

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

PhD., Counselling Psychology, Division of Applied Psychology, June 2003

Dissertation: Preventing eating disorders in schools

University of Calgary

MSc., Counselling Psychology, July 1998

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 School	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 MEMBERSHIPS

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](#)

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 McClelland, Ever Active Schools [Announcement](#)

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

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

Feminist Mentorship Award (2018). Canadian Psychological Association - *Student nominated*

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 (85 totaling ~\$8,051,211)

Note: current and former graduate students and postdoctoral scholars are underlined throughout the CV.

2025. *Podcast Lecture Update for EDUC 551*. Werklund Teaching and Learning Support Grant. \$2,500. Principal. Collaborator: Tingle
2025. *Risk to Resilience: A strengths-based approach to understanding how identity-related experiences shape relations with the body, food, and physical activity in young sexual and gender minority adults*. SSHRC Insight Development Grant. \$57,556. Co-Applicant. PI: Barbeau. Co applicant: Maroney.

2025. *The relationship between body image and determinants of food choice in the postpartum period*. Canadian Foundation for Dietetic Research (CFDR) 2025 Research Grants Competition. \$20,000. Co-applicant. PIs: Leticia Radin Pereira & Isabella Barbosa Pereira Carneiro

2025. *An art-based engagement ethnography of newcomer student wellness in French and English institutions of higher education in Canada*. SSHRC Insight Grant. \$294,355. Co-Applicant. PI: Kassan. Co-Applicants: Papazian-Zohrabian & Eryigit-Madzwamuse.

2025. *WIISE: Women's International and Intersectional Weight Stigma Exploration; An international and intersectional exploration of weight stigma across the life course of Women*. Open Research Area 8 for the Social Sciences; SSHRC (Canada), DFG (Germany), ESRC (United Kingdom); \$351,280 (Canada), €451,944 (Germany), £406,359.20 (UK)

PI's: Taniya Nagpal (Canada), Shelina Visram (UK), Claudia Luck-Sikorski (Germany)
Co-Applicants: Angela Alberga (Canada), Nicola Heslehurst (UK), Elizabeth Evans (UK), Judith Rankin (UK), Ruth Graham (UK), Mark Rubin (UK)
Cooperation Partners: Ximena Ramos-Salas (Bias 180), Lisa Schaffer (Obesity Canada), Obesity Association Germany, Sarah Lebrocq (All About Obesity), Nicola Ruff (Obesity UK), Emilie Combet (Association for the Study of Obesity)

Team Members: Geoff Ball (Canada), Sara Kirk (Canada), **Shelly Russell-Mayhew** (Canada), Tasneem Sajwani (Canada), Melanie Bahlke (Germany), Andreas Herdt (Germany), Rose Lotte (Germany), Friedrich Schorb (Germany)

International Team Members: Angela Incollingo Rodriguez (USA), Briony Hill (Australia), Rebecca Puhl (USA), World Obesity Federation, European Association for the Study of Obesity

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

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

2024. *Teachers of Tomorrow: Mobilizing partnerships for school wellness across the education system*. SSHRC Partnership Development Grant. \$199,998. Principal. Co-Director: Murray, Ever Active Schools. Co-Applicants: Barbeau, 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: Barbeau & Tingle.

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

2023. *Teachers of tomorrow: Developing an Alberta stakeholder network*. SSHRC Connection Grant. \$25,000. Principal. Partner: Murray & 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. PI: Nutter.
2023. *Teachers of tomorrow: Development of a funding strategy to support research aims*. UCalgary VPR Catalyst Grant. \$15,000. Principal. Partner: Murray & McClelland (Ever Active Schools).
2022. *PodClass Updates: Conversations on School Health Series*. Werklund Teaching and Learning Support Grant. \$1350. Principal.
2022. *Preventing youth suicide: A virtual human approach*. Government of Alberta Youth Suicide Prevention Grant. \$267,433. Co-Investigator. PI: McMorris & Exner
2022. *HEARTcare planning for Educational Workers: Mobilizing Interventions for Compassion Fatigue and Burnout*. SSHRC Partnership Development Grant. \$166,374. Co-Applicant. PI: Kendrick
2022. *Flip the script: Experiences of wellbeing from teacher training to early career*. UCalgary Teaching and Learning Grant. \$39,992. Principal. Co-Applicants: Myre & Murray.
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-Applicants: Kilborn & Kendrick. Partners: Ever Active Schools, K. Murray; Calgary Board of Education, C. Fenlon-McDonald; Alberta Health Services, N. Gropp.
2021. *Update for the PodClass: Conversations on school health lecture series from EDUC 551*. Werklund Teaching and Learning Support Grant. \$1500. Principal.
2021. *Interpreting the complexity of body image in adolescent and young adult cancer survivors*. SSHRC Insight Development. \$71,255. Co-Applicant. PI: Ireland.
2021. *Measure what matters: Identifying key indicators 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-PI. NPIs: Hagel & Zwicker; CoPIs: Schwartz, Crowshoe & Boynton; Co-Investigators: Dimitropoulos, Tough, Metcalfe, & Exner.
2021. Werklund School of Education Special Request Fund Grant. *Exercise clothing for those living in large bodies: Equity of access and representation*. \$2,000. Principal. Co-PIs: Myre & Wilson.

2020. Eyes High Postdoctoral Match-Funding Program, University of Calgary. *Pandemic perspectives – Weight-related issues and concerns among youth*. \$25,000. Supervisor. PDS: Myre.
2020. *How does communication of COVID-19 risk factors influence weight stigma?* Faculty of Education COVID-19 Emergency Research Fund. \$5000. University of Victoria. Co-Applicant. PI: Nutter.
2020. UCalgary Teaching and Learning Development and Innovation Grant. *From Plenaries to Podcasts: Advancing Student Learning in EDUC 551*. \$7500. Principal. Co-Applicants: Murray, McClelland, Nutter, & Saunders.
2019. *Policy, Practice, and Partnership: Comprehensive School Health in School Communities*. SSHRC Partnership Engage Grant. \$18,305. Principal. Co-Applicants: Palliser School District, Kupery & Cranston; Alberta Health Services, McKernan & Wierl.
2019. *A pilot evaluation of comprehensive school health initiatives on health and learning outcomes in three Alberta schools: Proof of concept*. Werklund Community Engage Grant. \$3000. Principal. Co-Applicants: Kupery, Cranston, McKernan, & Nutter.
2019. *Child Health and Wellness: Cross Cutting Research*. UCalgary VPR Office. \$200,000. Thought Leader. (Benseler, Benzies, Reimer, Russell-Mayhew, Tough, Yeates).
2019. *Centering Student Learning through Social Justice Pedagogy in Canadian Counselling Psychology: A Collective Case Study*. University of Calgary Teaching and Learning Grant. \$39,950. Co-Applicant. PIs: Kassan & Wada.
2019. *Understanding the Social Complexities of Weight: Living in and with our Bodies*. Werklund School of Education Postdoctoral Scholarship (PDS). \$130,000. Principal. Co-Applicants: Kassan & Moules.
2018. *Weight of the World: Expert Conceptualizations of the Complexities of Weight*. SSHRC Insight Grant. \$59,940. Principal. Co-Applicants: Moules & Estefan.
2018. *Implementation of Social Justice Pedagogy in Counselling Psychology at the University of Calgary: Attending to Students' Voices*. WSE Scholarship of Teaching and Learning Grant. \$6490. Co-Applicant. PI: Kassan; Co-A: Wada, Mudry, Domene, & Arthur.
2018. *Teachers of Tomorrow: Advancing School Wellness Through Teacher Preparation*. WellAhead Student Wellbeing for Systems Change Fund: McConnell Foundation. \$288,700. Co-Principal. (K. Murray – Ever Active Schools).
2018. *Supporting educators' capacity to prevent dating violence and promote healthy relationships through a gender-based lens*. Public Health Agency of Canada Preventing and Addressing Gender-Based Violence: The Health Perspective. \$550,000. Collaborator. (PrevNet).

2018. *Wellbeing and mental health within undergraduate teacher education*. Alberta Education Teaching Quality Standards Grant. \$90,000. Principal.
2017. *The Body Project @UCalgary*. Campus Mental Health Strategy. \$6285. Co-PI. (von Ranson, Dimitropoulos, & Godley).
2017. *Transforming Teacher Preparation: The Impact of a Comprehensive School Health Course on Teaching and Learning*. University of Calgary Teaching and Learning Grant. \$40,000. Principal. Co-Applicants: Gabriele, Gereluk, & Murray.
2017. *Feasibility and Utility: Expert Professionals' Perceptions of Weight as a Social Justice Issue*. Werklund School of Education Development Grant. \$1500. Principal.
2016. *Broadening Horizons: The Embodiment of Newcomer Women in Canada*. Werklund Research Office Research Collaboration Grant. \$4995. Co-Applicant. PI: Kassan; Co-A: Goopy, Arthur, Lund, Sesma-Vasquez, Green, Nutter, Williams, & Silversides.
2016. *The Embodiment of Newcomer Women in Canada: A Visual Platform for Community Discourse*. Werklund Research Office Powerful New Ideas Grant. \$2500. Co-Applicant. PI: Kassan; Co-A: Goopy, Arthur, Lund, Sesma-Vasquez, Green, Nutter, Williams, & Silversides.
2016. *Weight Bias Research: Moving beyond raising awareness and creating change!* Canadian Institutes of Health Research Strategy for Patient-Oriented Research (CIHR-SPOR). Patient Engagement Collaboration Grants. \$15,000. Co-PI. Principal: Ramos-Salas; Co-PIs: Alberga, Cameron, Forhan, Kirk, Sharma, & Enokson.
2016. *Weight Bias Research: Moving beyond raising awareness and creating change!* Alberta Innovates-Health Solutions Community Engagement & Conference Grant (AIHS). \$5000. Co-PI. Principal: Ramos-Salas; Co-PIs: Alberga, Cameron, Forhan, Kirk, Sharma, & Enokson.
2016. *What is in a name? The impact of framing obesity as a disease on the stigmatization of people with obesity*. University Research Grants Committee (URGC). \$14,966. Principal. Co-Applicants: Ellard, MacInnis, Alberga, & Nutter.
2016. *Seeking mental health services for children and adolescents: Are we all on the same page?* Alberta Centre for Child Family and Community Research (ACCFCR) Seed Grant. \$10,000. Co-Applicant. Principal: von Ranson.
2016. *Weight Bias*. Eyes High Postdoctoral Fellow (Round 3). \$100,000. Supervisor.
2015. *Werklund Research Professor* (5-year term). \$200,000. Body Image Research Lab.
2015. *Transforming Teacher Preparation: Educational Praxis for Well-Being*. Werklund Teaching Innovation Grant. \$12,480. Principal. Co-Applicants: Gabriele, Alberga, Murray, & Peat.

2015. *Transforming Teacher Preparation: Educational Praxis for Well-Being*. SSHRC Enhancement Grant. \$5000. Principal. Co-Applicants: Elliot, Reimer, Gabriele, Peat, Murray, MacLeod, Hval, & Sunada.
2015. Eyes High Doctoral Recruitment Award. \$100,000 (\$25,000 per year for 4 years). Supervisor. (Tkachuk)
2015. *“Diagnostic culture” and social constructionist therapies: Opening space for counter-practices*. Taos Associates Grant Program (TAG): The Taos Institute. \$5040. Co-Principal. (Sesma-Vazquez).
2014. *Weight as a Social Justice Issue*. Werklund School of Education Team Collaboration Grant. \$5000. Principal. Co-Applicants: Arthur, Lund, Kassan, Sesma-Vazquez, & Alberga.
2014. *Imagine a World Where Every “Body” Belongs*. Werklund School of Education Powerful New Ideas in Education. \$2500. Principal. Co-Applicants: Arthur, Lund, Kassan, Peat, Sesma-Vazquez, & Alberga.
2014. *Weight bias: What do we know and where shall we go from here?* Canadian Institutes of Health Research – Planning and Dissemination Grants. \$20,000. Principal. Co-Applicants: Alberga, McLaren, von Ranson, Lorenzetti, & Sharma. [Ranked second of 13].
2014. *Provincial think tank: Understanding and reducing weight bias in Alberta*. Institute of Public Health. Campus Alberta Health Outcomes and Public Health Meeting Grant. \$5000. Principal. Co-Applicants: Alberga, McLaren, & von Ranson.
2014. UCalgary Research Grants Committee. \$1581. Faculty Travel Grant.
2013. *Care and rehabilitation for patients with severe obesity in Alberta's tertiary care settings*. Partnership for Research and Innovation in the Health System. Alberta Innovates Health Solutions (AIHS). \$741,178. Collaborator. PIs: Forhan, Sharma & Johnson.
2013. *Weight bias and primary health care: Creating a provincial research strategy*. Canadian Institutes of Health Research (CIHR) Planning Grants Priority Announcement: Partnerships for Health System Improvement (PHSI). \$24,960. Principal. Co-Applicants: Jelenski, Ball, Edwards, Oddie, Sharma. [Ranked second (1.53%) of 131].
2013. *Recruiting and engaging teachers in the area of health and weight: Feasibility, utility, and efficacy*. Alberta Advisory Committee for Educational Studies. \$6000. Principal.
2013. *Health education for pre-service teachers in Canada: A call to action?* University Research Grants Committee Seed Grant. \$18,000. Principal.
2013. *Testing a professional development model for pre-service teachers in health and weight: Feasibility, utility and efficacy*. Alberta Centre for Child, Family and Community Research (ACCFRC). \$10,000. Principal. Co-Applicants: Peat, Gabriele, Crooks, & Bardick.

2013. *Testing a professional development model for pre-service teachers in health and weight: Feasibility, utility and efficacy*. Faculty of Education's Faculty Research Event Funding. \$250. Principal.
2013. *Psychosocial aspects of body weight*. Eyes High Postdoctoral Fellow (Round 1). \$100,000. Supervisor.
- 2009-2013. *Integrating eating disorder and obesity prevention: A study of school-based activities aimed at shared risk factors*. Social Sciences and Humanities Research Council (SSHRC) Standard Operating Grant. \$100,046. Principal.
2011. *Linking research, practice and policy to devise a national prevention strategy*. Canadian Institutes of Health Research (CIHR) Dissemination and Planning Grant. \$25,000. Co-Principal. (McVey).
2010. *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*. Canadian Institutes of Health Research. \$68,584. Co-Principal (McVey).
2009. *Health promotion in schools: A pilot study on the professional development of pre-service teachers around weight-related issues*. Alberta Advisory Committee for Educational Studies (AACES). \$4920. Principal.
2009. *Obesity network analysis*. Canadian Obesity Network Calgary Chapter. \$4000. Principal.
2008. *EMBODY: Centre for research and prevention in eating disorders, mental health and body image*. Canadian Institutes of Health Research (Gender and Health Special Call Application Development Grant). \$10,000. Co-Investigator. PI: McVey.
2008. *Canadian Obesity Network: Mapping the interprofessional interactions, attitudes and behaviors of an emerging network*. URGCC Collaborative Grant. \$10,000. Principal.
2008. *Body image and self esteem peer group intervention*. Private School. \$3500. Principal.
2008. *Integrating eating disorder and obesity prevention: A study of school-based activities aimed at shared risk and protective factors*. UCalgary SSHRC Development Grant. \$1000. Principal.
2008. *Obesity network analysis*. Canadian Obesity Network Edmonton Chapter. \$4000. Co-PI. (Godley).
- 2007-2009. *Healthy Uni: A campus-wide health promotion initiative driven by students and focused on wellness and the prevention of obesity and type 2 diabetes*. UCalgary Public Health Initiative (Provost). \$160 000. Co-Applicant.
2007. *Physical activity and the built environment*. Heart and Stroke Foundation. \$2300. Co-Applicant.

- 2007-2009. *Healthy kidz: Translating multidisciplinary health research into effective interventions and public policies for the reduction of childhood obesity*. CIHR Team Grant. \$180,000. Co-Applicant.
2007. *Canadian Obesity Network: Mapping the interprofessional interactions, attitudes and behaviors of an emerging network*. Canadian Obesity Network. \$8704 plus in-kind support \$2000. Co-PI. (Godley).
2006. *Canadian Obesity Network and interprofessional practice: Members' views*. URGC Starter Grant. \$10,000. Principal.
2006. *Social justice and eating disorders and obesity*. Faculty Starter Grant. \$5000. Principal.
- 2005-2010. *The Canadian Obesity Network*. National Centres of Excellence-New Initiative Program. \$1,600,000. Co-Applicant. PI: Sharma.
2001. *Duplication, dissemination and additions to the Body Image Resource Collections*. Alberta Mental Health Board. \$169,450. Principal. (Collaborators: Ryder & Marcoux).
2001. *A collaborative school pilot project to promote positive body image and prevent eating disorders*. Alberta Mental Health Board. \$24,294. Principal. (Collaborators: Ewashen & Arthur).
2000. *Development and dissemination of Body Image Resource Collections (Grades 1- 12)*. Alberta Mental Health Board. \$169,998. Principal. (Collaborators: Ryder & Marcoux).
2000. *A collaborative school pilot project to: Promote positive body image and prevent eating disorders*. Alberta Mental Health Board. \$25,666. Principal. (Collaborators: Ewashen & Arthur).
2000. *A collaborative school pilot project to promote positive body image and prevent eating disorders*. Calgary Health Trust (Calgary Regional Health Authority-CRHA). \$4700. Principal.
1999. *A collaborative school pilot project to promote positive body image and prevent eating disorders*. Health Promotion Initiatives Fund-CRHA Population Health. \$48,051. Principal. (Collaborators: Ewashen & Arthur).

SCHOLARLY CONTRIBUTIONS SUMMARY

<u>Contribution</u>	<u>Refereed</u>	<u>Non-refereed</u>
Book chapters	9	0
Journal articles	97	16
Conference presentations	232	Invited: 39
Public lectures/workshops	N/A	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.

Nutter, S., Waugh, R., McEachran, E., Toor, A., Shelley, J., Alberga, A. S., Forhan, M., Kirk, S., Nagpal, T. S., Patton, I., Ramos Salas, X., & Russell-Mayhew, S. (in press). The legality of weight discrimination in Canada: An environmental scan of case law and the limits of Canadian legislation. *International Journal for Equity in Health*

Green, A.R., Kassin, A., Charania, F., Russell-Mayhew, S., & Goopy, S. (2024). Feminist understandings of newcomer women's embodiment. *Acta Psychologica*, 250.
<https://doi.org/10.1016/j.actpsy.2024.104554> Full text <https://tinyurl.com/4j7wwy5r>

Kendrik, A., Tay, M., Everitt, L., Pagaling, R., & Russell-Mayhew, S. (2024). A longitudinal multi-method inquiry of educational workers use of interventions for positive mental health and wellbeing. *Healthcare*, 12, 2200. doi: <https://www.mdpi.com/2227-9032/12/22/2200/pdf>

Flauzino, P.A., Baltar, V.T., Radin Pereira, L., Russell-Mayhew, S., & Carioca, A.A.F. (2024). Exploring the associations between media and Instagram interaction patterns with weight bias among undergraduate nutrition students in the Brazilian Nutritionists' Health Study. *Nutrients*, 16. <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>

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, 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>

- 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. (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>
- 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. <https://doi.org/10.3389/fgwh.2022.877554> *Frontiers in Global Women's Health* [Corrigendum](#)
- 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 Rodriguez, 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
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Lefebvre, D., Barbeau, K., & Russell-Mayhew, S. (2025, June 12-14). *Exploring gender euphoria: Considerations for practice* [12-Minute Talk Presentation]. Canadian Psychological Association Convention, St. John’s, NL.

Lefebvre, D., Barbeau, K., & Russell-Mayhew, S. (2025, May 29-31). *Gender euphoria: Decolonizing identity* [Poster Presentation]. Inaugural Conference on Critical Social Justice in Psychology, Vancouver, BC.

Archibald, K.J., Russell-Mayhew, S., Tingle, E., Lefebvre, D. (2025, 29-31 May). “It’s like an iceberg”: The emotional impacts of classroom-based anthropometric measurement on students. [Poster presentation]. Inaugural Conference on Critical Social Justice in Psychology, Vancouver, BC,

Zak, M., Barbeau, K., Tingle, E., Russell-Mayhew, S., Kassan, A., & Kendrick, A. (2025, May 29–31). *Understanding the experiences of culturally diverse pre-service teachers as they adjust to in-service teaching: An interpretative phenomenological analysis guided by a critical social justice lens*. Poster presented at the Inaugural Conference on Critical Social Justice (ICCSJ) in Psychology, Vancouver, BC.

Nutter, S. & Russell-Mayhew, S. (2025, May 29-30). *Weighty matters: Counselling psychology and weight stigma* [Panel Presentation]. The Inaugural Conference on Critical Social Justice in Psychology, Vancouver, BC.

Côté, M., Forouhar, V., Sacco, S., Baillot, A., Himmelstein, M., Hussey, B., Incollingo Rodriguez, A.C., Jebeile, H., Nagpal, T.S., Nutter, S., Patton, I., Puhl, R.M., Ramos Salas, X., Russell-Mayhew, S., & Alberga, A.S. (2025, May 11-14). *Results of the International Weight Bias Summit: Establishing Future Research Directions in the Field*. *Obes Facts* 2025;18 (suppl 1):1–656, ES1.04, page 2. Teaching Workshop presented at the 32nd European Congress on Obesity (ECO), Malaga, Spain.

Tingle, E., Barbeau, K. & Russell-Mayhew, S. (2025, January 30-February 1). *‘It gave us permission to do this work’: Educational staff’s experiences championing well-being in schools using a framework*. [Conference Workshop]. Shaping the Future, Lake Louise, AB.

Tingle, E., Russell-Mayhew, S., Taylor, L., Pratt, A. (2025, January 30-February 1). *Physical activity for every body: Inclusive approaches in Comprehensive School Health*. [Conference Workshop]. Shaping the Future, Lake Louise, AB.

Esterhuizen, R., Nutter, S., Waugh R., Alberga, A. S., Forhan, M., Kirk, S., Nagpal, T. S., Patton, I., Ramos Salas, X., Russell-Mayhew, S., & Shelley, J. (2024, November 21-22). *An intersectionality-informed approach to understanding experiences with weight stigma and 2SLGBTQIA+ stigma in Canada* [Poster Session]. Community-Based Research Centre Summit, Vancouver, BC.

Tingle, E., Barbeau, K., Bodnaresko, S. Zak, M., Russell-Mayhew, S. (2024, November 7-9). *Tuning in: Listening to students’ experience of podcast lectures in a post-secondary setting* [Conference Presentation]. Symposium for Scholarship of Teaching and Learning, Banff, AB.

McSweeney T., Esterhuizen, R., Waugh R., Nutter, S., Alberga, A. S., Forhan, M., Kirk, S., Nagpal, T. S., Patton, I., Ramos Salas, X., Russell-Mayhew, S., & Shelley, J. (2024, November 1-2). *Exploring the intersection of weight and disability stigma in Canada: An intersectionality-informed approach* [Poster Session]. Canadian Counselling and Psychotherapy Association and BC Association of Clinical Counsellors Research Conference, Vancouver, BC.

- Esterhuizen, R., McSweeney T., Waugh R., Nutter, S., Alberga, A. S., Forhan, M., Kirk, S., Nagpal, T. S., Patton, I., Ramos Salas, X., Russell-Mayhew, S., & Shelley, J. (2024, November 1-2). *An intersectionality-informed approach to understanding experiences with weight stigma and 2S/LGBTQIA+ stigma in Canada* [Poster Session]. Canadian Counselling and Psychotherapy Association and BC Association of Clinical Counsellors Research Conference, Vancouver, BC.
- Zak, M., Barbeau, K., Tingle, E., & Russell-Mayhew, S. (2024, June 21-23). *Experiences and perceptions of culturally diverse student teachers as they transition to in-service teaching* [12-minute Talk]. Canadian Psychological Association Convention. Ottawa, ON.
- Lefebvre, D., Barbeau, J., & Russell-Mayhew, S. (2024, June 21-23). *Gender euphoria: An alternative for affirming care* [Poster Presentation]. Canadian Psychological Association Conference, Ottawa, ON.
- Baker, E., Exner, D., McMorris, C., McConnell, C., Vijh, R., Maroney, M., Cullen, M., Russell-Mayhew, S., Jenney, A., Howe, S., & Godfrey, K. (2024, May 28-31). *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]. 32nd Annual Society for Prevention Research (SPR) Meeting, Washington, DC.
- Esterhuizen, R., McSweeney, T., Nutter, S., Waugh R., Alberga, A. S., Forhan, M., Kirk, S., Nagpal, T. S., Patton, I., Ramos Salas, X., Russell-Mayhew, S., & Shelley, J. (2024, May 1-2). *An intersectionality-informed approach to understanding experiences with weight stigma in Canada* [Poster Session]. Institute on Aging and Lifelong Health and Faculty of Human and Social Development's People Place and the Planet Conference, Victoria, BC.
- 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.
- Lefebvre, D., Barbeau, J., & Russell-Mayhew, S. (2024, January 25-27). *Schools as affirming spaces: Supporting gender euphoria in gender diverse students*. [Presentation]. Shaping the Future, 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, Jasper, AB.

Ireland, A. Moules, N., Russell-Mayhew, S., Beamer, K., & Chaliwal, S. (2023, September 1-3). *The complexity of body image in adolescent and young adult cancer survivors: a qualitative study* [Presentation]. International Psycho-Oncology Society World Congress, 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 19-23). *Preventing youth suicide using virtual humans: Lessons learned from a multidisciplinary co-creation* [Paper Presentation]. 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* [Presentation]. 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. (2023, May 14-17). *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, N., McClelland, L., Saunders, J., Nutter, S., & Thai, M. (2023, May 4-6). *Championing Wellbeing: Examining the implementation and impact of a Wellbeing Framework in a large urban school district in Alberta* [Paper Presentation]. Physical and Health Education (PHE) Canada Research Council Forum, Charlottetown, PEI.

Baker, E., Exner-Cortens, D. Maroney, M., Cullen, M., Jenney, A., Russell-Mayhew, S., McConnell, C., Samoil, S., & Vijh, R. (2023, April 19-22). *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 Presentation]. American Association of Suicidology, Portland, USA.

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

McClelland, L., Murray, K., & Russell-Mayhew, S. (2023, Feb 27- March 1). *Teachers of Tomorrow - A Model for Health Promotion in Post-Secondary Setting*. [Presentation]. Healthy Minds Healthy Campuses Summit, Virtual, British Columbia.

Russell-Mayhew, S., Saunders, J., Nutter, S., & Tingle, E. (2023, February 2-4). *Are we overweight yet? Complexities of mental wellbeing in schools from diverse research perspectives* [Workshop Presentation]. Shaping the Future, 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.

- 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. (2022, August 27-31). *Measure what matters –Identifying key indicators to align policy and service delivery with child health and well-being* [Poster Presentation]. International Society for Developmental Origins of Health and Disease World Congress, Vancouver, BC.
- Lefebvre, D., Russell-Mayhew, S., Callaghan, T., & Estefan, A. (2022; June 17-19). *Narrative Inquiry as a trans-positive research method* [25-Minute Review Session]. Canadian Psychological Association Convention, 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 Convention, Calgary, AB.
- Plante, M., Lefebvre, D., Myre, M., Wilson, O., & Russell-Mayhew, S. (2022, June 17-19). *Weight bias and intersecting identities in social media posts of activewear brands* [Poster Presentation]. Canadian Psychological Association Convention, Calgary, AB.
- Kim, B., Wilson, O., & Russell-Mayhew, S. (2022, June 17-19). *Self-Compassion and body dissatisfaction in men: An examination of preliminary findings* [Poster Presentation]. Canadian Psychological Association Convention, Calgary, AB.
- 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 Convention, Calgary, AB.
- Williams, L., Wilson, O., Thai, M., Myre, M., & Russell-Mayhew, S. (2022, June 17-19). *Measuring body composition in school settings: A scoping review* [Poster Presentation]. Canadian Psychological Association Convention, Calgary, AB.
- 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. (2022, June 7). *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, AB.
- 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. (2022, May 12). *Teachers of Tomorrow: A health-promoting schools approach in pre-service education settings* [Presentation]. International Health Promoting Campuses Symposium, Virtual.
- Murray, K., McClelland, L., Russell-Mayhew, S. (2022, May15-19). *Teachers of Tomorrow: A health-promoting schools approach in pre-service education setting.* [Presentation].

International Union for Health Promotion and Education (IUHPE) World Conference on Health Promotion. Montreal, QC.

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

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.

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.

Exner-Cortens, D., Baker, E., Russell-Mayhew, S., & Brun, I. (2021, July 18-22). *Discussing dating violence with sexual minority youth: Findings from a study of pre-service teachers*. In D. Exner-Cortens (Chair), Violence in friendships and dating relationships in adolescence: Measurement, correlates and prevention. [Symposium]. 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.

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 Presentation]. Association Internationale des Écoles Supérieures d'Éducation Physique/International Association for Physical Education in Higher Education (AIESEP) 2021, Virtual.

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]. Canadian Psychological Association Convention, Virtual.

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]. Canadian Psychological Association Convention, Virtual.

Russell-Mayhew, S., Moules, N., & Estefan, A. (2021, June virtual). *“War Stories”: Capturing the complexity of weight with experts in eating disorders and obesity* [Review Presentation]. Canadian Psychological Association Convention, Virtual.

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.

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, Live Session Virtual.

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

Russell-Mayhew, S., Taylor, L., & Murray, K. (2021, January 17-30). *A comprehensive school health journey at the Werklund School of Education* [Conference Session]. Shaping the Future, 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 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]. Canadian Psychological Association Convention, 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* [Presentation]. Canadian Psychological Association Convention, 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* [Presentation]. Canadian Psychological Association Convention, 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]. 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, Lake Louise, AB.

Tingle, E. & Russell-Mayhew, S. (2020, January 30-February 1). *"Teacher burnout is one of my greatest fears": Disrupting a narrative on fire* [Workshop Presentation]. Shaping the Future, Lake Louise, AB.

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

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.

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 Annual Research Showcase, Calgary, AB.

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

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 Convention, Halifax, NS.

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 Convention, Halifax, NS.

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 Convention, Toronto, ON.

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

- 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]. Canadian Counselling Psychology Conference, Calgary, AB.
- 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]. Conference on recent Advances in the Prevention and Treatment of Child and Adolescent Obesity, Calgary, AB.
- 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]. Conference on Recent Advances in the Prevention and Treatment of Child and Adolescent Obesity, Calgary, AB.
- 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]. Canadian Counselling Psychology Conference, Calgary, AB.
- Lefebvre, D., & Russell-Mayhew, S. (2018, October 26-28). *Transgender women and the male gaze: Body image and the pressure to conform* [Poster Presentation]. Canadian Counselling Psychology Conference, Calgary, AB.
- 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]. Canadian Counselling Psychology Conference. Calgary, AB.
- 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]. Canadian Counselling Psychology Conference, Calgary, AB.
- Nieborowska, V., & Russell-Mayhew, S. (2018, October 26-28). *Rumination as a psychological risk factor for body dissatisfaction in middle-aged women* [Poster Presentation]. Canadian Counselling Psychology Conference, Calgary, AB.
- 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.
- Russell-Mayhew, S. (2018, June 26-30). *Why NOT weight? Weight bias through a social justice lens* [Symposium]. 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.

- 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* [Presentation]. Alberta Student Services Conference (ASSC), Lethbridge, AB.
- 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.
- 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 Convention, Toronto, ON.
- 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 Convention, Toronto, ON.
- 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 Convention, Toronto, ON.
- 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.
- 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.
- Forhan, M., & Russell-Mayhew, S. (2017, April 25-29). *Weight bias: Moving beyond awareness to creating change* [Symposium]. 5th Canadian Obesity Summit, Banff, AB.

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

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.

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.

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]. Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity, Ottawa, ON.

Sesma-Vazquez, M., Russell-Mayhew, S., & Williams, E. (2016, October 15). *Whiteness and "healthy body weight": Analyzing discourses of privilege and oppression in social media* [Paper Presentation]. Qualitative Health Research Conference, Kelowna, BC.

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.

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.

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.

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.

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, 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 Convention, Victoria, BC.
- Russell-Mayhew, S., & Nutter, S. (2016, June 9-11). *Weight bias: What psychologists need to know* [Workshop Presentation]. Canadian Psychological Association Convention, Victoria, BC.
- Russell-Mayhew, S. (2016, June 9-11). *Examining weight as a social justice issue: What can be gained?* In Kassan, A., Arthur, N., Nakamura, N., & Sinacore, A. (Chairs), *Why are we comparing apples and oranges? Improving our social justice efforts in counselling psychology*. Canadian Psychological Association Convention, Victoria, BC.
- 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]. Canadian Psychological Association Convention, Victoria, BC.
- 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* [Symposium]. Public Health, Toronto, ON.
- 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.
- Ross, S.B., & Russell-Mayhew, S. (2016, May 1-4). *Incorporating asset-building into a school-based obesity and eating disorder prevention program* [Poster Presentation]. International Congress on Obesity, Vancouver, BC.
- 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]. 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 28-30). *Discourses related to responsibility of mental health in schools* [Poster Presentation]. Shaping the Future Conference, Kananaskis.

Alberga, A.S., Russell-Mayhew, S., Grace, A., & Ireland, A. (2016, January 28-30). *Practical strategies for promoting positive school environments for EveryBODY* [Workshop Presentation]. Shaping the Future Conference, Kananaskis.

Russell-Mayhew, S., Alberga, A.S., Ireland, A., Tkachuk, M., Murray, K., Peat, G., & Gabriele, T. (2016, January 28-30). *Weight bias in educational settings* [Research session]. Shaping the Future Conference, Kananaskis, AB.

Tkachuk, M., Russell-Mayhew, S., Alberga, A.S., Ireland, A., Murray, K., Peat, G., & Gabriele, T. (2016, January 28-30). *Comprehensive School Health: A teacher preparation perspective* [Research Session]. Shaping the Future Conference, Kananaskis, AB.

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* [Presentation]. 3rd Annual Weight Stigma Conference, Reykjavik, Iceland.

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

Nutter, S., Russell-Mayhew, S., Alberga, A., Arthur, N., Kassan, A., Lund, D., Sesma-Vazquez, M., & Williams, E. (2015, September 18-19). *Referring to "fat/obese" persons in research and practice: Watch your language* [Poster Presentation]. 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.

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.

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]. Canadian Psychological Association Convention, Ottawa, ON.

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.

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

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]. Canadian Counselling and Psychotherapy Association Conference, Niagara Falls, ON.

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.

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.

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.

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]. 4th Canadian Obesity Summit, Toronto, ON.

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 28-31). *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.

Russell-Mayhew, S., Ireland, A., & Alberga, A. (2015, January 28-31). *Health and wellness*

curriculum in teacher training programs [Workshop Presentation]. Shaping the Future, Kananaskis, AB.

Williamson, M. E. & Russell-Mayhew, S. (2015, January 28-31). *Tensions in eating- and weight-related discourses within the eating disorder field and the obesity field* [Poster Presentation]. Shaping the Future Conference, Kananaskis, AB.

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.

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.

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.

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.

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.

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, United Kingdom.

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}

Alberga, A., Pickering, B., Hayden, K., MacKean, G.,... & 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.

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]. Canadian Psychological Association Convention, Vancouver, BC.

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

Convention, Vancouver, BC.

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 Convention, Vancouver, BC.

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 Convention, Victoria, BC.

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 psychoeducation* [Conversation Café]. Canadian Counselling and Psychotherapy Association Annual Conference, Victoria, BC.

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.

Russell-Mayhew, S., Ireland, A., Nutter, S., Tkachuk, M., Peat, G., Gabriele, T., Crooks, J., & Sunada, J. (2014, January 23-25). *Piloting professional development for pre-service teachers in the areas of health and weight* [Poster Presentation]. Shaping the Future Conference, Kananaskis, AB.

Tkachuk, M., Ireland, A., Nutter, S., Russell-Mayhew, S., Peat, G., Gabriele, T., Crooks, J., & Sunada, J. (2014, January). *Professional development for pre-service teachers in the area of health and weight: Pilot project efficacy and follow-up* [Poster Presentation]. Mental Health Symposium, Edmonton, AB.

Russell-Mayhew, S. (2013, October 1-2). *Body image and wellness: The links between weight-related issues* [Workshop Presentation]. International Wellness Symposium, Lake Louise, AB.

Dagenais, 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.

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.

McVey, G., Dagenais, F., Walker, K., Coniglio, C., Beyers, J., Russell-Mayhew, S., & Simkins, S. (2013, May 1-4). *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.

- Saraceni, R., & Russell-Mayhew, S. (2013, May 1-4). *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.
- 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.
- Mohle, E., Ireland, A., Bardick, A., & Russell-Mayhew, S. (2012, June 14-16). *Addressing weight bias in eating disorder and obesity prevention efforts: Research in schools* [Poster Presentation]. Canadian Psychological Association Convention, Halifax, NS.
- Bardick, A., & Russell-Mayhew, S. (2012, June 14-16). *Why not weight? Counselling psychologists' roles in addressing client's weight-related issues* [Workshop Presentation]. Canadian Psychological Association Convention, Halifax, NS.
- 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.
- 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.
- 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.
- 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 3-5). *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 Convention, Toronto, ON.
- 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.
- Russell-Mayhew, S., Ross, S., & Whitefield, N. (2011, April 28-30). *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 28-30). *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 21). *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.
- 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 Convention, Winnipeg, MB.
- Bardick, A. & Russell-Mayhew, S. (2010, June 3-5). *The history of (mis)treatment of anorexia nervosa* [Paper Presentation]. Canadian Psychological Association Convention, Winnipeg, MB.
- Russell-Mayhew, S., Godley, J. & Scott, C. (2010, June 3-5). *Interprofessional practice in the obesity field* [Poster Presentation]. Canadian Psychological Association Convention, Winnipeg, MB.
- 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 10-12). *Eating disorder psychopathology among Overeaters Anonymous members: A preliminary study* [Poster Presentation]. Academy of Eating Disorders International Conference, 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 27-29). *Integrating eating disorder and obesity prevention in school communities through shared risk factors* [Workshop Presentation]. Shaping the Future Conference, Edmonton, AB.
- 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 Convention, Montreal, QC.
- Russell-Mayhew, S., Scott, C., Carter, R. Cullingham, C. & Godley, J. (2009, May 7-10). *A snapshot of interprofessional practice in the field of obesity* [Paper Presentation]. National Obesity Summit, Kananaskis, AB.
- Thompson, C. & Russell-Mayhew, S. (2009, May 12-14). *Evaluating a peer-support model of eating disorder prevention* [Paper Presentation]. Canadian Counselling Association Annual Conference, Saskatoon, SK.
- Ekong, J., Arthur, N., & Russell-Mayhew S. (2009, May 12-14). *Type 2 Diabetes: Exploring how counsellors can make significant contributions* [Paper Presentation]. Canadian Counselling Association Annual Conference, Saskatoon, SK.
- Russell-Mayhew, S. & McLaren, L. (2009, February 2-6). *Body weight and social justice* [Workshop Presentation]. Hungry for Social Change Conference, Edmonton, AB.
- Arthur, N., & Russell-Mayhew, S. (2008, October). *Interprofessional supervision: Implications for counsellors* [Paper Presentation]. University of Ottawa Symposium of Counsellor Supervision Research, Ottawa, ON.
- 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 Convention, Halifax, NS.
- 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 15-17). *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. (2008, February 28-March 1). *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.

Renert, H., & Russell-Mayhew, S. (2008, February 28- March 1). *The visibly invisible: The experience of eating problems among women from visible minority groups* [Poster Presentation]. Eating Disorder Association of Canada Conference, Calgary, AB.

Saraceni, R. & Russell-Mayhew, S. (2008, February 28-March 1). *Images and ideals: Counselling girls and women in a 'thin-is-in' culture* [Poster Presentation]. Eating Disorder Association of Canada Conference, Calgary, AB.

Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C (2008, February 28-March 1). *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.

Linder, J., McLaren, L., Russell-Mayhew, S., & Adair, C (2008, February 28-March 1). *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.

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.

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.

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

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

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 Convention, Ottawa, ON.

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.

- 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.
- 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 Presentation]. Alberta Teacher's Association Guidance Council Conference, Banff, AB.
- Russell-Mayhew, S., Scott, C., & Stewart, M. (2006, October 5-7). *The Canadian Obesity Network and interprofessional practice: Members' views* [Poster Presentation]. Annual National Pediatric Obesity Conference, Vancouver, BC.
- Russell-Mayhew, S. & Arthur, N. (2006, June 8-10). *Guess who is coming to dinner? Interprofessional practice in the field of eating disorders* [Workshop Presentation]. Canadian Psychological Association Convention, Calgary, AB.
- 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.
- Russell-Mayhew, S. (2005, October 19-22). *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, United States.
- Arthur, N., Russell, S., Ewashen, C., & Wouts, P. (2003, February 16-20). *Health promotion and prevention of eating disorders in schools* [Workshop Presentation]. World Federation for Mental Health Biennial Congress, Melbourne, Australia.
- Russell, S., & Arthur, N. (2002, June 13-15). *Why wait for eating disorders? A school-based eating disorder prevention program* [Workshop Presentation]. Canadian Psychological Association Conference, Vancouver, BC.
- Russell, S. (2002, April 28-May1). *Body Image Resource Collection: A mental health promotion tool*. [Workshop Presentation]. Canadian Counseling Association Annual Conference, Ottawa, ON.
- Russell, S., & Arthur, N. (2002, April 28-May 1). *A school-based eating disorder prevention program* [Workshop Presentation]. Canadian Counseling Association Annual Conference, Ottawa, ON.
- Russell, S. (2002, April 18-20). *Results of school-based eating disorder prevention research program* [Workshop Presentation]. Eating Disorder Education Organization Annual Conference, Jasper, AB.

- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2002, April 22-24). *Focus group methodology in a health promotion research project in schools* [Workshop Presentation]. Qualitative Health Research Conference, Banff, AB.
- Russell, S., & Arthur, N. (2001, October 18-20). *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.
- Russell, S., & Arthur, N. (2001, August 23-27). *Bridging the prevention, promotion and treatment of eating disorders* [Workshop Presentation]. American Psychological Association Annual Convention, Houston, TX, United States.
- Russell, S. & Wouts, P. (2001, June 6-8). *Promotion of healthy body image, personal attitudes and eating in a school project* [Workshop Presentation]. Alberta Public Health Association Conference, Red Deer, AB.
- Russell, S. (2001, May 4-6). *"BRIDGING" service delivery: Promotion, prevention and treatment of eating disorders* [Workshop Presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB.
- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2001, May 1-4). *Promoting resilient school communities* [Workshop Presentation]. Canadian Counselling Association Annual Conference, Vancouver, BC.
- 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.
- Russell, S., Arthur, N., Ewashen, C., & Wouts, P. (2000, November 26-28). *Promoting resilient school communities* [Workshop Presentation]. 2nd Annual Children's Mental Health Conference, Calgary, AB.
- Russell, S. & Wouts, P. (2000, November). *Promoting resilient school communities* [Workshop Presentation]. Alberta Teacher's Association Annual Guidance Counsellor Conference, Banff, AB.
- Russell, S., & Ryder, S. (2000, June 16-18). *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.
- Russell, S., & Ryder, S. (2000, June). *Body image resources for the classroom: An overview* [Workshop Presentation]. Comprehensive School Health Conference, Calgary, AB.
- 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.

Russell, S. (2000, May 5-7). *Provincial panel presentation: An update on eating disorders and obesity treatment and research* [Workshop Presentation]. Eating Disorder Education Organization Annual Conference, Edmonton, AB.

Russell, S. (2000, May 5-7). *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.

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.

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.

Russell, S. (1999, April 27-30). *Reflections from women in group therapy for eating disorders* [Workshop Presentation]. Canadian Guidance and Counselling Association Annual Conference, Calgary, AB.

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

Russell, S. (1998, June 11-13). *Group themes: Reflections from group therapy for eating disorders* [Poster Presentation]. Canadian Psychological Association Convention, Edmonton, AB.

INVITED PRESENTATIONS

Russell-Mayhew, S. & Williamson, T. (2025, May 31-June 1). *Debate: Should weight management be part of cardiac rehabilitation and prevention?* [Invited Plenary Debate Presentation]. Canadian Association of Cardiovascular Prevention and Rehabilitation, Calgary, AB.

Nutter, S. & Russell-Mayhew, S. (2025, May 29-31). *Weighty matters: Counselling psychology and weight stigma* [Invited Panel Presentation]. In R. Bedi (Chair), Decolonizing, deconstructing and decentring systems of oppression in counselling and psychotherapy. Inaugural Conference on Critical Social Justice in Psychology (ICCSJ), Vancouver, BC.

Russell-Mayhew, S., Alberga, A., Sockalingham, S., Glaser, S. & Nutter, S. (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, Webinar Series, Virtual.

- Russell-Mayhew, S., Vallis, M. & Sweeney, J. (2020, July). 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, Lake Louise, AB.
- Russell-Mayhew, S., Brun, I., Nutter, S., McClelland, L., & Murray, K. (2019, October 17-8). *Case studies as teaching tools: Bringing comprehensive school health to life* [Conference Session]. National Forum 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). *Mental Health Education: Promising Practices from Canadian Faculties of Education* [Panel Member]. The Association of Canadian Deans of Education, Congress, The Canadian Society for the Study of Education, Vancouver, BC.
- Russell-Mayhew, S. (2018, December). *Weight bias in postsecondary settings*. [Plenary Presentation]. Be Fit for Life Conference, Calgary, AB.
- Russell-Mayhew, S. (2017, November). *Comprehensive School Health: Past, Present, and Future*. [Invited Presentation]. 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://werkland.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?* [Invited National Webinar]. British Columbia Balanced View.

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

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

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

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

Russell-Mayhew, S. (2013, April). *Weight status and body image: A complex connection* [Plenary Presentation]. 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]. Institute of Public Health, Community Health Sciences, Calgary, AB.

Russell-Mayhew, S. (2012, June). *Body image across weight status* [Plenary Presentation]. 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]. Shaping the Future, Kananaskis, AB.

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

Russell-Mayhew (2011, November). *Informal scan of weight-related initiatives in Alberta.* [Presentation]. 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]. Alberta Health Services Telehealth Seminar.

Godley, J. & Russell-Mayhew, S. (2011, March). *Using social network analysis to investigate interprofessional practice and multidisciplinary research in the field of obesity.* [Presentation]. 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]. 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]. Engaging Speaker Series Faculty of Education, Calgary, AB.

Russell-Mayhew, S. (2010, November). *Between and betwixt: Fostering healthy body image across weight status* [Presentation]. Alberta Centre for Child, Family and Community Research Conference (ACCFRC), Edmonton, AB.

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

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

Russell-Mayhew, S. (2006, October). *Worth the 'weight'? Body image in context*. [Keynote Presentation]. Ontario Health Coalition, 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]. 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]. Ontario Society of Nutrition Professionals in Public Health, Orillia, ON.

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

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

Sherwin A., Carneiro I., Russell-Mayhew S., Olstad H., Todd D., Dumba K., & Radin Pereira L. (2025, August). *Body image and determinants of food choice in Canadian postpartum individuals*. Alberta Children's Hospital Research Institute (ACHRI) Transdisciplinary Maternal and Child Health Trainee Research Day, Calgary, AB, Canada.

Williams, L., Wilson, O., Thai, M., Myre, M., & Russell-Mayhew, S. (2022, March). *Measurement of anthropometric data in school settings: Preliminary findings from a scoping review* [Paper Presentation]. Werklund School of Education Tapestries of Learning Symposium, Calgary, AB.

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

Shifting the gaze: The importance of education in creating welcoming spaces for transgender individuals [Presentation]. Graduate Symposium in the Department of Education, Concordia University, Montreal, QB.

Kendrick, A. & Russell-Mayhew, S. (2021, January 27). *Partner teacher mentorship and professional learning program* [Series Featured Speaker]. Teacher Wellness Webinar. Virtual.

Russell-Mayhew, S. & Body Image Research Lab (2016, Jan-May). Werklund 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-Vasquez, M., Nutter, S., & Williams, E. (2016, March). *Weight bias and social justice* [Presentation]. Werklund Research Celebration, Calgary, AB.

Williams, E., & Russell-Mayhew, S. (2015, November). *Disclosing an eating disorder anonymously online-A therapeutic release?* [Poster Presentation]. UCalgary Graduate Research Poster Fair, Calgary, AB. {Awarded Best Poster Award}

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 Presentation]. UCalgary Graduate Research Poster Fair, Calgary, AB.

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

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

Russell-Mayhew, S., & Arthur, N. (2015, March). *Attracting top quality graduate students and post-docs*. [Presentation]. 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 Presentation]. Werklund 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 Presentation]. 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 Presentation]. 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]. 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 Presentation]. UCalgary Faculty of Education Conference, Calgary, AB.

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

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

Russell, S. Drummond, D., Chafe, J., Cram, B., & Forbes, F. (2001, October). *Provincial eating disorder services* [Panel Presentation]. Children's Forum, Calgary, AB.

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

GRADUATE STUDENT RESEARCH SUPERVISION

<u>Degree Level Completed</u>	<u>Supervised</u>	<u>Co-Supervised</u>	<u>Total</u>
Post-doctoral Scholar	6	Plus 3	9
PhD	12	Plus 5	17
Master's	40	Plus 1	41

Current MSc Students (10)

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

Zak, Michelle (MSc.) *Experiences and perceptions of culturally diverse pre-service teachers: Understanding their adjustment into in-service teaching*.

Lee, Jane (MSc.) *Living with the new normal as an ethnic minority- what if my body after breast cancer is not so inspirational?* AGES funded.

Thai, Michella (MSc.) *Exploring the Protective Role of Self-Compassion in the Relationship Between Weight Stigma and Drunkorexia in a Community Sample of Women*. SSHRC funded.

Sherwin, Amanda (MSc-Community Health Sciences. Co-supervisor: Leticia Radin Pereira). CIHR funded.

Doria, Laura (MSc.) *Body image in young adult Latinas from Columbia*. International Graduate Tuition Awards. Linda Barry-Hollowell Graduate Scholarship

Lu, Mingshan (MSc.) *Exploring the somatization of psychological stress among Chinese immigrants: The role of acculturative stress and body size*. SSHRC funded.

Phan, Jennifer (MSc.) Fall 2024. *Obesity as disability?* International Graduate Tuition Award

Aquino, Hale (MSc.) Fall 2025

Scott, Cheryl (MSc) Fall 2025

Current Doctoral Students (2)

Mukred, Rabab (PhD student). *The ripple effect of war: The perspectives of individuals with indirect exposure*. AGES funded. Global Open Doctoral Scholarship.

Therrien, Julia (PhD student). Fall 2025.

Postdoctoral Scholar Supervisees (1)

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.

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

December 2020-March 2022. Currently Senior Research & Policy Associate at PolicyWise for Children and Families.

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

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

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

September 2019-August 2020. Currently an Associate Professor at University of Victoria

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

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). *Teachers of tomorrow*. Werklund Postdoctoral Scholar.

April 2018-December 2018. Currently an Associate Professor at Athabasca University

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

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

March 2016-April 2016. Bombak, Andrea (PDS). Currently Associate Professor at University of New Brunswick

October 2016- October 2018. Karpaul Singh (PDS).

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

Co-supervisors: Kristin von Ranson, Dept. of Psychology and 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 in the Department of Health, Kinesiology, and Applied Physiology and Tier 2 University Research Chair in Maternal, Child and Youth Weight-Related Issues at Concordia University.

Sesma-Vazquez, Monica (PDS). *The social practices of eating disorders and childhood obesity: Examining the dialogical and relational influences for preventive and therapeutic work.*

Werklund Postdoctoral Scholar.

August 2013-October 2014. Co-supervisor: Dr. Tom Strong

November 2014-July 2016. Supervisor.

Currently tenure-track Assistant Professor in Social Work at UCalgary.

Current Committee Work (6)

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

Bajaj, Deepika (PhD supervisory committee). *Toward an understanding of body dissatisfaction and eating disorders in South Asian Canadian women*. 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)

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)

Snodgrass, Shelbi. (PhD supervisory committee). *Canadian Olympic athletes' descriptions of identity and burnout within the complex situation of Olympic sport*. Supervisor: Dr. Tanya Mudry (Counselling Psychology, Werklund School of Education)

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.*
- 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 click away: Evaluating on-line support groups for eating disorders.*

Completed Master of Science (MSc.) Students (27)

- Conrad, Maren, MSc. (August 2008). *Weight appraisals: How to examine the influence of sexual orientation and gender of the appraiser and appraisee.* Co-supervisor: Kevin Alderson. 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]
- 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.* AGES funded. SSHRC funded.
- Archibald, Katherine MSc. (April 2025). *“It’s like an iceberg”: Storying the student experience of classroom-based anthropometric measurement.* SSHRC funded. Recipient of the 2025 Psychological Association of Alberta Master's Thesis Research Award; Recipient of Canadian Psychological Association (CPA) Recognition of Academic Excellence 2025; Nominated for Governor General’s Gold Medal June 2025.

Completed Doctor of Philosophy Students (17)

- Ekong, Jane, PhD. (May 2009). *Experiences of Canadians of African descent with type 2 diabetes in Calgary.* Co-supervisor: Nancy Arthur.
- Thanhausser, Jennifer, PhD. (April 2012). *Adjustment to pediatric multiple sclerosis.* Co-supervisor: Connie Barlow. SSHRC funded.
- Saraceni, Reana, PhD. (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. (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, PhD. (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: Tanya Beran, Community Health Sciences.
- Klinge, Kirsten, PhD. (August 2019). *Self-compassion and body shame: A Hermeneutic study.* SSHRC funded. {Awarded CPA Certificate of Academic Excellence}

- Nutter, Sarah, PhD (August 2019). *Weight bias as a social justice issue in an unjust world*. Werklund Doctoral Award 2016/SSHRC funded 2018.
- Tkachuk, Michelle, PhD. (August 2019). *The phenomena of couple therapy where weight-related concerns are present*. Eyes High Doctoral Recruitment Award 2015-2019.
- Williams, Emily, PhD. (August 2020). *The process of discovering a family member has anorexia nervosa: A hermeneutic study*. SSHRC funded. {Awarded CPA Certificate of Academic Excellence}
- Doucet, Daniele, PhD. (January 2023). *Storying Our pregnancies: A Narrative Inquiry into the pregnancy experiences of four non-binary people*. Co-supervisor: Anusha Kassan.
- Nieborowska, Victoria, PhD. (September 2023). *Revictimization from childhood to adulthood and disordered eating in women*. SSHRC funded.
- Brun, Isabel, PhD. (March 2024). *Like mother, like daughter? Understanding maternal intentions to end the intergenerational transmission of body dissatisfaction to daughters*.
- Beks, Tiffany, PhD. (May 2024). *Intuition betrayal among Canadian veterans: A Narrative Inquiry*. Co-supervisor: Anusha Kassan. SSHRC funded. Killam Doctoral Award 2022. Recipient of the national CAGS-ProQuest Distinguished Dissertation Award 2025. Recipient of Canadian Psychological Association (CPA) Recognition of Academic Excellence 2025.
- Glazer, Melissa, PhD. (August 2024). *Assessing weight bias in mock juries when female child victims testify against sexual assault in court*. AGES funded.
- Lefebvre, Danielle, PhD. (March 2025). *Exploring experiences of gender euphoria for transgender individuals*. SSHRC funded.

INTERNAL AND EXTERNAL EXAMINER ON GRADUATE WORK

In addition to supporting my own students and trainees, I have served on masters and doctoral level exams as internal examiner 31 times and as external examiner 51 times. Additionally, I have served as a member on 15 supervisory committees and associated examinations (completed) and currently serve on six supervisory committees (four doctoral, two masters).

External Examiner for Master of Counselling (MC)(9)

- 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 (31)

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 examiner). *Something to chew on: A situational analysis of food, eating, and weight at eating disorder conferences and obesity conference*.

Supervisor: Dr. Tom Strong

Coulter, Anne (September 2019-PhD candidacy examiner). Supervisor: Shelleyann Scott.

Sapacz, Mackenzie. (November 2019-MSc. examiner). *"Mostly symbiotic but partly parasitic": Constructions of cell phone use*. Supervisor: Dr. Tom Strong.

Jessica Baraskewich (January 2020-PhD candidacy examiner). *Body image in adolescents with and without autism spectrum disorder*. Supervisor: Dr. Carly McMorris

Kintzel, Franz. (August 2020-PhD candidacy 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 examiner). *Gender diverse females' experiences of pregnancy: A narrative inquiry*. Supervisor: Dr. Anusha Kassin

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

Smith, Alyssa (April 2021-Field of Study examiner). Supervisor: Dr. Kristin von Ranson

Pethrick, Helen (May 2021-MA examiner). *Experiencing transition and mental distress: Narratives of first-year university students*. Supervisor: Dr. Janet Groen

Coulter, Anne (August 2021-EdD examiner). *Exploring the effectiveness of various delivery models within Ontario's School Within a College (SWAC) dual credit programs: A multi-stakeholder perspective*. Supervisor: Dr. Shelley-Anne Scott

- Dickerson, Teena (September 2023-EdD examiner). *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 examiner). *Relational understandings: Exploring experiences of involuntary stabilization and recovery from substance use disorder using family systems theory*. Supervisor: Tanya Mudry
- Charania, Farah (June 2025 – MSc final exam). *Crossing borders: The psychology of self-efficacy and support in global student transitions*. Supervisor: Jose Domene
- Varadarajan, Anjana (August 2025 – MSc final exam). *Unpacking trauma in South Asians in Canada: Determining the salient predictors of mental health outcomes*. Supervisor: Ling Jin
- Sauerwein, Jessica (August 2025 - MSW – final exam). *Scrolling through recovery: Youth-centered priorities for supporting eating disorder recovery in the TikTok era*. Supervisor: Gina Dimitropoulos
- Vegter, Vanessa (September 2025 – PhD final exam). *Multispecies entanglements and rural mental wellbeing: An ethnographic situational analysis*. Supervisor: Tanya Mudry
- Hui, Joanne Cho Yan (September 2025 – MSc final exam). *Mapping contested terrain: Positional analysis of the medicalization of grief*. Supervisor: Kaori Wada

External Examiner (42)

- 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, University of Lethbridge). *Adult children of divorce: Therapy group*. Supervisor: Dr. Dawn McBride
- Palmer, Andrea (February 2011-MC, University 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
- Lacroix, Emilie. (September 2017-MSc, Dept. of Psychology, UCalgary). *A comparison of eating and food addiction.* Supervisor: Dr. Kristin von Ranson
- 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. Baerbel Knaeuper
- 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, University of British Columbia). *Menopause as metamorphosis: The meaning and experience for women of doing well during the menopausal transition*. Supervisor: Dr. Judith Daniluk.
- Andersen, Slywia (December 2019-PhD candidacy, Faculty of Nursing, UCalgary). Supervisor: Dr. Kathryn King-Shier.
- Monroe, Karena (December 2019-PhD candidacy, Werklund School of Education, UCalgary). Supervisor: Dr. Michele Jacobson.
- Baraskewich, Jessica (January 2020-PhD candidacy). Werklund School of Education, UCalgary. Supervisor: Dr. Carly McMorris.
- Khaka, Anita (June 2020-MEd, 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, Faculty of Nursing, UCalgary). Supervisor: Dr. Kathryn King-Shier.
- Tingle, Elizabeth (June 2020-MA, Werklund School of Education). *Voices of women who have overcome internalized weight bias through transformative learning*. Supervisor: Dr. Janet Groen
- Zoletta, Czarina (July 2020-MFA, Department of Drama, UCalgary). *Misguided: Mapping out a drama about disordered eating and exercise*. Supervisor: Clement Martini
- Conradson, Heather (September 2020-PhD candidacy, Faculty of Nursing, UCalgary). Supervisor: Dr. Kathryn King-Shier.
- Makela, Kimberley (December 2020-PhD dissertation, 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, 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, Faculty of Nursing, UCalgary). Supervisor: Shelley Raffin-Bouchal
- Dhruva, Tana (April 2024-MSc, 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
- Di Sante, Jessica (September 2024-PhD dissertation, Department of Psychology, McGill University). *Examining emotional eating and binge eating through the lens of Acceptance and Commitment Therapy (ACT): Effects and processes of change*. Supervisor: Dr. Baerbel Knaeuper
- MacKenzie, Meredith (January 2025-PhD dissertation, Counselling Psychology, University of British Columbia). *Caregiver-led meal support recovery from adolescent Anorexia Nervosa as a joint, caregiver-adolescent goal-directed project*. Supervisor: Dr. Richard Young

Completed Committee Membership (16)

- Linder, Jordana (2011-PhD supervisory committee, Community Health Sciences, Faculty of Medicine). *Peer networks and body dissatisfaction in adolescents in an overnight summer camp*. Supervisor: Dr. Lindsay McLaren.
- Sharpe, Hillary (2013-PhD supervisory committee, Counselling Psychology, Werklund). *Equine-facilitated counselling for women with eating disorders*. Supervisor: Dr. Tom Strong

- Kanciruk, Martina (2013-PhD supervisory committee, School Psychology, Werklund). *Prenatal risk factors for childhood obesity: A metanalysis*. Supervisor: Dr. Jac Andrews
- Kennedy, Barbara (2014-PhD supervisory committee, Counselling Psychology, Werklund). *Counselling psychology and social justice*. Supervisor: Dr. Nancy Arthur
- Mudry, Tanya. (2017-PhD supervisory committee, Counselling Psychology, Werklund). *Behavior is the practice: Conceptualizing components of excessive behaviors using a social practice framework*. 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
- Lacroix, Emilie. (2017-MSc supervisory committee, Department of Psychology). *A comparison of eating and food addiction*. Supervisor: Dr. Kristin von Ranson
- Hwakwy, Cara (2017-MC supervisory committee, Athabasca University). *#Fitspo: Adolescent Girls' and Mothers' 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-Undergraduate Final Research Project, Community Health Sciences). *Economic cost of weight bias*. Supervisor: Dr. Lindsay McLaren
- Green, Amy. (2020-PhD supervisory committee, Counselling Psychology, Werklund). *Experiences of embodiment and newcomer women*. Supervisor: Dr. Anusha Kassan
- Suehn, Megan. (2021-PhD supervisory committee, Counselling Psychology, Werklund). *LGBTQ newcomers and counselling psychology*. Supervisor: Dr. Anusha Kassan
- Conradson, Heather. (2023-PhD supervisory committee, Faculty of Nursing). *Psychological well-being, internalized weight bias and weight status in women*. Supervisor: Dr. Kathryn King-Shier
- Baraskewich, Jessica (2023-PhD supervisory committee, School Psychology, Werklund). *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, Educational Research, Werklund). *Honouring wounds and healing forward: Teacher health in relation to the COVID-19 pandemic*. Supervisor: Dr. Michele Jacobsen
- 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)

TEACHING RECORD

Course Instruction

- EDUC 551: Comprehensive School Health and Wellness (2018, 2019, 2020, 2022)
 Plenary Lecturer (~430-500 BEd students per offering)
 Course Coordinator (17-22 lab sections and instructors)
- 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 (2015-2025)
 Inaugural Delivery 2018: 21 community presenters, 25 community resource fair partners,
 22 sections with 15 instructors, 20+ meetings to curate content for instruction
 Conversations in School Health PodClass Course Delivery starting in 2021
 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

Global Qualitative Nursing Research (Sage)
 Discover Health Systems (Springer Nature)
 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, 2022, 2024)

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

External Referee. (April 2025). Application for Professor (Research), Department of Psychiatry and Human Behavior, The Warren Alpert Medical School of Brown University
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 (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. (Winter 2018). Application for Promotion for Associate Professor, School of Public Health, University of Alberta
External Referee. (Winter 2018). Application for Promotion to Full Professor, Educational Psychology and Special Education, University of Saskatchewan
Unit Review: Internal Reviewer for Faculty of Kinesiology (Provost office) (Spring 2017)
The Body Project (Jan 2017- March 2020)
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 U Make 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

BSF Invited Review (United States-Israel Binational Science Foundation) Grant Competition (May 2025)

Invited Expert Review for Social Sciences and Humanities Research Council (SSHRC) (February 2025). Insight Grants

National Forum on Wellness in Post-Secondary Education. Co-hosted with Ever Active Schools in 2018, 2019, 2021, 2023, 2024, 2025 (please see table in research impact section).

European Research Council (ERC) Advanced Grant Call (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-March 2023)

Consultation on Elk Island School District Nutrition Policy (April 2021-March 2025)

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)

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 (2018-2022)

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-March 2020)

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 (including Blogs, Podcasts, Webinars, and Videos) [Please see research impact section for some of these media disseminations in context].

Russell-Mayhew, S. & Tingle, E. (2025, January 1) This year, consider resolutions focused on well-being instead of weight loss. *The Conversation*. <https://theconversation.com/this-new-year-consider-resolutions-focused-on-well-being-instead-of-weight-loss-246151>

Werklund School of Education Pedagogy Vignette (2024 September). [Learning by Podcast: Flipped Learning in EDUC 551](#)

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>

Transdisciplinary Barbie (video for social media) (2023 July). [Instagram](#) [LinkedIn](#) [Twitter](#)

Flipped Learning @UC Blog: Teaching and Learning (2022 July). [EDUC 551: Comprehensive School Health and Wellness – Flipped Learning @ UC](#).

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

Russell-Mayhew (2021 Fall). 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 (2020 December). [Audio podcast episode]. In *Conversations on School Health*. University of Calgary, Werklund and Ever Active Schools [podcasts](#).

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

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

Obesity Canada. (2020 July). *Weight bias, mental health, and COVID-19 Webinar*. [YouTube Channel](#)

Worth the weight: Growing up in a thin-is-in culture. (2016 April). 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 17, 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](#)

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](#)

Fitness evaluation or humiliation? Whether the beep test should still run in Calgary phys-ed. CBC News. (April 17, 2023). <https://www.cbc.ca/news/canada/calgary/calgary-beep-test-phys-ed-class-1.6811210>

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>

Proud to say I am a fat person: Calgary actors draw attention to weight bias. Global News. (January 27, 2023). <https://globalnews.ca/news/9442413/calgary-theatre-play-weight-bias/>

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

Town hall sparks outpouring of ideas on ways to improve child health. U Today. (September 2019). [Article](#)

How weight bias is harming us all. The Conversation. (January 2019).
<https://theconversation.com/how-weight-bias-is-harming-us-all-107352>
(also linked to UToday January 9, 2019).

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Werklund School of Education to offer mandatory course on wellness in 2018. The Gauntlet. (Jan 2017). <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. UToday. (Jan 2017). [Article](#)

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

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>

Healthy kids, healthy schools. Werklund Quick Chat. (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)

Academic Leadership Academy: ULead. Seven sessions once a month for 3 hours. The curriculum is carefully crafted to address the unique challenges and opportunities facing academic leaders today. Leadership is not solely about authority; it's about inspiration, innovation, and inclusivity. (September 2024-March 2025).

Feminist, Multicultural, and Social Theory and Practice in Professional Psychology (8 hours 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: MOST SIGNIFICANT CONTRIBUTIONS

*and i said to my body. Softly.
‘i want to be your friend.’
it took a long breath and replied
‘i have been waiting my whole life for this.’
– poet Nayyirah Waheed*

My social science research program is located between health and education as I have advanced knowledge and practices in both fields. This ‘in-between’ area allows research on obesity prevention that avoids costly competing health issues of eating disorders, disordered eating, and associated mental health issues. The complexity of weight-related issues requires integrative strategies across multiple health outcomes which I have demonstrated in my research related to school health and wellbeing. My research program has resulted in the development of transdisciplinary networks – **communities of practice** – that study and implement educational strategies associated with obesity and eating disorders to ensure consistent messaging across sectors and settings, from public and professional education to primary health care. I have extensive experience and success in initiating communities of practice where academic and non-academic stakeholders work together to design and implement research for immediate and sustained impact. My research questions, methods, and dissemination occur in the following three communities (Weight Bias Research Teams, Body Image Research Lab, and Teachers of Tomorrow) where I directly collaborate with stakeholders impacted by the research. This forward-thinking approach demonstrates my ability to work effectively within and across disciplines with graduate students, community partners, researchers, academics, policy makers, and practitioners.

Weight Bias Research Teams (Community of Practice 1)

Through a transdisciplinary approach with multiple stakeholders, I have sensitized many fields to perspectives about weight bias. Early in my career, manuscripts on social justice and weight were two of the few published academic sources worldwide on this topic and led to a change in how weight bias was studied and conceptualized. Now, dozens of articles are published internationally exploring weight as a marginalized identity and influence other fields like multicultural counselling.

#1. Eating Disorders and Obesity as Social Justice Issues

- Russell-Mayhew, S. (2007). Eating disorders and obesity as social justice issues: Implications for research and practice. *The Journal for Social Action in Counseling and Psychology*, 1(1), 1-12.
- Russell-Mayhew, S., Stewart, M., & MacKenzie, S. (2008). Eating disorders as social justice issues: Results from a focus group of content experts vigorously flapping our wings. *Canadian Journal of Counselling*, 42(2), 131-146.

This ground-breaking work in weight bias has resulted in my co-authorship on a weight bias chapter and a behavioral interventions chapter in the *Canadian Guidelines for the Management and Prevention of Obesity* (2020).

#2. Canadian Clinical Practice Guidelines: 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.R2CMAJ 2020 August 4;192:E875-91. doi: 10.1503/cmaj.191707

The [Adult Obesity Clinical Practice Guidelines](#) is a living document, with only the latest chapters posted. The presence and prominence of weight bias in any obesity guideline is leading-edge internationally. This landmark guideline resulted in: 1) over 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 “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.*”

This work was then reworked for a more general audience in The Conversation. [Are we over weight yet?](#) (August 4, 2020).

#3. Community: Research, Practice, & Policy Partnerships

Weight Bias Summits Exemplar: Integrating Students in Practice and Policy

I have established relationships with more than 25 provincial stakeholders from research, practice, and policy sectors in health care and public health who have a vested interest in our work on weight bias. Six graduate students were involved in various capacities as paid research assistants on a number of grants that supported this work. This research culminated in the 2015 Calgary Weight Bias Summit and 2016 Edmonton EveryBody Matters Summit where more than 20 graduate students engaged with 40 experts from across Canada in two-day think tanks. Results from the 2015 Summit were presented at international conferences (with one post-doctoral and one doctoral student) and results from 2016 were published (with trainee co-authors).

Romas-Salas, X., [Alberga](#), A., Cameron, E., Estey, L., Forhan, M., Kirk, S., Russell-Mayhew, S., & Sharma, A., (2017). Addressing weight bias and obesity discrimination: Moving Beyond awareness to creating change. *Obesity Reviews*, 18, 1323-1225. Doi:10.1111/obr.12592

[Alberga](#), A.S., McLaren, L., vonRanson, K., & Russell-Mayhew, S., (2016). Weight bias: A call to action. *Journal of Eating Disorders*, 4(34), doi:10.1186/s40337-016-0112-4

This work continues in the EveryBody Matters Collaborative and the example of public dissemination of research work noted here:

Obesity Canada EveryBody Matters Collaborative (2020). Salas, Kirk, Alberga, Russell-Mayhew, Forhan, Cameron, Nutter, & Sharma. [Weight bias, obesity stigma, and COVID-19: Call to Action.](#)

In a full circle generational way, Dr. Angela [Alberga](#), my former CIHR Banting Postdoctoral Scholar and current Associate Professor and Canada Research Chair at Concordia University,

hosted the most recent Weight Bias Summit (2024) expanding to international delegates from across the globe. There was a planning committee of which I was part, as was another former graduate student/postdoctoral scholar who currently holds an Associate Professor tenure track position at University of Victoria. The event was partially funded by a SSHRC Connection grant. 2024. *International Weight Bias Summit: Dissemination, Exchange of Research & Advocacy*. (\$25,000).

Part of the Summit was a free hybrid webinar keynote panel entitled [Ending Weight Stigma: Priorities for Action](#) which was also edited into a free [Podcast: Ending Weight Stigma: Priorities for Action](#)

#4. High Impact Dissemination

My work has been published in high impact journals such as the *International Journal of Obesity* (5-year impact factor 5.5). I have achieved a much broader reach than what is typically seen in the education field (by comparison, the top ranked education journal has an impact factor of 5.5) because of my ability to work across and integrate academic disciplines as diverse as education, psychology, social sciences, and health sciences, and then translate this research through popular outlets.

Nutter, S., Alberga, A., MacInnis, C., Ellard, J. H., & Russell-Mayhew, S*. (2018). Framing obesity a disease: Indirect effects of affect and controllability beliefs on weight bias. *International Journal of Obesity*. 42(10), 1804-1811. doi:10.1038/s41366-018-0110-5

My work has or will be disseminated at major national medically oriented conferences with invited plenary talks such as:

Russell-Mayhew, S., Alberga, A., Sockalingham, S., Glaser, S. & Nutter, S (moderator). (2021, February 18). *Weight bias and stigma* [Invited Keynote 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. & Williamson, T. (2025, June 1). Moderator: Codie Rouleau. *Plenary Debate: Should weight management be part of cardiovascular prevention and treatment?* Canadian Association of Cardiovascular Preventions & Rehabilitation (CACPR). Calgary, AB.

This most recent invitation to be part of a plenary panel discussion highlights the multidisciplinary nature of my work. The CACPR conference is the largest national gathering of cardiac rehab clinicians and scientists in Canada and includes physicians, sports scientists and kinesiologists, nurses, nutritionists, physiotherapists, respiratory therapist, mental health providers, researchers and students.

Body Image Research Lab (Community of Practice 2)

My [Body Image Research Lab](#) is unique in the field of education and increasingly influential amongst colleagues. Modelled on science and medicine labs, 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 57 graduate students (40 masters/17 doctoral) and nine postdoctoral scholars. I currently supervise nine graduate students and one SSHRC Banting postdoctoral scholar.

#5. EDI Considerations

The EDI context of my Body Image Research Lab is informed by Stewart's (2014) framework of social justice as both a process and a goal to support the development of trust and consensus building. I adopted social justice as a *process* at the outset through the formation of my interdisciplinary teams. The social justice framework as a *goal* meant I adopted a team engagement structure to ensure the voice of every member was equitably heard. I create small mentorship teams within my large lab. Each mentorship team is strategically and purposefully populated by organizing membership with the following criteria in mind: 1) the four designated groups defined by the Employment Equity Act; 2) stage of career (year in program, level of study); 3) EDI focus of members' research program; and 4) diverse disciplinary perspectives. I recognize that not everyone has equal access to research funding in the social sciences and that there is often an equity tax that burdens team members from the four designated groups. The adoption of a social justice framework, to ensure my scholarship is culturally responsive, helps attend to numerous racialized and minoritized cultural identities and social locations, and allows us to work to dismantle the systemic barriers that keep particular groups of people from influencing research in education and health across the social sciences. Examples of the EDI contributions with trainees underlined are presented below.

- Renert, H., Russell-Mayhew, S., & Arthur, N. (2013). [Recruiting ethnically diverse participants into qualitative health research: Lessons learned](#). *The Qualitative Report*, 18, Article 23, 1-23. Retrieved from
- Ekong, J., Russell-Mayhew, S., & Arthur, A. (2013). Optimizing diabetes literacy: Lessons from African Canadians in Calgary about Type II Diabetes. *Canadian Journal of Diabetes*, 34, 231-236. doi:10.1016/j.jcjd.2013.05.003
- Sesma-Vazquez, M., Russell-Mayhew, S., & Williams, E. (2017). Whiteness and "healthy body weight": Analyzing discourses of privilege and oppression in social media. *International Journal of Qualitative Methods*, 16, 1 - 47. doi:10.1177/1609406916688525
- Green, A. R., Kassan, A., Russell-Mayhew, S., & Goopy, S. (2018). Exploring newcomer women's embodied selves: Culturally responsible qualitative research. *Qualitative Research in Psychology*. 16(4), 518-538. <https://doi.org/10.1080/14780887.2017.1411545>
- Kassan, A., Goopy, S., Green, A., Arthur, N., Nutter, S., Russell-Mayhew, S., & Silversides, H. (2020). Becoming new together: Making meaning with newcomers through an art-based ethnographic research design. *Qualitative Research in Psychology*, 17(2), 294-311. <https://doi.org/10.1080/14780887.2018.1442769>
- Green, A.R., Kassan, A., Charania, F., Russell-Mayhew, S., & Goopy, S. (2024). Feminist understandings of newcomer women's embodiment. *Acta Psychologica*, 250, <https://doi.org/10.1016/j.actpsy.2024.104554> Full text available for download at: <https://tinyurl.com/4j7wwy5r>

#6. Work with Trainees/Graduate Students: Research Impact and Knowledge Mobilization
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>

Work from this article has been translated into policy briefs and lesson plans for school districts in collaboration with Alberta Health Services and Dairy Farmers of Canada and in *Physical and Health Education Journal*. The Body Image Lab volunteers to do presentations and consultations on weight-neutral approaches. In addition to the dozens of volunteer hours from lab members, some work has been funded by grants.

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

School is for Every Body: Our Vision for Weight-Neutral Wellbeing in the School Setting [A policy guidance document developed with Alberta Health Services (AHS) and Elk Island Catholic Schools (EICS)].

Elk Island Catholic School's Policy on Supporting Healthy Relationships with Food and Body [Consulted on the development of this policy document.]

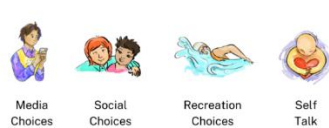
Work with EICS led to a request for a parent resource for implementing the district's new policy. We worked with the Dairy Farmers of Canada to write this resource: [Our Approach to Food and Nutrition | Teach Nutrition Alberta](#) which was also endorsed by the Ellyn Satter Institute.

The collaboration with AHS led to a project on nutrition education lesson plans that aligned with the Alberta Program of Studies from Grade K-9. These are currently being piloted. AHS, in turn, consulted on our Body Image Lesson Plans developed for Grades 7-9.

What is the impact of media on our health and wellbeing?



Strategies to Develop Body Acceptance:



Body image resilience means we have the skills and ability to recover from challenges to our body image.



Tingle, E., & Russell-Mayhew, S. (2024). 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>



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>

An animation based on this article from my SSHRC Insight Grant was released on the [Body Image Research Lab](#) website and used in multiple presentations.

Russell-Mayhew, S. & Tingle, E. (2025, January 1) This year, consider resolutions focused on well-being instead of weight loss. *The Conversation*. <https://theconversation.com/this-new-year-consider-resolutions-focused-on-well-being-instead-of-weight-loss-246151> This Conversation Canada piece was written with a former student and the current Coordinator of my Body Image Research Lab. It was the second most read article in January 2025.

#7. Turning Research Evidence into Change

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 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 activities 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 contributions to research, scholarship, teaching and learning come together to make an immediate difference in our communities.

RealTalk with Ryan Jespersen (May 11, 2021). [Live zoom interview](#)
 CBC news and radio (May 6, 2021). [Alberta's draft K-6 health and wellness curriculum promotes disordered eating habits, experts warn](#)
 CBC Radio Edmonton AM Mark Connolley Show (May 26, 2021). Live Interview.
 630 CHED Talk News Morning Show with Daryl McIntyre. (May 13, 2021). Live interview.

In another example of turning research evidence and expertise into real life research impact, in October 2024, I was contacted by the Content Policy Team at META. The Content Policy Team makes the rules for what content is and is not allowed on META platforms. As part of their work, they speak with experts in academia to understand how their policies can better serve their communities. I was able to comment on existing policy as well as make recommendations for changes to policy to address the complex and nuanced issues related to social media and eating disorders, body image, fitspiration, diet culture, etc. The consultation was through a virtual meeting as well as follow-up emails. The impact of this consultation is not yet known but was an extraordinary opportunity to have huge influence on policy in relation to weight related issues and social media.

Teachers of Tomorrow (Community of Practice 3)

For the last dozen 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 WSE 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.

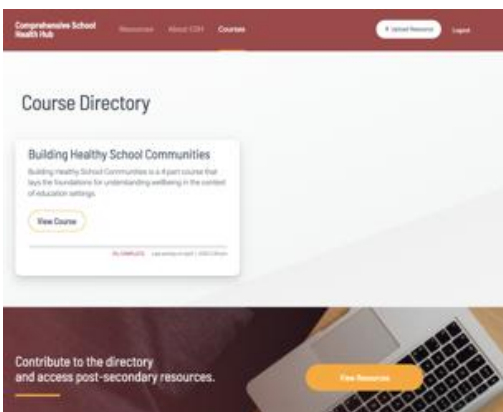
I now lead national efforts to improve wellness training, including co-leading the development of a national research strategy to evaluate the impact of the wellness training gap for future teachers. No other country has tailored the healthy settings approach to systematically target faculties of education 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 sunset the online Comprehensive School Health Hub, 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.



Comprehensive School Health Online Hub (cshhub.com) was 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 for the University of Calgary. This online hub was 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. This hub was active from 2019 – 2024.



#8. *Building Healthy School Communities* is a free, 4-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 Ever Active Schools website for free. 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 participants are encouraged to access. Each section contains a short multiple-choice quiz to test the learner's knowledge and is graded automatically. Approximately 600 people have completed this course.

#9. *The PodClass: Conversations on School Health* is a 59-episode podcast series with professionally edited interviews. More than 55 invited experts discuss topics concerning school health. As a podcast series, it is available through the Ever Active Schools website and Spotify, Apple, and other podcast platforms where anyone can access it for free. As of June 2025, there are 26.3k unique listeners, 61.1k downloads in 88 countries



For classroom teaching at UCalgary in EDUC 551, a subset is used as a flipped pedagogy. Students can participate in course content in a way that enables them to concurrently do something that attends to their wellbeing. The success and process of this teaching and learning strategy has been shared in a vignette as well as in a blog.

Werklund Pedagogy Vignette (2024 September). [Learning by Podcast: Flipped Learning in EDUC 551](#)

Flipped Learning @UC Blog: Teaching and Learning (2022 July). [EDUC 551: Comprehensive School Health and Wellness – Flipped Learning @ UC.](#)

#10 National Forums on Wellness in Post-Secondary Education

There is growing recognition across educational institutions (in K-12 and university settings) about the critical importance of developing students who are academically strong **and** living well in the world. The purpose of *National Forums* is to convene stakeholders to find creative ways to address the training gap between how teachers are prepared to address wellness (their own and that of their students) in B.Ed. programs and what they are expected to do in practice as teachers.

For six years, Ever Active Schools and I have co-hosted the National Forums in various locations to build capacity in the areas of research, implementation, and advocacy. Each forum was a full day event in various locations in Western Canada with delegates from universities and partner organizations.

Year	Location	Delegates	Focus
2018	Edmonton	9 universities 15 partner organizations	Building a case for action
2019	Vancouver	14 universities 9 partner organizations 67 teacher candidates	Connecting across Canada through student voice
2021	Virtual	9 universities 19 teacher candidates	Advancing well-being in BEd programs
2023	Lake Louise	7 universities 5 partner organizations	Creating a National Agenda toward well-being a postsecondary education
2024	Jasper	6 universities 6 partner organizations	Advancing the National Agenda through collective action
2025	Lake Louise		Advancing the National Agenda through mentorship

Teachers of Tomorrow Exemplar: Integrating Research and Teaching for Graduate Supervision

For more than a decade, I have been studying teacher preparation in health and wellness. This Teachers of Tomorrow research work has resulted in a change to the WSE undergraduate curriculum such that EDUC 551: Comprehensive Health and Wellness is a mandatory course for all Bachelor of Education students. This ground-breaking course is the first of its kind in Canada. In addition to the graduate students who have been involved in the design and delivery of this research (12+ students), 10 have also been involved in EDUC 551 course development and delivery as sessional instructors and/or Teaching Assistants. The work has resulted in six peer-reviewed manuscripts, two completed MSc thesis, 13 peer-reviewed conference presentations or posters, all with graduate students as co-authors. In 2018, our work expanded to involve faculties of education at five additional universities. In 2018, the Teachers of Tomorrow work was awarded the **UCalgary Teaching and Learning Award for Educational Leadership (Group)** and in 2022, the **national D2L Innovation Award from the Society for Teaching and Learning in Higher Education**. These honors would not have been possible without the valuable contributions of many of my graduate students.

Summary

It is important to note that together with others, I hold this work in partnership to enrich the quality and breadth of research knowledge and impact. It takes communities of practice to have significant and sustained impact; excellence in research belongs to no one person. Students, teachers, researchers, schools, and systems everywhere seem to have been waiting for what Nayyirah Waheed's inner voice said to her:

*and i said to my body. Softly.
'i want to be your friend.'
it took a long breath and replied
'i have been waiting my whole life for this.'*