *Your waist is a silly thing to mind: A session for health professionals on the awareness, prevention and early identification of eating disorders* [Workshop presentation]. Mental Health Interventions for the 21st Century Conference, Calgary, AB, Canada.

Russell, S., & Ryder, S. (2000, June). *Body image resources for the classroom: An overview* [Workshop presentation]. Comprehensive School Health Conference, Calgary, AB, Canada.

Russell, S., & Ryder, S. (2000, May). *Navigating positive body image in schools: A session for educators in the awareness, prevention and early identification of eating disorders* [Workshop presentation]. Annual Health and Physical Education Conference, Calgary, AB, Canada.

Russell, S. (2000, April). *Provincial panel presentation: An update on eating disorders and obesity treatment and research* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB, Canada.

Russell, S. (2000, April). *An overview of the continuum of care for eating disorders: “Bridging” prevention, early identification, and treatment of eating disorders* [Workshop presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB, Canada.

Russell, S. (2000, February). *Building a body-positive environment in schools: A session in the awareness and prevention of eating disorders* [Workshop presentation]. Calgary City Teachers’ Convention, Calgary, AB, Canada.

Russell, S. (2000, February). *Building a body-positive environment in schools: A session in the awareness and prevention of eating disorders* [Workshop presentation]. Palliser District Teachers’ Convention, Calgary, AB, Canada.

Russell, S. (1999, May). *Reflections from women in group therapy for eating disorders* [Workshop presentation]. Canadian Guidance and Counselling Association Annual Conference, Calgary, AB, Canada.

Russell, S. (1999, March). *Reflections from women in group therapy for eating disorders* [Poster presentation]. Gender Research Symposium, Calgary, AB, Canada.

Russell, S. (1998, June). *Group themes: Reflections from group therapy for eating disorders* [Poster presentation]. Canadian Psychological Association Annual Convention, Edmonton, AB, Canada.

**INVITED PRESENTATIONS**

Russell-Mayhew, S., Alberga, A., Sockalingham, S., Glaser, S. & Nutter, S (moderator).(2021, February 18). *Weight bias and stigma* [Webinar Panel Presenter]. *Weight Bias and Eating Disorders: Considerations for Bariatric Care*. Canadian Association of Bariatric Physicians and Surgeons 2020-2021 Webinar Series. Virtual.

Russell-Mayhew, S., Vallis, M. & Sweeney, J. (July 2020). Obesity Canada: Weight bias and mental health webinar. <https://obesitycanada.ca/snp/upcoming-oc-snp-covid-19-webinar/>

Russell-Mayhew, S., Kell, S., Balderson, D., Morrison, H., Wright, E., & Hordal-Hlewka, K. (2020, January 30-February 1). *Shaping our Teachers of Tomorrow.*[Keynote Panel]. Shaping the Future 2020, Lake Louise, AB.

Russell-Mayhew, S., Brun, I., Nutter, S., McClelland, L., & Murray, K. (2019, October 17-18). *Case Studies as Teaching Tools: Bringing comprehensive school health to life* [Conference session]. National Form on Wellness in Postsecondary Education 2019, Vancouver, BC.

Russell-Mayhew, S., Brun, I., Saunders, J. F., Nutter, S., McClelland, L., & Murray, K. (2019, October 17-18). *Impact of a comprehensive school health course on pre-service teachers* [Conference session]. National Form on Wellness in Postsecondary Education 2019, Vancouver, BC.

Russell-Mayhew, S. (2019, June). Panel Member. *Mental Health Education: Promising Practices from Canadian Faculties of Education.* Hosted by The Association of Canadian Deans of Education. Congress 2019. The Canadian Society for the Study of Education. Vancouver, BC.

Russell-Mayhew, S. (2017, November). Comprehensive School Health: Past, Present, and Future. Health Promoting Schools Collaborative.

Russell-Mayhew, S. (2017, August). Keynote 1: The weight of the world in her hands: An embodied research journey. Zone 6 Superintendent Conference. Waterton, BC.

Russell-Mayhew, S. (2017, August). Keynote 2: The F word: Why body weight has no place in schools. Zone 6 Superintendent Conference. Waterton, BC.

Russell-Mayhew, S. (2017, February). Body weight as a social justice issue in schools. Plenary presentation at the Western Deans of Education (WADE) Conference. Banff, AB.

Russell-Mayhew, S. (2016, May). *Weight bias resources for the education sector*. Plenary presentation at the Weight Bias Summit, Edmonton, AB.

Russell-Mayhew, S. (2016, April). *Worth the weight? Growing up in a ‘thin-is-in’ culture*. Alumni Weekend. UCalgary.

Russell-Mayhew, S. (2016, January). *The weight of the world: An embodied research journey*. Annual Distinguished Research Lecture awarded by the WSE ($2000) and co-sponsored by Alumni Association. UCalgary. (<https://werklund.ucalgary.ca/media-room/news-events/shelly-russell-mayhew-examines-body-image-debate-annual-distinguished-lecture>)

Russell-Mayhew, S. (2015, September). Weight bias: So what and now what? National webinar for BC BalancedView launch. Canada

Russell-Mayhew, S. (2015, March). *Weight bias in education*. Plenary presentation at the Weight Bias Summit, Calgary, AB.

Russell-Mayhew S. (2014, December). *Body image, embodiment, and weight bias: An overview*. Presentation at the Alberta Health Services Provincial Webinar Series.

Russell-Mayhew, S. (2014, June). Weight bias: *What is it and is it impacting your practice?* Presentation at the Alberta Health Services Provincial Webinar Series.

Russell-Mayhew, S. (2014, January). *Weight status: Body image and bias*. Plenary presentation at the Mount Royal University Symposium, Calgary, AB.

Russell-Mayhew, S. (2013, April). *Weight status and body image: A complex connection*. Plenary presentation at the Food Matters Conference: Connections that Count, Edmonton, AB.

Russell-Mayhew, S. (2013, March). *The concurrent prevention of eating disorders and obesity: Research challenges and opportunities.* Presentation at the Institute of Public Health, Community Health Sciences, Calgary, AB.

Russell-Mayhew, S. (2012, June). *Body image across weight status*. Presentation at the Obesity and Mental Health: International Association for the Study of Obesity Hot Topic Conference, Toronto, ON.

Russell-Mayhew, S. (2012, January). *Weight-related issues in schools*. Plenary presentation at the Shaping the Future Conference, Kananaskis, AB.

McVey, Walker, Ferguson, & Russell-Mayhew (2011, November). *Linking research, practice and policy to devise a national prevention research strategy.* Hosted Symposium funded by CIHR, Toronto, ON.

Russell-Mayhew (2011, November). *Informal scan of weight-related initiatives in Alberta*. Presentation at the National Prevention Strategy Meeting: Linking research, practice, policy in the prevention of weight-related disorders, Toronto, ON..

Russell-Mayhew, S. (2011, April). *Worth the weight? Eating disorder awareness in a fat phobic culture*. Presentation at the Alberta Health Services Telehealth Seminar. AB.

Godley, J. & Russell-Mayhew, S. (2011, March). *Using social network analysis to investigate interprofessional practice and multidisciplinary research in the field of obesity*. Presentation at the International School for Obesity Research and Management, Lake Louise, AB.

Russell-Mayhew, S. (2011, March). *The importance of healthy body image across weight status.* Presentation at the International School for Obesity Research and Management, Lake Louise, AB.

Russell-Mayhew, S. (2011, February). *Worth the weight? Eating disorder awareness in a fat phobic culture*. Keynote presentation at the Engaging Speaker Series Faculty of Education, Calgary, AB.

Russell-Mayhew, S.(2010, November). *Betwixt and be'tween: Fostering healthy body image across weight status*. Presentation for the Alberta Centre for Child, Family and Community Research Conference (ACCFCR), Edmonton, AB.

Russell-Mayhew, S. (2008, October). *Fostering healthy body image for children across weight status.* Plenary presentation for the Childhood & Adolescent Obesity Conference, Vancouver, BC.

Russell-Mayhew, S. (2007, March). *Reflections and the roles we play: Interprofessional supervision.* Keynote presentation for the Supervision and Mentorship for Interprofessional Practice Conference, Calgary, AB.

Russell-Mayhew, S. (2006, October). *Worth the ‘weight’? Body image in context*. Keynote presentation for the Ontario Health Coalition (health regions), Thunder Bay, ON.

Russell-Mayhew, S. (2006, October). *The foundation of healthy body image: It’s A’parent and A’teacher*. Public presentation, Thunder Bay, ON.

Russell-Mayhew, S. (2006, October). *War and (the missing piece): Comprehensive school models in the battle against eating disorders and obesity*. Plenary presentation at the Alberta Coalition for Healthy School Communities Conference, Red Deer, AB.

Russell-Mayhew, S. (2006, May). *Prevention of weight-related issues in an obesogenic environment*. Keynote presentation at the Ontario Society of Nutrition Professionals in Public Health, Orillia, Ontario.

Russell-Mayhew, S. (2006, May). *Sizing it up: Schools and the prevention of weight-related issues.* Presentation at the 1st Annual Alberta Obesity Summit, Kananaskis, AB.

**NON-REFEREED PRESENTATIONS/WORKSHOPS (selected sample from 60+)**

Lefebvre, D., Barbeau, J., & Russell-Mayhew, S. (2024, January 25-27). *Schools as affirming spaces: Supporting gender euphoria in gender diverse students.*Oral presentation at the Shaping the Future Conference, Jasper, AB.

Zak, M., Tingle, E., Barbeau, K., & Russell-Mayhew, S. (2024, January 25—27). Unlock the educational power of audio! [Workshop presentation]. Shaping the Future 2024, Jasper, AB.

Lefebvre, D., Russell-Mayhew, S., Brun, I., Lambert, A., & Saunders, J. (March 13, 2021).

*Shifting the gaze: The importance of education in creating welcoming spaces for transgender individuals*. Oral presentation at the 2021 Graduate Symposium in the Department of Education (GSDE) at Concordia University, Montreal, QB.

Williams, L., Wilson, O. W. A., Thai, M., Myre, M., & Russell-Mayhew, S. (2022, March). *Measurement of Anthropometric Data in School Settings: Preliminary Findings from a Scoping Review*. Paper presented at the Werklund School of Education Tapestries of Learning Symposium, Calgary, AB, Canada.

Kendrick, A. & Russell-Mayhew, S. (January 27, 2021). Series Featured Speaker. Teacher Wellness online webinar. *Partner Teacher Mentorship and Professional Learning Program.* Online, January 27, 2021.

Russell-Mayhew, S. (2018, Dec). Weight bias in postsecondary settings. Keynote presentation for Be Fit for Life Conference (provincial partner). Calgary, AB.

Russell-Mayhew, S. & Body Image Research Lab (Jan – May 2016). WSE Youth Leadership Centre Body Image Series. *Body image: Fact or fiction?* A series of workshops for undergraduate students at UCalgary. Calgary, AB.

Russell-Mayhew, S. Arthur, N., Kassan, A., Lund, D., Alberga, A., Sesma, M., Nutter, S., & Williams, E. (2016, March). *Weight bias and social justice*. Presentation for WSE Research Celebration. Calgary, AB.

Williams, E., & Russell-Mayhew, S. (2015, November). *Disclosing an eating disorder anonymously online-A therapeutic release?* Poster presented at the UCalgary Graduate Research Poster Fair, Calgary, AB. *AWARDED*: Best Poster Award from the Werklund School of Education.

Nutter, S., Russell-Mayhew, S., Alberga, A., Arthur, N., Kassan, A., Lund, D., Sesma Vaquez, M., & Williams, E. (2015, November). *Referring to “Fat/Obese” Persons in Research and Practice: Watch Your Language*. Poster presented at the UCalgary Graduate Research Poster Fair, Calgary, AB.

Russell-Mayhew, S., & Alberga, A. (2015, March). Weight bias summit: Preliminary results. National Prevention Group Teleconference Seminar.

Russell-Mayhew, S. & Lund, D. (2015, March). The social impact of research: Making it matter, Graduate Seminar Series, Calgary, AB.

Russell-Mayhew, S., & Arthur, N. (2015, March). Attracting top quality graduate students and post-docs. Research Colloquium, Calgary, AB.

Russell-Mayhew, S. (2014, February). *Where every “body” fits*. Invited research remarks at the Media Literacy and Food Marketing Workshop, Calgary, AB.

Salvisberg, W., Russell-Mayhew, S., & Strong, T. (2014, June). *Family matters! Navigating weight-related discourses in the media.* Poster presented at the Werklund School of Education Qualitative Research Annual Poster Fair, Calgary, AB.

Bardick, A. D., Arthur, N., & Russell-Mayhew, S. (2010, October). *Fatty fatty two-by-four: Weight stigmatization in children’s lives*. Paper presented at the Faculty of Education Research Conference, Calgary, AB.

Bardick, A. D., Arthur, N., & Russell-Mayhew, S. (2010, October). *Fatty fatty two-by-four: Weight stigmatization in children’s lives*. Paper presented at the UCalgary Graduate Studies Student Poster Conference, Calgary, AB.

Lane, A. M.,Waegemakers-Schiff, J., Bell, D., Brager, N., Marlett, N., Rawlings, S., & Sutter, E.  (2010, March). *Role blurring and role clarity: What does this mean for interprofessional teams?* Symposium presented at the UCalgary Annual Research Day, Calgary, AB.

Russell-Mayhew, S. (2010, May). *Integrating eating disorders and obesity prevention through shared risk factors*. Paper presented at the UCalgary Faculty of Education Conference, Calgary, AB.

Bardick, A., Arthur, N., & Russell-Mayhew, S. (2010, May). *You look great, have you lost weight? Weight-based stigmatization in children’s lives.* Poster presented at the UCalgary Faculty of Education Conference, Calgary, AB.

Russell, S. (2005, October). *Trying it on for size: Healthy body image*. Presentation at the UCalgary HealthWeek, Calgary, AB.

Russell, S. (2003, November). *An introduction to the Body Image Kits*. Presentation to the Palliser Health Region and School District, Brooks, AB.

Russell, S. Drummond, D., Chafe, J., Cram, B,. & Forbes, F. (2001, October). Panel Presentation on Provincial Eating Disorder Services: Children’s Forum, Calgary, AB.

Russell, S. (2000, February). *Eating disorders – A continuum from prevention to treatment*. Presentation at the Foothills Medical Centre for National Eating Disorders Awareness Week. Calgary, AB.

**GRADUATE STUDENT RESEARCH SUPERVISION**

|  |  |  |
| --- | --- | --- |
| Degree Level | Supervised | Co-Supervised |
| Post-doctoral | 8 | Plus 3 |
| PhD | 15 | Of which 5 |
| Master’s | 40 | 1 |

Current Masters Students (8)

Tsoumpas (Herman), Hilary (MSc.) How mothers make meaning of experiences of weight stigma during pregnancy. SSHRC funded. AGES funded.

Archibald, Katherine (MSc.) Weight in Grade School? Storying the Student Experience of Anthropometric Measurement through Narrative Inquiry. SSHRC funded.

Zak, Michelle (MSc.) Comprehensive School Health and Equity Considerations.

Lee, Jane (MSc.) Living with the new normal- what if my body after cancer is not so inspirational?

Thai, Michella (MSc.) Does self-compassion protect against drunkorexia in women? An examination of the moderating role of self-compassion in the relationship between weight stigma and drunkorexia in undergraduate women. SSHRC funded.

Sherwin, Amanda (Fall 2024 MSc - community health sciences. Co-supervisor: Leticia Radin Pereira).

Doria, Laura (Fall 2024 MSc.)

Lu, Mingshan (Fall 2024 MSc.)

Current Doctoral Students (3)

Lefebvre, Danielle (PhD Candidate). Exploring Experiences of Gender Euphoria for Transgender Individuals. SSHRC funded.

Glazer, Melissa (PhD Candidate). Assessing Weight Bias in Mock Juries when Female Child Victims Testify Against Sexual Assault in Court. AGES funded.

Mukred, Rabab (PhD student). Fall 2022 entry.

Postdoctoral Scholar Supervisees

Barbeau-Julien, Kheana (PDS). *Moving From Risk to Resilience: Intersectionality, Identity, and Sexual and Gender Minority Individuals’ Relationship With Their Body, Food, and Physical Activity.*

May 2023-March 2024 Eyes High Postdoctoral Scholar.

April 2024-March 2026 SSHRC Banting Postdoctoral Scholar. $140,000

Maxine Myre (PDS). Eyes High Postdoctoral Scholar. *Wellness and weight bias*.

December 2020-March 2022. Currently senior researcher at PolicyWise.

Oliver Wilson (PDS). WSE Postdoctoral Scholar. *Weight and wellbeing*.

February 2021-January 2022. Currently working at National Institute on Minority Health and Health Disparities, National Institute of Health, US Department of Health.

Nutter, Sarah (PDS). WSE Postdoctoral Scholar. *Health, wellness and weight bias.*

September 2019 – August 2020. Currently a tenure-track assistant professor University of Victoria

Saunders, Jessica (PDS). WSE Postdoctoral Scholar. *Social complexities of weight.*

Co-supervisors: Drs. Anusha Kassan, WSE and Nancy Moules, Faculty of Nursing

July 2019-June 2020. Currently a tenure-track assistant professor at Ramapo College of New Jersey

Ireland, Alana (PDS). WSE Postdoctoral Scholar. *Teachers of tomorrow.*

April 2018-December 2018. (Parental leave Sept-Dec 2018). Currently a tenure-track assistant professor at St. Mary’s University

Eyes-high Postdoctoral Scholar (Round 3). $100 000. *Weight bias.* PRINCIPAL.

Co-supervisors: Dr. Kristin von Ranson, Dept. of Psychology and Dr. Lindsay McLaren, Community Health Sciences.

March 2016-April 2016. Bombak, Andrea (PDF).

Currently tenure-track assistant professor

October 2016- October 2018. Karmpaul Singh (PDF).

Alberga, Angela (PDF). *Psychosocial aspects of body weight.*

Co-supervisors: Dr. Kristin von Ranson, Dept. of Psychology and Dr. Lindsay McLaren, Community Health Sciences.

2013-2015. Eyes High Postdoctoral Fellowship Award, UCalgary. $100 000.

2015-2017. Banting Postdoctoral Fellowship Award and CIHR Postdoctoral Fellowship Award. $140 000.

Currently Associate Professor at Concordia University Department of Health, Kinesiology, and Applied Physiology; Tier 2 University Research Chair in Maternal, Child and Youth Weight-Related Issues

Sesma, Monica (PDS). WSE Postdoctoral Scholar. *The social practices of eating disorders and childhood obesity: Examining the dialogical and relational influences for preventive and therapeutic work.* August 2013- October 2014. Co-supervisor: Dr. Tom Strong November 2014 – July 2016. Supervisor

Currently tenure-track assistant professor at University of Calgary.

Current Committee Work

Buote, Lauren. (PhD supervisory committee). Medically Assisted Dying. Supervisor: Dr. Kaori Wada (Counselling Psychology, Werklund School of Education)

Bajaj, Deepika (PhD supervisory committee). Body Image in Canadian Women of Colour. Supervisor: Dr. Kristin von Ranson (Clinical Psychology, Faculty of Arts)

Smith, Alyssa (PhD supervisory committee). Weight Stigma, Weight Bias, and Personality in Men with Binge-Eating Disorder. Supervisor: Dr. Kristin von Ranson (Clinical Psychology, Faculty of Arts)

Sauerwein, Jessica (MSW supervisory committee). Co-creating guidelines for safeguarding young Canadians in eating disorder recovery from harmful eating-disorder related TikTok. Supervisor: Gina Dimitropoulos (Faculty of Social Work)

Murray, Kerri (MEd supervisory committee). Factors affecting well-being of pre-service teachers during field experience. Supervisor: Sharla King (Department of Educational Psychology, Health Sciences Education Interdisciplinary, University of Alberta)

Ingstrup, Meghan (PhD supervisory committee). Impact of parental criticism on young adult athletes. Supervisors: Meghan McDonough and Nick Holt (Faculty of Kinesiology).

Completed Master of Counselling (MC) Students (14)

Saraceni, Reana, MC. (January 2006). An examination of the changing female ideal as portrayed in magazines and its relationship to articles about dieting, exercise and cosmetic surgery.

Tompkins, Tammy, MC. (February 2006). An analysis of weight-related messages in children’s movies.

Graham, Anne, MC. (June 2006). The journey from delinquency: An adolescent’s lived experience. SSHRC funded

Coulombe, Angela, MC. (September 2006). Body image group therapy for adolescent survivors of sexual abuse.

Wack, Debra, MC. (October 2006). A psycho-educational group manual for stepmothers.

Albrecht, Anna, MC. (March 2007). Eating disorders: The importance of multicultural counselling competency.

Buzanko, Caroline, MC. (October 2007). Supporting siblings of children with autism. SSHRC funded

Goszulak, Shanneen, MC. (February 2008). A harm-minimization approach to high school students at-risk of substance use.

Short, Jennifer, MC. (August 2008). Resiliency models: What counselling psychologists need to know. *Granted exemplar status* at University of Lethbridge.

Ahlberg, Madelaine, MC. (January 2009). Body image and pregnancy: A matter of restraint?

Hayward, Amanda, MC. (February 2009). Eating disorders and pregnancy: A web-based resource for women

Springman, Michelle, MC. (March 2010). What eating disorder prevention has to learn from tobacco prevention.

Bosch, Lisa, MC. (October 2010). Pre-service teacher training on weight related issues: A focus group analysis.

Powis, Sally, MC. (November 2010). Help is just a clink away: Evaluating on-line support groups for eating disorders.

Completed Master of Science (MSc) Students (26)

Conrad, Maren, MSc. (August 2008). Co-supervisor with Dr. Kevin Alderson. Weight appraisals: How to examine the influence of sexual orientation and gender of the appraiser and appraisee. SSHRC funded

Renert, Hagar, MSc. (September 2009). The experience of weight concerns among ethnically diverse immigrant women.

Thompson, Carmen, MSc. (August 2010). Evaluating the effects of a peer-support model: Reducing negative body-esteem and disordered eating attitudes and behaviours in grade eight girls. SSHRC funded

Ireland, Alana, MSc. (September 2012). Why weight? How does professional development for teachers about weight-related issues impact schools? CIHR funded

Moule, Erika, MSc. (September 2012). Eating disorder and obesity prevention aimed at five shared risk factors: Does intervention order matter? SSHRC funded

Carr, Laura, MSc. (December 2012). Correlates of body mass index in a junior high sample. SSHRC funded

Charbonneau, Tyla, MSc. (July 2013). Where have YOU gone? Self-care for caregivers of family members with schizophrenia.

Nutter, Sarah, MSc. (September 2014). Ideology, thin-ideal internalization, and social comparison: An examination of the correlates of weight bias.

Balsden, Kayla, MSc. (March 2015). Resiliency and body image: A qualitative exploration of how women resist Western cultural pressures of thinness.

Tkachuk, Michelle (MSc). (June 2015). Health and weight beliefs and behaviours of pre-service teachers: Considerations and implications from a health promotion perspective.

Salvisberg, Wendy (MSc). (September 2015) Family representations pertaining to food, weight, and appearance in on-line family magazines. SSHRC funded

Hutchinson, Tanya (MSc). (August 2016). The effects of body norm information on men’s current and ideal body size.

Williams, Emily (MSc). (August 2016). A situational analysis of discourses about disclosures of eating disorders. SSHRC funded

Poirier, Chantal (MSc). (September 2016). Can a self-affirming writing task reduce a self-discrepant body image? SSHRC funded

Brun, Isabel (MSc). (July 2017). "It Scars": Meaning making and psychological impacts of parental feeding control.

Loewen, Jewel (MSc) (August 2017). Media literacy and food marketing lesson plan II: An interpretive phenomenological analysis of students’ learning experiences.

McPhee, Kyla (MSc). (June 2019). The “yummy mummy” phenomenon: How does celebrity representation of postpartum women in the media influence eating attitudes? SSHRC funded.

Lambert, Angela. (MSc). (August 2019). An Interpretative Phenomenological Investigation of the Experiences of Physically Active Women Living in Large Bodies. SSHRC funded.

Nieborowska, Victoria (MSc). (August 2019). Rumination as a Psychological Risk Factor for Body Dissatisfaction in Middle-Aged Women. SSHRC funded.

Lefebvre, Danielle (MSc). (March 2020). Transgender women and the male gaze: Body image and the pressure to conform. SSHRC funded.

Richardson, Laura (MSc). (June 2020). What Kind of Teacher Will I Be? Pre-Service Teachers' Hoped-for Future Selves as School Health Champions.

Wilson-Boutilier, Katrina (MSc). (August 2020). Hungry for Education: Healthy Weight Discourses Among Students in Graduate Level, Mental Health Focused, Education Programs

Vos, Sally (MSc). (June 2022). Not the Typical Eating Disorder: Moving Beyond Stereotypes of Anorexia Nervosa SSHRC funded. Awarded CPA Certificate of Academic Excellence 2022.

Kim, Benjamin (MSc.). (August 2022). Self-compassion and body dissatisfaction in young men.

Morhan, Janelle (MSc). (December 2022). Fitspiration and young women: Making sense of the complexities and discourses. SSHRC funded.

Williams, Lindsay (MSc.). (May 2024). When the Professional Gets Personal: Teachers’ Experiences of Learning About Weight-Neutral Approaches to School Health Promotion

SSHRC funded. AGES funded.

Completed Doctor of Philosophy Students (15)

Ekong, Jane, PhD. (May 2009). Experiences of Canadians of African descent with type 2 diabetes in Calgary. Co-supervisor: Dr. Nancy Arthur.

Thanhausser, Jennifer, PhD., R. Psych. (April 2012). Adjustment to pediatric multiple sclerosis. Co-supervisor: Dr. Connie Barlow. SSHRC funded

Saraceni, Reana, PhD., R. Psych. (June 2013). The study of the efficacy of acceptance and commitment therapy for women with disordered eating: An alternative to cognitive behavioral therapy.

Bardick (Grace), Angela, PhD., R. Psych. (May 2015). Engaging a school community in a collaborative approach to promoting healthy body image and diversity acceptance. SSHRC and Killam funded.

Ross, Shannon, PhD., (June 2016). Incorporating asset building into a shared risk factor approach to school-based eating disorder and obesity prevention.

Ireland, Alana PhD. (August 2017). ‘One-size-fits-all’? A situational analysis of weight-related issues in schools. SSHRC funded.

Dittrick, Crystal (March 2018). Feeling red about bullying! An application of the stress process model to the relationship among bullying, emotional agitation, peer social support, and self-esteem. Co-supervisor with Dr. Tanya Beran, Community Health Sciences.

Klingle, Kirsten (August 2019). Self-compassion and Body Shame: A Hermeneutic Study. SSHRC funded. Awarded CPA Certificate of Academic Excellence.

Nutter, Sarah (August 2019). Weight Bias as a Social Justice Issue in an Unjust World. Werklund Doctoral Award 2016/SSHRC funded 2018.

Tkachuk, Michelle (August 2019). The Phenomena of Couple Therapy where Weight-Related Concerns are Present: Feminist Considerations and Implications. Eyes High Doctoral Recruitment Award 2015-2019

Williams, Emily (August 2020). The process of discovering a family member has anorexia nervosa: A hermeneutic study. Dissertation defended May 30, 2019. SSHRC funded. Awarded CPA Certificate of Academic Excellence.

Doucet, Daniele (January 2023). Storying Our Pregnancies: A Narrative Inquiry into the Pregnancy Experiences of Four Non-Binary People. Co-supervisor: Dr. Kassan

Nieborowska, Victoria (September 2023). Revictimization from Childhood to Adulthood and Disordered Eating in Women. SSHRC funded.

Brun, Isabel (March 2024). Like Mother, Like Daughter? Understanding Maternal Intentions to End the Intergenerational Transmission of Body Dissatisfaction to Daughters.

Beks, Tiffany (May 2024). Intuitional Betrayal among Canadian Veterans: A Narrative Inquiry. Co-supervisor: Dr. Kassan. SSHRC funded. Killam Doctoral Award 2022.

INTERNAL AND EXTERNAL EXAMINER ON GRADUATE WORK

*External Examiner for Master of Counselling (MC)*

Carney, Katherine (September 2005). Taking a feminist relational approach: Working with women struggling with disordered eating coupled with a history of relational trauma.

Taylor, Margaret (November 2005). A starter kit for counsellors in training counselling women who experience childhood sexual abuse.

Schell, Celeste (June 2006). Overcome by perfection: A treatment manual for children with perfectionism.

Wierenga, Rhonda (November 2006). The parenting role in managing the transition through adolescence: A review of the literature.

Fuerbringer, Sylvia (October 2007). Long distance relationships: Communication strategies that facilitate success.

Munro-McFarlane, Laura (November 2007). Supporting the self-regulation of health behaviors: a literature review and supportive guide.

Chalas, Dawn (January 2008). The effectiveness of the Excel Discovery treatment group home for adolescent girls: A first look.

O’Gorman, Felicia (March 2009). Preparing at-risk girls for the transition to middle school: A manual for a socially based sports program.

Leik, Dana (April 2010). The jagged line: The impact of borderline personality disorder on the mother-child relationship.

*Internal Examiner*

McMahon, Jill Louise (April 2006 - MCE examiner). *Social identity and a career barriers model for obese workers*. Supervisor: Dr. Faye Weisenberg

Perry, Sally (June 2006 – MSc. examiner). *Interprofessional identity formation: Observing social construction among students.* Supervisor: Dr. Nancy Arthur

Robinson, Kathleen (February 2007 – MSc examiner). *Obesity and psychological disorders.* Supervisor: Dr. Jac Andrews

Reid, Mary (August 2010 – EdD candidacy examiner). Supervisor: Dr. Shellyann Scott

Pokol, Jenna (September 2010 – MEd comprehensive examiner). Supervisor: Dr. Helen Massefeller

Mastoras, Sarah (October 2010 – PhD candidacy examiner). Supervisors: Drs. Vicki Schwean and Don Saklofske

Rogers, Marnie (August 2012 – MSc examiner). *Social implications of living together outside of marriage: “Shacking up.”* Supervisor: Dr. Tom Strong

Eeson, Jennifer (November 2012 - MSc examiner). *HIPs and PIPs as a viable alternative to the DSM-IV-TR: A case study.* Supervisor: Dr. Tom Strong

Kurilova, Jana (July 2013 – MSc examiner). *Exploration of resilience in relation to mindfulness, self-compassion, and attached styles.* Supervisor: Dr. Sharon Cairns

Holowka, Peter (October 2013 – PhD examiner). *The CIO and the cloud: Leadership decision-making.* Supervisor: Dr. Eugene Kowch

Sinal, Perri (July 2014 – EdD candidacy examiner) Supervisor: Dr. Ann Calvert

Muholland, Barbara (October 2014- EdD candidacy examiner) Supervisor: Dr. Catherine Burwell

Murray, Carol (October 2014 – EdD examiner). High school principals’ understandings of instructional leadership. Supervisor: Dr. Jim Brandon

McKenzie, Wendy (April 2016 – EdD candidacy examiner). Supervisor: Dr. Ann Calvert

Robinson, Alix (June 2016 – PhD candidacy examiner). Supervisor: Dr. Nancy Arthur

Williamson, Molly (June 2017 – MSc thesis examiner). *Something to chew on: A situational analysis of food, eating, and weight at eating disorder conferences and obesity conference.* Supervisor: Dr. Tom Strong

Lacriox, Emilie. (September 2017 - MSc. supervisory committee examiner – Dept. of Psych.). A comparison of eating and food addiction. Supervisor: Dr. Kristin von Ranson

Sapacz, Mackenzie. (November 2019 – MSc. Thesis examiner). “Mostly symbiotic but partly parasitic”: Constructions of cell phone use. Supervisor: Dr. Tom Strong.

Jessica Baraskewich (January 2020 – PhD candidacy – internal external examiner). Body Image in Adolescents with and without Autism Spectrum Disorder

Kintzel, Franzi. (August 2020 – PhD candidacy – internal external examiner). The Changing Sense of Who I Am: Social Support and Re-negotiating Identity after Sports-Related Concussions. Supervisor: Dr. Jose Domene.

Doucet, Daniele. (August 2020 – PhD candidacy – internal external examiner). Gender diverse females experiences of pregnancy: A narrative inquiry. Supervisor: Dr. Anusha Kassan

Farrell, Pam (March 2021 – EdD candidacy examiner). *You eat what you are*. Supervisor: Dr. Erin Spring

Smith, Alyssa (April 2021 – FoS examination). Supervisor: Dr. Kristin von Ranson

Pethrick, Helen (May 2021 -MA Thesis Examiner Educational Research). *Experiencing Transition and Mental Distress: Narratives of First-Year University Students.*Supervisor: Dr. Janet Groen

Coulter, Anne (August 2021 – EdD final). *Exploring the Effectiveness of Various Delivery Models Within Ontario’s School Within a College (SWAC) Dual Credit Programs: A Multi-Stakeholder Perspective.* Supervisor: Dr. ShelleyAnne Scott

Dickerson, Teena (September 2023 – EdD final). *Creative flourish: The effects of the artifacts of creativity developmental activity on personal wellbeing for adult learners.* Supervisor: Yvonne Poitras Pratt

O-Brien, Daniel (April 2024 – PhD candidacy exam). *Relational understandings: Exploring experiences of involuntary stabilization and recovery from substance use disorder using family systems theory*. Supervisor: Dr. Tanya Mudry

*External Examiner*

Culligan, Jean (December 2008 –MN, Faculty of Nursing, UCalgary). Lifestyle management for rural obese women: Not carrying the burden. Supervisor: Dr. Lorraine Watson

Eld, Jennifer (June 2009 – MSW, Faculty of Social Work, UCalgary). Eating disorders: A case study. Supervisor: Dr. Christine Walsh

Becker, Deanna (November 2010- MC, U of Lethbridge). Adult children of divorce: Therapy group. Supervisor: Dr. Dawn McBride

Palmer, Andrea (February 2011 – MC, U of Lethbridge). Assessing student and faculty satisfaction in a master of counselling distance education paradigm. Supervisor: Dr. Dawn McBride

Perri, Amelia (April 2011 –MC, Athabasca University). (Re) Discovering who you are: Beyond the eating disorder identity. Supervisor: Dr. Gina Wong

Watkins, Sarah (September 2011 –MSc, Department of Psychology, UCalgary). Infidelity in dating relationships: Undergraduate students' unrealistic expectations regarding the likelihood that their partners are unfaithful. Supervisor: Dr. Susan Boon

Wickhare, Suzanne (May 2012 –MN, Faculty of Nursing, UCalgary). The role of the advanced practice nurse in improving care for adolescents with Type 1 Diabetes. Supervisor: Dr. Janet Rankin

Mizevich, Jane (September 2012 – PhD dissertation; University of Toronto). Resilient women: Resisting the pressure to be thin. Supervisor: Dr. Niva Piran

Ross, Barbara (September 2013 –MSc, Department of Psychology; UCalgary). Putting pieces together: A proposed model of unforgiveness. Supervisor: Dr. Susan Boon

Dorairaj, Kavitha (March 2014 – PhD dissertation, University of Western Australia). The relationships between shared risk factors for eating disorders and obesity. Supervisor: Dr. Sue Byrne

Violato, Efram (December 2014 - MSc; Dept. of Psychology; UCalgary). The role of the justice motive in reactions to illness and injury. Supervisor: Dr. John Ellard

Palandra, Ashley (February 2015 – PhD dissertation; University of British Columbia). A phenomenological examination of mid-life women's challenges in their relationships with food. Not just an issue for the young: The meaning and experience of disordered eating for women in mid-life. Supervisor: Dr. Judith Daniluk

Lefebvre, Diana (November 2015 – PhD dissertation; University of Ottawa). Client perspectives of psychotherapy for eating disorders in community practice settings. Supervisor: Dr. Cristelle Audet

Chin-A-Loy Lima, Katerina (October 2016 – PhD dissertation; University of Western Australia). The biopsychosocial model of body image dissatisfaction in adolescent boys and girls: cross-sectional and longitudinal associations from a population study. Supervisor: Dr. Neil McLean

Liddle, Amie (November 2016 - PhD candidacy; Faculty of Nursing, UCalgary). Supervisor: Dr. Nancy Moules

Phillips, Alexandra (December 2016 - MSc.; Community Health Sciences, UCalgary). Exploring the role of communication in companion animal obesity in veterinary practice. Supervisor: Dr. Cindy Adams.

Toner, Nicole (March 2017- PhD dissertation; Faculty of Nursing, UCalgary). Inpatient Pediatric Oncology Nursing Adolescent Relational Care: It is Different, the Difference, and Making a Difference. Supervisor: Dr. Nancy Moules

Rouleau, Codie (May 2017 – PhD dissertation: Dept. of Psychology, UCalgary). *Design and Evaluation of a Brief Motivational Intervention to Promote Enrolment in Outpatient Cardiac Rehabilitation: A Mixed-Methods Feasibility Study*. Supervisor: Dr. Tavis Campbell

Conlon, Leslie (October 2017 – MN; Faculty of Nursing, UCalgary). *Perspectives from the grassroots: Public health nurses working in schools.* Supervisor: Dr. Candace Lind

Ens, Georgia (November 2017 – MSc; Faculty of Kinesiology, UCalgary). *Disordered Eating Attitudes and Orthorexia Nervosa in Canadian Elite Athlete Populations.* Supervisor: Dr. Dave Paskevich.

Hwakwy, Cara (December 2017 – MC, Athabasca University). *#Fitspo: Adolescent Girls’ and Mother’s Narratives on the Impact of Fitspiration via Social Media*. Supervisor: Dr. Gina Wong.

David, Lauren A. (June 2018 – PhD dissertation: Department of Psychology, Ryerson University). *The impact of cognitive restructuring and self-compassion strategies on negative body image among women who are overweight or obese: An experimental investigation.* Supervisor: Dr. Stephanie Cassin

Dobbin-Williams, Karen. (March 2019 – PhD dissertation: Faculty of Nursing, UCalgary). *Understanding the experiences of mothers of teenaged children with life-threatening food allergies: A philosophical hermeneutic inquiry.* Supervisor: Dr. Nancy Moules

Patterson, Michelle (July 2019 – MSc; Faculty of Kinesiology, UCalgary). *Experiences of body image and social support in physical activity programs in older adult women*. Supervisor: Dr. Meghan McDonough

Frayn. Mallory. (August 2019 – PhD dissertation: Department of Psychology, McGill University). *Addressing the relationship between emotional eating and weight: A series of studies designed to improve emotional eating*. Supervisor: Dr. Knaeuper Baerbel Agnes

Patel, Shruti (August 2019 – MN – Faculty of Nursing, UCalgary). *A mixed studies systematic review evaluating the effectiveness of adolescent inpatient eating disorder treatment.* Supervisor: Dr. Carol Ewashen.

McBride, Hillary (September 2019 – PhD dissertation: Faculty of Education, UBC). *Menopause as metamorphisis: The meaning and experience for women of doing well during the menopausal transition*. Supervisor: Dr. Judith Daniluk.

Coulter, Anne (September 2019 – PhD candidacy exam: Faculty of Education, UCalgary. Supervisor: Shelleyann Scott.

Andersen, Slywia (December 2019 – PhD candidacy exam: Faculty of Nursing, UCalgary.

Supervisor: Dr. Kathryn King-Shier.

Monroe, Karena (December 2019 – PhD candidacy exam: Werklund School of Education, UCalgary. Supervisor: Dr. Michele Jacobson.

Baraskewich, Jessica (January 2020 – PhD candidacy exam: Werklund School of Education, UCalgary. Supervisor: Dr. Carly McMorris.

Khaka, Anita (June 2020 – MEd. Thesis exam: Department of Educational Policy Studies, Faculty of Education, University of Alberta.) *An intersectional feminist analysis towards students body image dis/satisfaction in Alberta schools.* Supervisor: Dia Da Costa

Andersen, Slywia (June 2020 – PhD candidacy exam: Faculty of Nursing, UCalgary.

Supervisor: Dr. Kathryn King-Shier.

Tingle, Elizabeth (June 2020 – MA thesis exam). Graduate Program in Educational Research, Werklund School of Education, UCalgary. *Voices of women who have overcome internalized weight bias through transformative learning*. Supervisor: Dr. Janet Groen

Zoletta, Czarina (July 2020 – MFA thesis exam, Drama, UCalgary). *Misguided: Mapping out a Drama about Disordered Eating and Exercise.* Supervisor: Clement Martini

Conradson, Heather (September 2020 – PhD candidacy exam: Faculty of Nursing, UCalgary.) Supervisor: Dr. Kathryn King-Shier.

Makela, Kimberley (December 2020 – PhD dissertation exam: Department of Psychology, University of Saskatchewan). *Exploring Women’s Experience of Self and Body in Chronic Weight-Loss Dieting*. Supervisor: Dr. Gerry Farthing

Park, Katey (July 2023) – PhD dissertation exam: Department of Psychology, Faculty of Arts, Toronto Metropolitan University. *A mixed-methods examination of influences on physical activity and perceptions of weight gain over the course of the covid-19 pandemic.* Supervisor: Dr. Michelle Dionne

Dhaliwal, Randip (August 2023 – PhD candidacy exam – Faculty of Nursing). Supervisor: Shelley Raffin-Bouchal

Dhruva, Tana (April 2024 – MSc thesis exam: Faculty of Kinesiology, UCalgary). *Understanding the physical activity, body image, and quality of life experiences for young adult males living with and beyond cancer.* Supervisor: Nicole Culos-Reed

Completed Committee Membership

Linder, Jordana (2011). Peer networks and body dissatisfaction in adolescents in an overnight summer camp. Community Health Sciences, Faculty of Medicine, UCalgary. Supervisor: Dr. Lindsay McLaren.

Sharpe, Hillary (2013). Equine-facilitated counselling for women with eating disorders. Educational Studies in Counselling Psychology. Supervisor: Dr. Tom Strong

Kanciruk, Martina (2013). Prenatal risk factors for childhood obesity: A metaanalysis. Educational Studies in School Psychology. Supervisor: Dr. Jac Andrews

Kennedy, Barbara (2014). Counselling psychology and social justice. Educational Studies in Counselling Psychology. Supervisor: Dr. Nancy Arthur

Mudry, Tanya. (2017). Behavior is the practice: Conceptualizing components of excessive behaviors using a social practice framework. Educational Studies in Counselling Psychology. Supervisor: Dr. Tom Strong

Beck, Amy (2017). (PhD supervisory committee – Faculty of Nursing). The role of the public health nurse in weight related issues. Supervisor: Dr. Sandra Reilly

Lacriox, Emilie. (2017). (MSc. supervisory committee – Dept. of Psych.). A comparison of eating and food addiction. Supervisor: Dr. Kristin von Ranson

Hwakwy, Cara (2017). MC supervisory committee. #Fitspo: Adolescent Girls’ and Mother’s Narratives on the Impact of Fitspiration via Social Media Supervisor: Dr. Gina Wong

Elenko, Janine (2017). MPH Final Capping Project – School of Public Health, University of Alberta. What is known about positive body image in preschool aged children and what are next steps for contextualizing this knowledge for the Alberta population? Supervisor: Dr. Erin Pollock

Vyas, Krooti (2018). MDSC 408 Final Research Project – Community Health Sciences, UCalgary. Economic cost of weight bias. Supervisor: Dr. Lindsay McLaren

Green, Amy. (2020). PhD supervisory committee. Experiences of embodiment and newcomer women. Supervisor: Dr. Anusha Kassan

Suehn, Megan. (2021). PhD supervisory committee. LGBTQ newcomers and counselling psychology. Supervisor: Dr. Anusha Kassan

Conradson, Heather. (2023). PhD supervisory committee. Psychological well-being, internalized weight bias and weight status in women. Supervisor: Dr. Kathryn King-Shier (faculty of nursing)

Baraskewich, Jessica (2023). PhD supervisory committee. The intersection of autism and eating disorders: Understanding body image and eating problems in women and girls. Supervisor: Dr. Carly McMorris

Taylor, Lisa. (2024). PhD supervisory committee. Honouring Wounds and Healing Forward: Teacher Health in Relation to the COVID-19 Pandemic. Supervisor: Dr. Michele Jacobsen

**TEACHING RECORD**

Course Instruction

EDUC 551: Comprehensive School Health and Wellness (2018, 2019, 2020, 2022) – 17- 22 sections (~430-500 BEd students) Course Coordinator and/or Plenary Lecturer

EDPS 623: Theories of Counselling (2012, 2013, 2015, 2016)

EDPS 621: Creating a Working Alliance (2013, 2014)

EDPS 622: Developing and Sustaining a Working Alliance (2013)

EDPS 627: Group Processes (2012)

CAAP 635: Health Psychology (2005-2010)

Final Project Portfolio (2010, 2011)

APSY 421: Psychosocial Interventions (2005)

CAAP 605: Working Alliance (lecture and lab) (2004-2009, 2011)

CAAP 617: Methods of Inquiry (2005, 2007)

APSY 693.43/EDER 631.13: Interprofessional Education and Practice (2006)

APSY 695.06: Graduate Practicum/Selected Topics (lecture and lab) (2008,2009)

APSY 419: Communication Skills in Guidance and Counselling (2009)

Course Coordinator (2005- 2008): CAAP 635, CAAP 631, and CAAP 625

Course Development

EDUC 551: Comprehensive School Health and Wellness (2015-2021)

2018 Inaugural Delivery: 21 community presenters, 25 community resource fair partners, 22 sections with 15 instructors, 20+ meetings to curate content for instruction

EDPS 621: Creating a Working Alliance

EDPS 627: Group Processes

EDPS 623: Theories of Counselling

APSY 421: Psychosocial Interventions in School Settings.

CAAP 625: Systemic Community Change: A Comprehensive Approach to Human Service Delivery. (Peer-reviewed course development process.)

CAAP 617: Lesson 5: Program Development and Evaluation. (Peer-reviewed lesson plan.)

APSY 695.06 Counselling Pre-practicum

**SERVICE**

Peer- Reviewer of Scholarly Journals

Canadian Journal of Counselling and Psychotherapy (8+ articles)

Journal of School Health (15+ articles)

Eating Behaviors

Obesity Reviews

INQUIRY (Sage)

Canadian Medical Association Journal

Journal of Social and Personal Relationships

Archives of Pediatrics & Adolescent Medicine Canadian Journal of Behavioral Science

Canadian Journal of Diabetes

Pediatric Obesity

Journal of Obesity

BMC Public Health

PLOS ONE (5 + articles)

International Journal of Environmental Research and Public Health

Tropical Medicine and International Health

Health Education Research

Journal of Child and Family Studies

US-Israel Binational Science Foundation (BSF)

Canadian Journal of Dietetic Practice and Research

Qualitative Sociology

International Journal of Women’s Health

Journal of Adolescent Health

CIHR virtual review committee (2009)

Written assessment for SSHRC operating grants (2009)

EDSA (Department) Service

Counselling Psychology EDSA Chair September 2021-August 2023

EDSA Awards Adjudication May 2016

Director of Practica and Internships January 2013 – June 2015

Coordinator of Master of Counselling Program July 2009 - September 2011

Research Coordinator for Campus Alberta April 2005 - April 2008

PhD Admissions Committee Jan/Feb 2005-2023 (except RSL)

Master’s Admissions Committee Jan/Feb 2005-2023 (except RSL)

Nominator for CPA Award Fall 2015, Fall 2018

Counselling Psychology Website Committee January 2013- June 2015

Relationship with Affiliates Committee September 2014-June 2015

Integrated Services Clinic September 2014-2016

Counselling Community Advisory Committee September 2014-2016

Action on Student Survey Committee September 2014-June 2015

Role Clarification Committee September 2014-June 2015

Faculty (WSE) Service

EDSA Chair Counselling Psychology (September 2021- August 2023)

Co-Developer for the MED in School Counselling (September 2021-July 2023)

Certificate Co-Coordinator for Foundations in School and Counselling Psychology (September 2021-August 2023)

Certificate Co-Coordinator for Mental Health and Wellbeing: Social Justice in Practice (September 2021-August 2023)

Promoting Health, Wellbeing and Guidance in Schools (September 2021-March 2022)

Werklund Scholars Academy/College of Reviewers (2014-2022)

Search Committee Research Chair in High Ability Studies (2020-2021)

Search Committee Werklund Research Professor (2020)

Search Committee Counselling Psychology (2 positions assistant and associate/full) (2018)

Faculty Tenure and Promotions Committee (Dean’s Appointment) (2017-2018)

Graduate Programs in Education Scholarships and Awards Committee (GPESAC) (September 2015-2020)

Research Advisory Committee (May 2008-September 2011; July 2014- December 2019)

Research Administration Release Subcommittee (2016-2018)

Presentation at UPE Orientation (November 2017). Comprehensive School Health in the WSE: Past, Present and Future

Youth Leadership Centre Body Image Series (September 2015-December 2016)

Community Consultation Event for EDUC 551 (November 2016)

Werklund Academic Selection Committee (EDCP, EDSP, EDCP/EDSP searches)

Fall 2015-Spring 2016

Faculty Promotions Committee (2016)

Faculty Merit Committee (2015)

Health Champions Conference for BEd students (2013, 2014, 2015, 2016, 2017)

Quality Supervision Committee (2014-2018)

Quality of Life Committee (2013-2016)

Health and Wellness Leader (2013-2015)

MC Curriculum Review (2014-2016)

EPPIC Consortium Committee (2013-2015)

SSHRC Master’s Fellowship Adjudication Committee (2012)

Cumming School of Medicine Council Education Representative (2015)

Werklund Chair Advisory/Hiring Committee (2009-2010)

University Service

Selection Committee (Feb-April 2024). Canada Research Chair (Tier 1) in Gender Equity and Physical Activity. Faculty of Kinesiology, University of Calgary

External Referee (August 2023): Application for Professor (Mayo Clinic College of Medicine and Sciences)

External Referee (July 2023): Application for Associate Professor (Faculty of Health Sciences, Western University)

Faculty of Graduate Studies (FGS) Scholarship Adjudication Committee (September 2021-August 2022)

General Faculties Council Research & Scholarship Committee (GFCRSC) (June 2021-current)

Academic Innovator and Mentor (AIM) Program (March 2021 – December 2022)

External Referee (August 2020): Application for Full Professor (Faculty of Education Western University)

URGC Mentor (February 2020). Carly McMorris

Thought Leader Child Health and Wellness Cross Cutting Research (2018- 2022)

Department of Medicine Hiring Committee (Fall 2018-Spring 2019) Assistant Professor, Cumming School of Medicine, Department of Medicine in the Section of Endocrinology & Metabolism

Conjoint Faculties Research Ethics Board (CFREB) (June 2010-February 2020; September 2021)

Faculty of Graduate Studies Awards Oversight Committee (September 2016-May 2019)

Department of Psychology Strategic Planning Committee (external representative) (September 2017-August 2018)

ADP-Project software tester for IT, UCalgary (April-May 2018)

External Referee: Application for Promotion for Associate Professor (School of Public Health at the University of Alberta)

External Referee: Application for Promotion to Full Professor (Educational Psychology and Special Education at the University of Saskatchewan)

Unit Review: Internal Reviewer for Faculty of Kinesiology (ProVost office) (Spring 2017)

The Body Project (Jan 2017- current)

Faculty of Arts and Kinesiology Joint Academic Selection Committee (Fall 2015-Spring 2016)

Faculty of Graduate Studies Scholarship Review Committee. Fall 2013-Winter 2014 (2 competitions); Winter 2015 (2 competitions).

Nominator for Umake a Difference Awards (2014, 2015)

Nominator for WSE Academic Award (2014, 2017, 2018)

Nominator for UCalgary Teaching Award (2017, 2018)

Mental Health and Addictions Educational Initiative (March 2009 – September 2011)

Body Image and Eating Disorders Research Group (October 2006 – September 2011)

Academic Selection Committee (Social Work) (October 2007-January 2008)

Advisory Committee for Health, Well-being and Effectiveness (April 2005-December 2007)

Community Service

European Research Council (ERC) Advanced Grant 2023 Call (3 million EUR) (January 2024). Invitation on specific proposal based on expert standing in field of body dissatisfaction.

BSF Invited Review (United States-Israel Binational Science Foundation) Grant Competition (February 2023)

Peer Review of Runner 2022 article (October 2021)

Consultation of Red Deer Schools Grade 7 play (April 2021-current)

Consultation on Elk Island School District Nutrition Policy (April 2021-current)

Scientific Committee Abstract Review (February 2021). 7th Annual Obesity Summit. Obesity Canada

Invited Expert/Critical Review and Feedback *“Having Body-Positive Conversations with Children”* Kid’s Rehabilitation Hospital. Toronto. (February-August 2021)

EdCan Network Advisory Council Member (September 2020 – August 2023)

Ollie Club Advisory Board (January 2015- September 2020)

Host and organizer of the National Forum on Wellness in Postsecondary Education. 2018, Edmonton, AB.; 2019 Vancouver, BC; 2021 Virtual.

Special invitee to a McConnell Foundation hosted gathering on advancing wellbeing in Alberta schools (Dec 4-5, 2017) Edmonton, AB.

Special invitee to a McConnell Foundation hosted gathering on teacher wellness (November 17, 2017) Montreal, QB.

Canadian Obesity Network – Student and New Professional Mentorship Program – Invited Mentor (2018)

PolicyWise Grant Reviews (Fall 2017)

EveryBody Matters Collaborative (CON/OC) (founding member 2016-current)

Health Promoting Schools Collaborative (2015 - current)

Diabetes, Obesity, Nutrition Strategic Clinical Network (AHS) (September 2014-current)

Eating Disorder Association of Canada (EDAC) Prevention Section Member (May 2016-current)

Tobacco Reduction Program (AHS) (2016-2018)

Eating Disorder Support Network of Alberta (EDSNA) (2015-2017)

Eating Disorder Program (AHS) – referral service to the Body Image Research Lab for prevention programming requests (2014-current)

Calgary Silver Linings Foundation (2015) –research consultation

Canadian Counselling and Psychotherapy Association Book Award Committee (2014)

Calgary Eating Disorder Education Network (April 2005-March 2009)

Canadian Psychological Association (CPA) Counselling Subsection secretary/treasurer (June 2006-June 2010)

ATA Guidance Council CAAP Representative (April 2005-January 2008)

Media

Podcasts, Webinars, and Videos

PHE Canada (2024, February 9). When we know better, we do better: A conversation about creating weight-neutral schools. *PHE Journal.*<https://phecanada.ca/professional-learning/journal/when-we-know-better-we-do-better-conversation-about-creating-weight>

Moore, J. (2023, September 27). Keeping diet culture out of the classroom. *Arch Magazine.*<https://archmagazine.ucalgary.ca/keeping-diet-culture-out-of-the-classroom/>

Laing, S. (2023, June 29). Shamed if we gain weight, shamed if we lose it. Body scrutiny has gone 360. *The Kit.* [*https://thekit.ca/beauty/body/weight-loss-shame*](https://thekit.ca/beauty/body/weight-loss-shame)

*Transdisciplinary Barbie* (video for social media) (July 2023). [Instagram](https://www.instagram.com/reel/Cu97SksJHso/?utm_source=ig_web_button_share_sheet&igshid=MzRlODBiNWFlZA==) [LinkedIn](https://www.linkedin.com/posts/ucalgary_ucalgary-activity-7088233749347237888-WFYN?utm_source=share&utm_medium=member_desktop) [Twitter](https://twitter.com/UCalgary/status/1682439462301626368?s=20)

Russell-Mayhew, S. (November 2021). Now innovating: A research-to-impact podcast. *Episode 8: Innovation done differently with Dr. Shelly Russell-Mayhew*. [www.ucalgary.ca/innovation-podcast](http://www.ucalgary.ca/innovation-podcast)

Russell-Mayhew (Fall 2021). Podcast. Weight-neutral health promotion in schools. Teacher Fan Club. <https://open.spotify.com/episode/57Hg7wpyY0UBIKTGo7t7rp>

Weight-neutral health promotion in schools with Dr. Shelly Russell-Mayhew (December 2020). [Audio podcast episode]. In *Conversations on School Health.* University of Calgary, Werklund and Ever Active Schools [podcasts](https://open.spotify.com/show/5l9Qup7iccu6fUvR3dod0n).

EdCan Network. Well at Work Podcast: July 2020. How should we be talking about weight in schools? <https://www.edcan.ca/articles/weight-in-schools/>

EdCan Network. Well at Work Podcast: July 2020. It takes a village: A comprehensive school health approach to well-being. <https://www.edcan.ca/articles/it-takes-a-village/>

Obesity Canada. Weight bias, mental health, and COVID-19 Webinar: July 2020.

[YouTube Channel](https://youtu.be/7KmqrtD8i4s)

*Worth the weight: Growing up in a thin-is-in culture*. (April 2016). Video production by Alumni Relations. <https://www.youtube.com/watch?v=kvs3ZS1rots>

A select sample of media interviews (print, radio and TV) (from 60+)

Keeping Diet Culture Out of the Classroom. Arch Magazine (September 2023). <https://archmagazine.ucalgary.ca/keeping-diet-culture-out-of-the-classroom/>

For better or for worse: Feminist Scholars weight in on Barbie’s legacy. UToday (July 21, 2023). [Article and Video](https://www.ucalgary.ca/news/better-and-worse-feminist-scholars-weigh-barbies-legacy?mkt_tok=MTYxLU9MTi05OTAAAAGNGAtcaMG59WVz-hImIYtrwrcMjL3diGGqJsCUBRBc0L9sqDmoxaqzmD4_UuSTLaUsoYSglZBXr4qQfCv8DO9GZ71_keEzMGl8K4oASjanYW3dxNRF)

Shamed if we gain weight, shamed if we lose it. Body scrutiny has gone 360. Toronto Star. The Star Calgary. The Kit (July 1, 2023). [Article](https://www.thestar.com/life/health_wellness/2023/07/01/shamed-if-we-gain-weight-shamed-if-we-lose-it-body-scrutiny-has-gone-360.html?mkt_tok=MTYxLU9MTi05OTAAAAGMxbNstKI_rDjxaf9rh1X4KZQ2LhnBuVZBVHr2xO6D3-sR7CciefrjTyTMKwoUelG-_bQrZ-H77koKbgyM_9sLsLi6IFrsXrtSdOOlN3XRLuYlwILi)

# <https://www.cbc.ca/news/canada/calgary/calgary-beep-test-phys-ed-class-1.6811210> (April 17, 2023).

# Calgary burlesque class encourages bigger-bodied performers to be confident in their own skin, CBC News. (March 9, 2023) <https://www.cbc.ca/news/canada/calgary/burlesque-class-body-diversity-1.6769946>

<https://globalnews.ca/news/9442413/calgary-theatre-play-weight-bias/> (January 27, 2023)

UCalgary Blogs. Teaching and Learning. Flipped Classroom<http://flipped.ucalgaryblogs.ca/2021/10/08/educ-551-comprehensive-school-health-and-wellness/>

<https://www.edcan.ca/articles/2020-2021-advisory-council/> The EdCan Network Announces it 2020-2021 Advisory Council.

A magazine article where many of my manuscripts are referenced. May 2020:

<https://www.edcatalogue.com/nine-truths-eating-disorders-recovery/>

U Today. September 2019. Town hall sparks outpouring of ideas on ways to improve child health. [Article](https://ucalgary.ca/news/town-hall-sparks-outpouring-ideas-ways-improve-child-health?mkt_tok=eyJpIjoiWldWa05XSTBZalU0WXpBMyIsInQiOiJaVFdmdjhXS0ZBZ0ZJcTJyMDRscmc4WjAxVjQ3S3haTHI3T1wvbzBrOTBNXC8xUVhMQUhtK1h3c2lWMFwvZ1NpQ0dVckdFbTFjWHRxeFczV0RabHNOd1VsVDZ1NGxwUW1tTXIwaElYNmsrSUgyMFU4XC80S051eE90MW9NWm5PRU02Z0wifQ%3D%3D)

# The Conversation. January 2019. How weight bias is harming us all. <https://theconversation.com/how-weight-bias-is-harming-us-all-107352>

(also linked to UToday January 9, 2019).

# UToday. August 2018. UCalgary researcher dissects the complexity and bias around weight and body image: Shelly Russell-Mayhew conducts impactful study with funding from Social Science and Humanities Research Council <https://www.ucalgary.ca/utoday/issue/2018-08-20/ucalgary-researcher-dissects-complexity-and-bias-around-weight-and-body-image>

Weighty Matters: Guest Post. July 2018.What happens to weight bias when obesity is labeled a disease? <http://www.weightymatters.ca/2018/07/guest-post-what-happens-to-weight-bias.html>

Focus on wellness, not weight. Spring/Summer 2018. UCalgary Alumni Magazine: Mental health and the things we carry.

Corus 770 CHQR Radio. February 2018. Weight watchers is targeting teens with new free program. Live Radio Interview with Jock Wilson.

Weight bias: Another lens on obesity. Feb. 2017. Explore the Power of Knowledge: Research based insights for everyday. <http://ucalgary.ca/explore/weight-bias-another-lens-obesity>?

Mandatory wellness course a good idea for all faculties.. Jan 2017. The Gauntlet. <http://www.thegauntlet.ca/mandatory-wellness-course-a-good-idea-for-all-faculties/>

Werklund School of Education to offer mandatory course on wellness in 2018. Jan 2017. The Gauntlet. <http://www.thegauntlet.ca/werklund-school-of-education-to-offer-mandatory-course-on-wellness-in-2018/>

New Werklund School course creates capacity for future teacher champions. Jan 2017. UToday.

[*Article*](http://www.ucalgary.ca/utoday/issue/2017-01-05/new-werklund-school-course-creates-capacity-future-teachers-champion-health?utm_source=UToday&utm_medium=Email&utm_campaign=January-5-2017&utm_term=New%20Werklund%20School%20course%20creates%20capacity%20for%20future%20teachers%20to%20champion%20health)

*Rio 2016: Fashion Calgary apologizes for Caster Semenya, Margaret Wambui tweet (print and TV: August 2016*). Global News <http://globalnews.ca/news/2891986/rio-2016-fashion-calgary-apologizes-for-questionable-tweet/?sf33874084=1>

*All bodies matter: How body shaming makes America less healthy*. (May 2016). Deseret News National Edition

Body image research lab team takes to the trails #run for women. (May 2016).

*Werklund researcher gives public talk on weight bias*. (January 2016).

<https://www.ucalgary.ca/utoday/issue/2016-01-12/werklund-researcher-gives-public-talk-weight-bias>

Quick Chat: *Healthy kids, healthy schools* (August, 2015).

Alberga, A.S. Russell-Mayhew, S., von Ranson, K., McLaren L, Ramos-Salas, X, Sharma,A. *Academics: Body shaming health minister (or anyone else) is unacceptable*. Calgary Herald. (June 6, 2015). <http://calgaryherald.com/opinion/columnists/academics-body-shaming-health-minister-or-anyone-else-is-unacceptable>

CBC Television (2015). *Weight Bias Summit*. LIVE to tape

QR 770 Radio (2015). *Weight Bias*. LIVE to tape

CBC Television (2015). *Health Champions Conference*. LIVE to tape

Quick Chat: *Banning Barbie: Why the iconic doll might not be the right choice for your child*. (2013).

Alberta Primetime (2013). *Eating Disorder Awareness Week*. LIVE

Calgary Today News Talk 770 (2013). *Childhood obesity and food issues*. LIVE

The Current CBC radio (2013). *Panel responds to ‘The Heavy.’* LIVE to tape

The Star (2012). *Controversial skinny jeans for tots flying off shelves*. <https://www.thestar.com/life/health_wellness/2010/08/19/controversial_skinny_jeans_for_tots_flying_off_shelves.html>

Elle Magazine (2012). *Perceptions of beauty and self-esteem*.

Globe and Mail (2011). *Body image and boys*.

Best Health Magazine (2010). *Quiz: Do you have a healthy body image?* <http://www.besthealthmag.ca/best-you/mental-health/quiz-do-you-have-a-healthy-body-image/>

Avenue Magazine (2009). *One pill makes you smaller*.

Terry Spence Radio Talk Show C-FAX 1070 & 107.3 KOOL FM (2009). One-hour LIVE interview with caller questions. *Body image and youth*.

Today’s Parent Magazine (2009). *A healthy body image*. <http://www.todaysparent.com/family/parenting/a-healthy-body-image/>

UMagazine (2008). *Weighty times: Researcher studies the plethora of issues surrounding eating disorders, obesity and addiction*.

Calgary Herald (2008). *Healthy living choices help eating disorders*.

Globe and Mail (2007). *Dying for beauty*.

<http://www.theglobeandmail.com/life/dying-for-beauty/article18145933/>

Glow: Canada’s Beauty and Health Magazine (2007). *Body of work*.

Professional Development (additional to the 100s of conferences attended)

Feminist, Multicultural, and Social Theory and Practice in Professional Psychology (8 hours CE credits Continuing Education) June 2022

Fundamentals of OCAP; Algonquin College and The First Nations Information Governance Center (February 2020).

Canadian Psychological Association Accreditation Panel Site Visitor Training Workshop (2018).

Certificate in Advanced Clinical Supervision in Psychology (2007). 10-week course.

Franklin Covey Workshops (2006). 10-week facilitated course.

Franklin Covey Leadership Workshops (2006-2007). 10-week facilitated course

Graduate Course in Social Justice (2005). Audited 13-week course.

**RESEARCH IMPACT**

**Teachers of Tomorrow**

For the last ten years, I have been one of the most prolific researchers in Canada on teacher preparation in health and wellness. Empowering K-12 teachers to create healthy school communities positively impacts their own wellness and their ability to address health with students. The research resulted in the 2018 launch of the mandatory Comprehensive Health and Wellness course in the Werklund School Bachelor of Education (BEd) program. The first of its kind in Canada, the course is at the forefront of a growing recognition of the critical importance of developing students who are academically strong **and** able to live well. With my partner organization, Ever Active Schools, I obtained McConnell Foundation funding ($288K) to help 18 other post-secondary institutions across Canada adopt and adapt this curriculum into their BEd programs. I now lead national efforts to improve wellness training, including co-leading three *National Forums on Wellness in Post-Secondary Education* and the development of a national research strategy to evaluate the impact of the wellness training gap for future teachers. No other country has tailored the healthy settings approach to systematically target faculties of education using a wellbeing community change process as an upstream approach to transform K-12 education. Knowledge mobilization will continue to be a priority as we expand the existing online [Comprehensive School Health Hub](https://cshhub.com/), a digital repository of K-12 school wellness resources for BEd students/in-service teachers and a community of practice for individuals in teaching, learning and researching wellness at the postsecondary level. **We share the resources developed throughout the research process**, including, scholarly literature, curricula (e.g., course outlines), and [podcasts](https://open.spotify.com/show/5l9Qup7iccu6fUvR3dod0n).

Graphical user interface, website

Description automatically generated**Comprehensive School Health Online Hub** (cshhub.com) is both a directory for wellness resources in K-12 educational spaces and a repository for post-secondary wellness resources. In the spirit of supporting other institutions in increasing their focus on health and wellness in BEd programs, Ever Active Schools and I developed this website in partnership with Innovate Calgary, the innovation and business transfer incubator centre for the University of Calgary. This online hub is a digital repository of CSH resources for post-secondary institutions and a central place for uploading and downloading resources and for collaboration across institutions. In this way, course materials, outlines, classroom activities, case studies, lesson plans, assignments, reading materials, journal articles, and other successes build collaboratively, allowing other BEd programs to accelerate their timeline in implementing this work.

Graphical user interface

Description automatically generated**Building Healthy School Communities** is a free, four-part online course that lays the foundations for understanding wellbeing in the context of education settings. The intended audience is in-service or pre-service teachers who can access the course through the CSH Online Hub (registration required). The course consists of four modules: conceptualizing wellbeing, wellness in education settings, introduction to CSH, and sources of health information. The entire course takes approximately 90 minutes to complete and includes a number of additional readings and resources that participants are encouraged to access. Each section contains a short multiple-choice quiz to test the learner’s knowledge and it graded automatically. Approximately 550 people have completed this course to date.

A picture containing text

Description automatically generated**The PodClass: Conversations on School Health** is a 44-episode podcast series with professionally edited interviews. More than 40 experts discuss cover topics concerning school health. As a podcast series, it is available through the HUB website (registration required) and Spotify, Apple, and other podcast platforms where anyone can access for free. So far, there have been 14.3k unique listeners and 39.1k downloads across 72 countries. For classroom teaching at UCalgary in EDUC 551, a subset is consumed outside of class time as a flipped pedagogy; students are able to participate in course content in a way that enables them to concurrently do something that attends to their wellbeing.

Werklund Teaching and Learning Vingette

Learning by Podcast: Flipped Learning in EDUC 551

<https://view.genial.ly/66171c1746ce0d0014ccd109>

**Body Image Research Lab**

My [Body Image Research Lab](https://werklund.ucalgary.ca/research/body-image-lab) is unique in the field of education and increasingly influential amongst colleagues. Modelled on labs in the fields of science and medicine, I use a nested method of supervision where postdoctoral scholars contribute to the supervision of doctoral students who in turn contribute to the supervision of master’s students. This creates dozens of collaborative and transdisciplinary teams working together to advance knowledge and impact. This layered type of research experience grows students’ competence and confidence and is in alignment with my belief in communities of learning and providing opportunities for mentoring and mentorship. I am a nationally recognized supervisor, having supervised to completion 51 graduate students (39 masters/12 doctoral) and nine postdoctoral scholars. I currently supervise 10 graduate students and have two graduate students joining in Fall 2023; one postdoctoral scholar joined my lab in May 2023. Six of my nine former postdoctoral scholars (some of whom were graduate students) are currently in tenure-track professor positions in North America, with one in a high-level research position in a health authority and another employed with the National Institute of Health, National Institute on Minority Health and Health Disparities, US Department of Health.

There is perhaps no better example to demonstrate turning research into action than the impact of an [open letter I penned with my Body Image Research Lab](https://werklund.ucalgary.ca/research/body-image-lab/open-letter-all-alberta-parents-school-aged-children) addressing concerns about the Alberta Draft K-6 Physical Education and Wellness Curriculum. This letter made a difference to pre-service and in-service teachers, to the graduate students from my lab who co-authored the letter, and to the larger educational community. Multiple media engagement led to policy and practice consultations across the province in multiple school boards and perhaps most importantly, my letter was referenced at a Calgary Catholic School Board meeting (April 28, 2021 Minutes) by the Chief Superintendent as pivotal for reversing their decision to pilot this draft curriculum. This amply demonstrates how my outstanding contributions to research, scholarship, teaching and learning come together to make an immediate difference in our communities.

EdCanRadio. Well At Work Podcast. (May 2021). Body Image and the Alberta PE and Wellness Curriculum <https://voiced.ca/podcast_episode_post/body-image-and-the-alberta-physical-education-and-wellness-curriculum/>

RealTalk with Ryan Jesperson (May 11, 2021). [Live zoom interview](https://www.youtube.com/watch?v=UYlymlaiJMc)

CBC news and radio (May 6, 2021). [*Alberta's draft K-6 health and wellness curriculum promotes disordered eating habits, experts warn*](https://www.cbc.ca/news/canada/calgary/alberta-draft-health-wellness-curriculum-eating-habits-1.6013847)

CBC Radio Edmonton AM Mark Connolley Show (May 26, 2021). Live Interview.

630 CHED Talk News Morning Sow with Darryl McIntrye. (May 13, 2021). Live interview.

**Canadian Clinical Practice Guidelines for Obesity in Adults**

Wharton, S et al. (2020). Obesity in adults: A clinical practice guideline CMAJ [note: all authors are listed on the CMAJ article] *Canadian Medical Association Journal*. CMAJ-19-1707.R2*CMAJ* 2020 August 4;192:E875-91. doi: 10.1503/cmaj.191707

The Adult Obesity Clinical Practice Guidelines are a living document, with only the latest chapters posted at [obesitycanada.ca/guidelines](http://obesitycanada.ca/guidelines) The presence and prominence of weight bias in any obesity guideline is considered leading-edge, both nationally and internationally. This landmark guideline resulted in: 1) more than 80 million media impressions (including front-page coverage in the Toronto Star, National Post and the Globe & Mail) from nearly 300 unique reports, and 2) international media coverage through CNN, The Guardian, BBC, and Irish Times, to name a few. The overview of the guidelines was the most read article in the Canadian Medical Association Journal in 2020. The impact of these guidelines is perhaps best reflected by the recent “thank you” note to the authors from Kirsten Patrick, Editor-in-Chief of the CMAJ, which notes: “*I’m writing to thank you for contributing to CMAJ’s doubling its Impact Factor (IF) in this year’s report! CMAJ’s 2021 IF is****16.859****. The highly-influential Guideline that you and your colleagues published in CMAJ in 2020 contributed to this big jump. Thanks for choosing CMAJ for your publication. I hope you’ll choose us again.”* According to Google Scholar, the guidelines have already been cited in over 338 articles and downloads of the pdf from the CMAJ website continues at a steady pace ranging from about one thousand to more than 16,000 per month.

This publication was then reworked for a more general audience in [The Conversation](https://theconversation.com/are-we-over-weight-yet-new-guidelines-aim-to-reduce-obesity-stigma-in-health-care-130060) in August, 2020.

Calgary Herald (August 8, 2020). Opinion: New guidelines aim to reduce obesity stigma.

UToday. August 2020. Are we over weight yet? New guidelines aim to reduce obesity stigma in health care.

**The Complexities of Weight (SSHRC funded)**

This article was released on the Body Image Research Lab website as an animation <https://werklund.ucalgary.ca/research/body-image-lab>

Wong, K., Myre, M., Moules, N.J., Lefebvre, D., Morhun, J.M., Saunders, J., Estefan, A., & Russell-Mayhew, S.\* (2022). The enigma of weight: Figures, fitting in, and flux. *Frontiers In Psychology Research Topic: Thinking About Bodies in Societies, 13* [*https://doi.org/10.3389/fpsyg.2022.930360*](https://doi.org/10.3389/fpsyg.2022.930360)

Cartoon of foxes walking in the woods

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