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# PANTELEIMON EKKEKAKIS

## CURRICULUM VITAE

(updated September 26, 2014)

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## **EDUCATION**

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- 1996-2000 Doctor of Philosophy (Kinesiology), Department of Kinesiology, University of Illinois at Urbana-Champaign, Urbana, Illinois, USA. Dissertation title: "*A dose-response investigation of patterns and correlates of affective responses to acute exercise: The dual-mode hypothesis*". Committee: Steven J. Petruzzello (main advisor), Edward McAuley, Richard A. Washburn, Wendy Heller. Dissertation Abstracts International, Section A: Humanities and Social Sciences, May 2001, Vol. 61 (10-A): 3938. UMI number: 9989986.
- 1993-1996 Master of Science (Kinesiology), Department of Kinesiology, Kansas State University, Manhattan, Kansas, USA. Thesis title: "*The development of an affect scale based on the circumplex model*". Committee: David A. Dzewaltowski (main advisor), Edmund O. Acevedo, Timothy I. Musch.
- 1987-1992 Bachelor of Science (Physical Education and Sport Science), Department of Physical Education and Sport Science, University of Athens, Athens, Greece.
- 1990-1991 Exchange student, School of Human Movement Studies, Faculty of Medicine, University of Liverpool, Liverpool, United Kingdom.

## **ACADEMIC HONORS AND AWARDS**

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- 2009-2013 Guest editor, Special section of the journal *Psychology of Sport and Exercise* on "Affective responses to exercise"
- 2007- Honorary University Fellow, School of Sport and Health Sciences, University of Exeter, United Kingdom
- 2006 Iowa State University Award for Early Achievement in Research
- 2005 Elected Fellow of the American College of Sports Medicine (FACSM)
- 2005 Foreign Travel Grant, Faculty Senate Committee on Recognition and Development, Iowa State University (to present research at the 2005 World Congress of the International Society of Sport Psychology in Sydney, Australia)
- 2005, 2006 Nominated for the North American Society for the Psychology of Sport and Physical Activity (NASPPSA) "Early Career Distinguished Scholar Award."
- 2004 Iowa State University, College of Education, "VEISHA Faculty Member of the Year" (nominated and selected by students)
- 2003 Iowa State University, Office of the Provost, Big XII Faculty Fellowship

- 2003 Iowa State University, Department of Health and Human Performance nominee for the "Iowa State University Foundation Award for Early Achievement in Research"
- 2003 Iowa State University, College of Education "Outstanding Early Research Commendation"
- 2003 Biddle Young Scholar Lecture in Exercise Psychology, Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC; European Federation for the Psychology of Sport and Physical Activity). July 26, 2003, Copenhagen, Denmark
- 2000 Graduate Student Research Award in Sport and Exercise Psychology, North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
- 2000 Roger Morse Outstanding Graduate Student Award, Department of Kinesiology, University of Illinois at Urbana-Champaign
- 2000 On-Campus Dissertation Research Grant, Graduate College, University of Illinois at Urbana-Champaign
- 1999 Robert L. Sprague Graduate Student Award, College of Applied Life Studies, University of Illinois at Urbana-Champaign
- 1999 Travel award from the University of Wisconsin Health Emotions Research Institute to attend the 5<sup>th</sup> Annual Wisconsin Symposium on Emotion in Madison, Wisconsin
- 1998 T.K. Cureton Physical Fitness Research Award, Department of Kinesiology, University of Illinois at Urbana-Champaign
- 1990 Erasmus scholarship from the European Union for 9-month study at the University of Liverpool, Great Britain

### ***PROFESSIONAL EXPERIENCE***

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- 2008-2010 Associate professor of exercise psychology, Department of Psychology, University of Crete, Greece. Duties: teaching undergraduate courses in exercise psychology, research methods (I, II, and graduate-level), the psychology of emotion, and special topics in the study of emotions.
- 2006-present Associate professor of exercise psychology, Department of Kinesiology, Iowa State University. Duties: teaching undergraduate and graduate courses in exercise psychology (40%), research (40%), service (20%).

- 2000-2006 Assistant professor of exercise and sport psychology, Department of Health and Human Performance, Iowa State University. Duties: teaching undergraduate and graduate courses in exercise and sport psychology (40%), research (40%), service (20%).
- 1996-2000 Graduate assistant, Department of Kinesiology, University of Illinois at Urbana-Champaign. Duties: World-wide web programming and computer network administration.
- 1997 (summer) Graduate assistant and Graduate Research Assistant, Department of Kinesiology, University of Illinois at Urbana-Champaign. Research area: Exercise psychophysiology (EEG, maximal exercise testing).
- 1996 (spring) Graduate teaching assistant, Department of Kinesiology, University of Illinois at Urbana-Champaign. Laboratory taught: Social and psychological foundations of sport and physical activity (undergraduate level).
- 1995 (fall) Graduate research assistant, Department of Kinesiology, Kansas State University. Research area: Exercise psychology, fitness promotion involving high-school and college students.
- 1994, '95 (summer) Graduate research assistant, Department of Kinesiology, Kansas State University. Funded by Easton Aluminum. Research area: Sport psychology, interdisciplinary work with sport biomechanists.
- 1993-1995 Graduate teaching assistant, Department of Kinesiology, Kansas State University. Courses taught: Introduction to Kinesiology, Swimming, Team Sports (undergraduate level); Laboratory taught: Fitness promotion (advanced undergraduate and graduate level).
- 1992-1993 Teaching assistant, Department of Physical Education and Sport Science, University of Athens. Laboratory taught: Motor behavior.
- 1988-1993 Research assistant, Department of Physical Education and Sport Science, University of Athens. Research area: Sport psychology.

***TEACHING EXPERIENCE (COURSES DEVELOPED AND TAUGHT)***

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- KIN 365** "Sport Psychology." Undergraduate course. Psychological factors that influence performance in sport settings. The influence of personality, anxiety, motivation, social factors, and psychological skills training.

- KIN 366**     **"Exercise Psychology."** Undergraduate course. Psychological theories for understanding and predicting health-oriented exercise behavior. Psychological and psychobiological responses to exercise. Psychological interventions for increasing exercise participation and adherence rates.
- KIN 467 /**     **"Exercise Psychology: Clinical Applications and Interventions."** Dual-listed  
**KIN 567**     (advanced-undergraduate and graduate) course. Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools, and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations.
- KIN 521**     **"Advanced Topics in Exercise and Sport Psychology."** Graduate course. Aspects of psychology that form a basis for understanding and explaining behavior in the contexts of exercise and sport. Emphasis on evaluating published research, particularly theory and research methodology.
- KIN 620**     **Advanced Research Methods in Physical Activity.** Graduate Course. Critical analysis of research articles from published literature. Experimental design. Threats to validity. Type I and II errors. Effect size and statistical power. Research ethics.
- PSY 319**     **Psychology of Emotion** (University of Crete, Greece). Introduction to the scientific study of emotion, mood, and affect, with emphasis on evolutionary and cultural perspectives.

#### ***GRADUATE STUDENT SUPERVISION***

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- Mark Duncan, M.S., University of Toronto (2014), external examiner
- Zack Zenko, Ph.D., Iowa State University (2012-present), major professor
- Karissa Peyer, Ph.D., Iowa State University (2012-present), committee member
- Elizabeth Boyer (Hageman), Ph.D., Iowa State University (2012-present), committee member
- Harsh Buddhadev, Ph.D., Iowa State University (2012-present), committee member
- Jennifer K. Parker, Ph.D., Iowa State University (2012-present), committee member
- Michael Mackenzie, Ph.D., University of Calgary (2011), external examiner
- Gavin Tempest, Ph.D., University of Exeter and University of South Australia (2008-2012), co-major professor
- Harry Lim, Ph.D., Brunel University (2012), external examiner
- Helga De-Oliveira-Miguel, M.S., Iowa State University (2009-2010), committee member
- Jennifer K. Parker, M.S., Iowa State University (2009-2012), committee member
- Erik Lind, Ph.D., Iowa State University (2002-2008), major professor. First appointment: Assistant Professor, Department of Physical Education, State University of New York

(SUNY) College at Oneonta.

- Jennifer E. Lee, Ph.D., University of Iowa (2006-2009), committee member
- Susan Lee Coates, Ph.D., Iowa State University (2002-2008), committee member
- Jenny Smith, M.S., Iowa State University (2006-2009), committee member
- Christy Reed, M.S., Iowa State University (2006-2007), committee member
- Megan E. Holmes, M.S., Iowa State University (2005-2006), committee member
- Elizabeth Byrne, M.S., University of Toronto (2005-2006), committee member
- Emily S. Decker, M.S., Iowa State University (2007-2009), major professor
- Nathan Pick, M.S., Iowa State University (2007-2008), committee member

### ***MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS***

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- Fellow of the American College of Sports Medicine (ACSM)
- North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
- European Society for the Psychology of Sport and Physical Activity (FEPSAC)

### ***EDITOR / REVIEWER FOR ACADEMIC JOURNALS AND PUBLISHERS***

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1. *Research Quarterly for Exercise and Sport* (assoc. editor, psychology section, 2005-11)
2. *Psychology of Sport and Exercise* (member of the Editorial Board)
3. *Journal of Sport and Exercise Psychology* (member of the Editorial Board)
4. *Mental Health and Physical Activity* (member of the Editorial Board)
5. *Sport, Exercise and Performance Psychology* (member of the Editorial Board)
6. *International Journal of Sport Psychology*
7. *International Journal of Sport and Exercise Psychology*
8. *The Sport Psychologist*
9. *Journal of Applied Sport Psychology*
10. *Health Psychology*
11. *British Journal of Health Psychology*
12. *Psychology and Health*
13. *Journal of Health Psychology*
14. *Journal of Positive Psychology*
15. *Journal of Psychosomatic Research*
16. *Annals of Behavioral Medicine*
17. *Journal of Behavioral Medicine*
18. *Journal of Applied Social Psychology*
19. *Preventive Medicine*
20. *American Journal of Preventive Medicine*
21. *Health Education and Behavior*
22. *International Journal of Obesity*
23. *Journal of Obesity*
24. *Diabetes Research and Clinical Practice*

25. *Perceptual and Motor Skills*
26. *International Journal of Behavioral Nutrition and Physical Activity*
27. *Journal of Physical Activity and Health*
28. *Qualitative Research in Sport and Exercise*
29. *Sports Medicine*
30. *Medicine and Science in Sports and Exercise*
31. *British Journal of Sports Medicine*
32. *European Journal of Sport Science*
33. *Scandinavian Journal of Medicine and Science in Sports*
34. *International Journal of Sports Medicine*
35. *European Journal of Applied Physiology*
36. *Journal of Sports Sciences*
37. *Pediatric Exercise Science*
38. *Open Access Journal of Sports Medicine*
39. *Applied Physiology, Nutrition, and Metabolism*
40. *Clinical Physiology and Functional Imaging*
41. *Archives of Physical Medicine and Rehabilitation*
42. *Journal of Experimental Biology*
43. *Journal of Physiology*
44. *Physiology and Behavior*
45. *Hormones and Behavior*
46. *Neuroscience*
47. *Brain Topography*
48. *Psychophysiology*
49. *Biological Psychology*
50. *International Journal of Psychophysiology*
51. *Stress*
52. *American Journal of Psychology*
53. *Canadian Journal of Behavioural Science*
54. *Applied Psychology: An International Review*
55. *Scandinavian Journal of Psychology*
56. *Motivation and Emotion*
57. *Psychology and Psychotherapy*
58. *Psychopharmacology*
59. *Appetite*
60. *Psycho-oncology*
61. *Holcomb and Hathaway, Publishers (Scottsdale, AZ)*
62. *SAGE Encyclopedia of Sport and Exercise Psychology (member of the Editorial Board)*

#### ***REVIEWER FOR GRANTING AGENCIES***

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1. Economic and Social Research Council (ESRC), United Kingdom, 2006

2. Medical Research Council (MRC), United Kingdom, 2009 (request declined due to conflict of interest)
3. National Institute on Drug Abuse, Special Emphasis Panel ZDA1 GXM-A (5), "Interactions between physical activity and drug abuse", June 2-3, 2009, Washington, DC.
4. National Institute on Aging, Special Emphasis Panel ZRG1 BBBP-R (50) R, "Science of behavior change" (PAR-10-002), Round 1 Reviewer, June 18, 2010.

### ***GRANT APPLICATIONS***

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- 2014 "Applying behavioral economics to improve exercise adherence in the obese." Predoctoral Fellowship, Zack Zenko, PI; Ekkekakis, Mentor. American Heart Association, Midwest Affiliate. \$52,000. Pending.
- 2014 "Affective responses to exercise, evaluations, and forecasts." Primary Investigator, with Zack Zenko, Ph.D. student. Center for Advanced Hindsight, Duke University. \$5,000. **Funded.**
- 2013 "Making exercise integral to player performance in virtual reality fitness games." Co-investigator with Drs Joseph LaViola (PI) and Theodore Angelopoulos of the University of Central Florida. Submitted to the National Heart, Lung, and Blood Institute (NHLBI) in response to PA-11-212, Virtual Reality Technologies for Research and Education in Obesity and Diabetes (R21). ISU subcontract \$24,434. Not funded.
- 2012 "The neural basis of the sense of fatigue: New theory, new methodology, and investigation of therapeutic potential." Sole Primary Investigator. Submitted to the office of the Vice Provost for Research and Economic Development, Iowa State University, as a Bailey Research Career Development Award. \$150,000. Not funded.
- 2012 "The experience of Yoga: A mixed methods neurophenomenological approach." Co-investigator with Dr Nicole Culos-Reed, PI, of the University of Calgary. Submitted to the Social Sciences and Humanities Research Council of Canada as an Insight Development Grant. \$47,891, 2012-2014. Not funded.
- 2012 "Why exercise? Motivational contingency management and health outcomes." Paid consultant. Drs Michael Otto of Boston University and Jasper Smits of Southern Methodist University, PIs. Submitted to the National Heart, Lung, and Blood Institute (NHLBI) in response to PAR-10-005 ("NHLBI Clinical Trial Pilot Studies, R34"). Not funded.



- 2011 & 2012 "Modifying exercise-related affect to alter physical activity habits": Co-investigator with Drs Austin Baldwin and Jasper Smits of Southern Methodist University. Submitted to the National Cancer Institute in response to RFA-CA-11-012 ("Research Answers to NCI's Provocative Questions, R21"). Not funded.
- 2011 "Exercise for mood enhancement." Paid consultant. Dr Jasper Smits of Southern Methodist University and Bess Marcus of Brown University, PIs. Submitted to the National Heart, Lung, and Blood Institute (NHLBI) in response to PAR-10-005 ("NHLBI Clinical Trial Pilot Studies, R34"). Not funded.
- 2011 "Distress intolerance in overeating and under-exercise: Intervention development." Co-investigator with Drs Michael Otto of Boston University and Jasper Smits of Southern Methodist University. Submitted to the National Heart, Lung, and Blood Institute in response to PA-11-063 ("Translating basic behavioral and social science discoveries into interventions to improve health-related behaviors, R01"). Requested \$2,500,000 (Direct costs). Not funded.
- 2008 "The role of the affect heuristic in the decision to engage in physical activity behavior" (Co-investigator with Dr Amy S. Welch). Submitted to the United States Department of Agriculture (USDA) as a subcontract of 2008-34115-19372 ("Human Nutrition, IA", \$447,253). Requested \$30,000 for Year 1, \$50,000 for Year 2. **Funded.**
- 2008 "Impact of vigorous interval exercise on affective responses in normal weight and obese adults." Paid Consultant. Marcus Kilpatrick (University of South Florida), PI. Submitted to the American Heart Association. Not funded.
- 2007 "Taking a first peek into the frontal cortex during exercise using near infrared spectroscopy: A comparison of the transient hypofrontality and dual-mode theories" (Co-investigator with Dr Amy S. Welch). Submitted to the Iowa State University College of Human Sciences as a Seed Grant. Requested \$4,000. **Funded.**
- 2007 "PREPARE: Progressive Resistance Exercise to Promote Activity in Rural Elderly" (Co-investigator with Drs Franke, Kohut, Martin, and Russell). Submitted to the National Institute of Aging. Requested \$275,000 (Direct costs). Not funded.
- 2007 "Clinical gait assessment program" (Co-investigator with Drs Smiley-Oyen, Derrick, Gillette, and Franke). Submitted to the Iowa State University, College of Human Sciences Entrepreneurial Initiatives program. Requested \$45,000. **Funded.**
- 2006 "Concept: Stress, cytokines and heart disease in police" (Co-investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institute for Occupational Safety and Health and Centers for Disease Control and Prevention. Requested \$196,987 (Direct costs). **Funded**, R21 OH008270.

- 2005 "Latino college student physical activity and eating patterns" (Paid Consultant; Xiaofen Keating, PI). Submitted to the National Institute of General Medical Sciences in response to PAR-04-001 ("MBRS Support of Continuous Research Excellence, SCORE"). Not funded.
- 2005 "Stress, mediators of inflammation, and law enforcement" (Co-Investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institutes of Health in response to PA 05-027 ("Research on mind-body interactions and health"). Requested \$1,100,000. Not funded.
- 2004 "Physical activity intensity, affect, and adherence" (Principal Investigator). Submitted to the National Cancer Institute in response to RFA CA-04-009 ("Mechanisms of physical activity behavior change"). Requested \$200,000 (direct costs). Not funded.
- 2003 "Inflammatory mediators and stress in cardiovascular disease" (Co-Investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institutes of Health, Office of Behavioral and Social Sciences Research, in response to RFA OD-03-008 ("Research on mind-body interactions and health"). Requested \$300,000 (direct costs). Not funded.
- 2003 "Stress, mediators of inflammation, and law enforcement" (Co-Investigator with Drs Franke, Kohut, and Russell). Submitted to the National Institute for Occupational Safety and Health in response to program announcement PA-99-143 ("Occupational safety and health research"). Requested \$300,000 (direct costs). Not funded.
- 2003 "Affect and physical activity in sedentary adults" (Principal Investigator). Submitted to the National Institute of Mental Health as a "Behavioral Science Track Award for Rapid Transition - B/START" (PAR-00-119). Requested \$50,000 (direct costs). Priority Score 153. **Funded**, RO3 MH069724.
- 2003 "Energy expenditure and the response to stress in obese adolescents: implications for the pubertal metabolic syndrome" (Co-investigator with Drs Eisenmann, Franke, and Alekel). Submitted to the Center for Designing Foods to Improve Nutrition (CDFIN), Iowa State University. Requested \$32,575. **Funded**.
- 2002 "Job-related stress and CVD in law enforcement officers" (Co-investigator with Drs Franke, Chadwick, and Shelley). Submitted to the National Institute for Occupational Safety and Health in response to program announcement PA-99-143. Requested \$125,000 (direct costs). Not funded.

- 2002 "Pilot Phase of Project PASERS (Physical Activity Self-Regulation Strategies): Toward an improved interdisciplinary method for self-monitoring and self-regulating exercise intensity" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Special Equipment Grant. Requested \$18,000. **Funded.**
- 2002 "Pilot Phase of Project PASERS (Physical Activity Self-Regulation Strategies): Toward an improved interdisciplinary method for self-monitoring and self-regulating exercise intensity" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a University Research Grant (URG). Requested \$18,000. Not funded.
- 2002 "Does exercise and relaxation training moderate cardiovascular reactivity in older adults?" (PI). Submitted to the Research Institute for Studies in Education, College of Education, Iowa State University, as a Research Incentive Grant. Requested \$1,000. **Funded.**
- 2001 "Further development of a dual-mode model of affective responses to acute exercise" (PI). Submitted to the College of Education, Iowa State University, for a summer salary support grant. Requested: 6-week summer salary. **Funded.**
- 2001 "Self-selected exercise intensity and affective responses: The role of metabolic processes, individual differences, and self-efficacy" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Special Research Initiation Grant (SPRIG). Requested \$16,110. **Funded** (\$12,610 from the Provost's Office, \$1,600 from the Department of Health and Human Performance, \$1,500 from the College of Education).
- 2001 "Disciplines and professions in health and human performance: An integrated foundation course to enhance undergraduate instruction" (Co-investigator with Gregory Welk, Carol Cordell, and Mary Ellen Wishart). Submitted to the Center for Teaching Excellence, Iowa State University, as a Miller Faculty Fellowship. **Funded.**
- 2001 "Self-selected exercise intensity and affective responses: The role of metabolic processes, individual differences, and self-efficacy" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a University Research Grant (URG). Requested: \$18,000. Not funded.
- 2000 "Iowa's Trial of Activity for Adolescent Girls (TAAG)" (Co-investigator with Drs Katherine Thomas, Warren Franke, Rick Sharp, and Jerry Thomas). Submitted to the National Heart, Lung, and Blood Institute (NHLBI). Requested: \$2,891,105. Not funded.

- 2000 "Individual differences in preference for different levels of exercise intensity" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Special Research Initiation Grant (SPRIG). Requested \$16,860. Not funded.
- 2000 "Toward improved self-regulation of exercise intensity in novice exercisers: A dimensional exploration of the language of strenuous exercise" (PI). Submitted to the Office of the Vice Provost for Research and Advanced Studies, Iowa State University, as a Science, Technology, and Society Grant (STSG). Requested \$5,000. Not funded.
- 2000 "Toward a dual-mode hypothesis of affective responses to acute exercise" (PI). Submitted to the College of Education, Iowa State University, for a summer salary support grant. Requested: 6-week summer salary. **Funded.**
- 1999 "Network-based laboratory modules for the study of movement biomechanics, and coordination and control" (Co-author with Drs John W. Chow and Les G. Carlton). Submitted to the National Science Foundation, Division of Undergraduate Education (Course, Curriculum, and Laboratory Improvement - Educational Materials Development). Requested: \$292,526. Not funded.
- 1999 "ActToday: Development and pilot testing of a web-based physical activity diary program" (Co-author with Drs Weimo Zhu and Richard A. Washburn). Submitted to the University of Illinois at Urbana-Champaign Research Board. Requested \$13,634. Not funded.
- 1998 "Aerobic exercise intensity and affect: the dual-mode model" (Author). Submitted to the American College of Sports Medicine Foundation. Requested: \$5,000. Not funded.
- 1998 "Further development of a web-based digitized video image system for the study of biomechanics and motor coordination" (Co-author with Drs John W. Chow and Les G. Carlton). Submitted to the University of Illinois at Urbana-Champaign Educational Technologies Board. Requested: \$6,500. **Funded:** \$6,500.
- 1997 "The dose-response relationship in exercise-associated affective changes" (Co-author with Dr Steven J. Petruzzello). Submitted to the University of Illinois at Urbana-Champaign Research Board. Requested: \$16,528. **Funded:** \$9,405.
- 1997 "The dose-response relationship in acute aerobic exercise-induced affective changes: A theory-based psychophysiological investigation" (Author). Submitted to the Life Fitness Research Foundation. Requested: \$2,500. Not funded.

- 1997 "WWW-based instructional resources for the study of the social and psychological aspects of physical activity" (Co-author with Dr Steven J. Petruzzello). Submitted to the University of Illinois at Urbana-Champaign Educational Technologies Board. Requested: \$6,685. **Funded:** \$2,500.

### ***NEWS COVERAGE OF RESEARCH***

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Reuters Health, New York Times, Wall Street Journal, Washington Post, New York Newsday, Health and Human Services Healthbeat, Corriere della Sera (Italy), The Guardian, Runner's World, Smithsonian, Elle, Allure, Health, Prevention, Shape, Self, Weight Watchers magazine, First for Women, IDEA Fitness Journal, Physician's Personal Advisory, Men's Health, Chatelaine (Canada), Medical Post (Canada), Des Moines Register, Ames Tribune, Iowa State Daily.

### ***INVITED LECTURES***

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- July 14-19, 2015 "Escape from cognitivism: Exercise as hedonic experience." Keynote lecture, 14th European Congress of Sport Psychology, European Federation of Sport Psychology. Bern, Switzerland.
- October 20, 2014 Invited seminar presentation. Department of Kinesiology, McMaster University. Hamilton, Ontario, Canada.
- October 18, 2014 "Blood, sweat, and tears in a cognitivist world: Travails of an exercise hedonist (and why you should be one too)." Keynote lecture in Exercise and Sport Psychology, Conference of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS). London, Ontario, Canada.
- October 16, 2014 Invited seminar presentation. School of Kinesiology, Western University. London, Ontario, Canada.
- July 9, 2014 "What's old is new again: The rediscovery of the motivational properties of pleasure in post-cognitivist exercise psychology." Divisional keynote lecture, 28th International Congress of Applied Psychology, International Association of Applied Psychology. Paris, France.
- June 13, 2014 "The reemergence of hedonism in post-cognitivist exercise psychology: Preparing for the field's first veritable paradigmatic transition." Keynote lecture. Annual conference of the North American Society for the Psychology of Sport and Physical Activity. Minneapolis, Minnesota.

- May 29, 2014 "Ratings of pleasure-displeasure as the emerging third pillar of exercise prescription." Tutorial lecture. Annual meeting of the American College of Sports Medicine. Orlando, Florida.
- May 28, 2014 "Physical activity for the treatment of depression: The challenge of critically appraising the evidence." Tutorial lecture. Annual meeting of the American College of Sports Medicine. Orlando, Florida.
- May 13, 2014 "Exercise psychology according to Jillian and Bob: A look at professional practice norms from the perspective of psychological hedonism." Invited seminar presentation. Physical Activity for Health Research Centre, University of Edinburgh, Edinburgh, Scotland.
- May 12, 2014 "Walking and affective response. Part II. Research results." Invited presentation. "Walking for well-being" workshop, organized by the Scottish Universities Insight Institute. Strathclyde University, Glasgow, Scotland.
- May 12, 2014 "Walking and affective response. Part I. Measuring affect." Invited presentation. "Walking for well-being" workshop, organized by the Scottish Universities Insight Institute. Strathclyde University, Glasgow, Scotland.
- February 21, 2014 "Exercise psychology according to Jillian and Bob: A look at professional practice norms from the perspective of psychological hedonism." Keynote lecture. Association for Applied Sport Psychology North Central Regional Conference. Mankato, Minnesota.
- July 17, 2013 "TREAD-UK: The fascinating tale of an NHS guideline, physical activity, depression, a press release, and a million pounds of taxpayers' money." Invited lecture. School of Sport and Education, Brunel University. London, United Kingdom.
- October 27, 2012 "The resurrection of psychological hedonism: The motivational implications of exercise-induced pleasure and displeasure." Keynote lecture. PRACTICE Conference. Lisbon, Portugal.
- June 23, 2012 "The sense of fatigue as an exemplar of Cannon's 'wisdom of the body' and Leder's 'bodily dys-appearance.'" Keynote lecture. Conference entitled "The absent presence of the body in social sciences, art, education and health sciences: Methodological issues and new perspectives." Rethymnon, Greece.

- June 20, 2012 "The pleasure and displeasure people feel when they exercise at different intensities: Psychobiological mechanisms and implications for fatigue." Invited lecture. School of Sport and Education, Brunel University. London, United Kingdom.
- July 1, 2011 "Mens sana: What has modern science shown about the relationship between physical activity and brain health?" Invited lecture. Rethymnon chapter of the Hellenic Society for Alzheimer's Disease and Related Disorders. Rethymnon, Greece.
- March 14, 2011 "The pleasure and displeasure people feel when they exercise: Theory development, neural basis, and motivational implications." Invited lecture. Department of Exercise Science, Elon University. Elon, North Carolina.
- September 13, 2010 "Can public health take the HIT?" Invited lecture. Uniformed Services University (USU) Consortium for Health and Military Performance (CHAMP) symposium on High-intensity Interval Training (HIT). Washington, DC (via teleconference).
- May 4, 2010 "The pleasure and displeasure people feel when they exercise: Methods, theory, and mechanisms." Invited lecture. Department of Physical Education and Sport Science, University of Thessaly, Greece.
- May 4, 2010 "Why is it so hard? A hedonic perspective on exercise behavior and adherence." Invited lecture. Department of Physical Education and Sport Science, University of Thessaly, Greece.
- October 9, 2009 "The pleasure and displeasure people feel when they exercise: Methods, theory and implications for exercise prescription and adherence." Invited seminar presentation. School of Sport and Exercise Sciences. University of Birmingham, Great Britain.
- October 9, 2009 "Why is it so hard? A hedonic perspective on the challenge of exercise adherence in obesity." Invited keynote lecture. Conference of the British Association for Cardiac Rehabilitation. Birmingham, Great Britain.
- October 8, 2009 "The pleasure and displeasure people feel when they exercise: Methods, theory and implications for exercise prescription and adherence." Invited keynote plenary lecture. Conference of the British Association for Cardiac Rehabilitation. Birmingham, Great Britain.

- September 24, 2009 "Acute exercise and affective responses: Theory to practice." British Association of Sport and Exercise Sciences Workshop, entitled "Acute exercise and psychological outcomes: Concepts, methods and implications for research and practice." University of Exeter, Great Britain.
- December 14, 2008 "Pleasure and displeasure responses to exercise: The long road from dualism to functional duality through the dual-mode theory." Plenary lecture. 10th National Congress on Sport Psychology, organized by the Hellenic Society of Sport Psychology. Athens, Greece.
- December 12, 2008 "Physical exercise as a buffer in the relationship between stress and pathogenesis." Four-hour lecture to the "Stress Management" graduate course at the University of Athens Medical School (directed by George P. Chrousos). Athens, Greece.
- October 9, 2007 "Pleasure and displeasure responses to exercise: Theoretical underpinnings and implications for addressing the epidemic of physical inactivity." Workshop on "Pleasure" organized by Professor Michel Cabanac (Université Laval, Canada). Lanzarote, Canary Islands, Spain.
- October 5, 2007 "Affective responses to acute exercise: Theoretical underpinnings and implications for exercise prescription." School of Sport and Exercise Sciences, Loughborough University, Great Britain.
- October 3, 2007 "Affective responses to acute exercise: Theoretical underpinnings and implications for exercise prescription." School of Sport and Health Sciences, University of Exeter, Great Britain.
- September 28, 2007 "Acute exercise and affective responses: Theory to practice." British Association of Sport and Exercise Sciences Workshop, entitled "Acute exercise and psychological outcomes: Concepts, methods and implications for research and practice." University of Exeter, Great Britain.
- September 26, 2007 "Affective responses to physical activity: Implications for mental health practice." Mood Disorders Interest Group, Department of Psychology, University of Exeter, Great Britain.
- June 11, 2007 "Which exercise intensities make us feel good and which do not? A personal retrospective of 15 years of methodological and theoretical pursuits." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.



- December 18, 2006 "Health-oriented exercise prescription: A psychophysiological approach." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.
- December 18, 2006 "The scientific publication process." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.
- June 3, 2004 "If exercise makes people feel better, then why aren't more people active? Maybe it's not that simple after all". Keynote lecture in feature session entitled "The psychology of exercise intensity." Annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
- March 18, 2004 "Exercise intensity and affect: Clues for understanding dropout". Laboratory of Nutrition and Clinical Dietetics, Harokopion University of Athens. Athens, Greece.
- October 20, 2003 "If exercise makes people feel better, why aren't more people active? Clues from the first 30 years of research on the relationship between exercise intensity and affective responses." Department of Health, Exercise, and Sport Sciences, Texas Tech University. Lubbock, Texas.
- July 22, 2003 "Theoretical integration in the study of affective responses to acute exercise: The dual-mode model". Biddle Young Scholar Lecture in Exercise Psychology, Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC; European Federation for the Psychology of Sport and Physical Activity). July 26, 2003, Copenhagen, Denmark.
- March 20, 2003 "The relationship of physical activity, mood, and mental health". Iowa State University Extension via the statewide Iowa Communications Network (ICN). Session entitled "Current research on family mental health issues," part of the Iowa Rural Mental Health Initiative.
- December 10, 2002 "Pleasure and displeasure responses to physical activity in humans: Developing an evolutionary framework." Invited seminar presentation. Department of Biology. Grinnell College. Grinnell, Iowa.
- October, 24, 2002 "'No pain, no gain' or 'Easy does it'? What have we learned about the relationship between exercise intensity and affective responses after 30 years of research?" Laboratory of Nutrition and Clinical Dietetics, Harokopion University of Athens. Athens, Greece.

- October 23, 2002 "Graduate studies in exercise science in the United States of America." Department of Physical Education and Sport Science, University of Athens. Athens, Greece.
- October 22, 2002 "Intensity of acute exercise and affective responses: Theory and application". Department of Physical Education and Sport Science, University of Athens, Athens, Greece.
- March, 24, 2001 "Why doesn't Johnny like to run?" Iowa State University College of Education Research Exchange. Ames, Iowa.

### **BOOKS**

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1. Acevedo, E.O., & **Ekkekakis, P.** (Eds.) (2006). *Psychobiology of physical activity*. Champaign, IL: Human Kinetics.
  - Perna, R., & Monto, K. (2006). Neurophysiology: Basis for the benefits of exercise on physical and mental health. *PsycCRITIQUES*, 51 (34), Article 14.
  - Broom, D.R. (2006). Psychobiology of physical activity. *The Sport and Exercise Scientist*, 9, 25.
  - Shephard, R.J. (2006). Book review: Psychobiology of physical activity. *Applied Physiology, Nutrition, and Metabolism*, 31 (6), 762.
  - Active Living magazine (2006), 15 (1), 10.
  - Backhouse, S.H. (2007). Psychobiology of physical activity. *Sport and Exercise Psychology Review*, 3 (2), 51-53.
2. **Ekkekakis, P.** (Ed.) (2013). *Routledge handbook of physical activity and mental health*. London: Routledge.
  - Taylor, A.H. (2013). *Mental Health and Physical Activity*, 6 (2), 101-102.
3. **Ekkekakis, P.** (2013). *The measurement of affect, mood, and emotion: A guide for health-behavioral research*. New York: Cambridge University Press.
  - Posluszny, D.M., & Dew, M.A. (2014). Better measurement of affect, mood, and emotion in health research: A review of "The Measurement of Affect, Mood, and Emotion: A Guide for Health-Behavioral Research" by Panteleimon Ekkekakis. *PsycCritiques*, 59 (5).
  - Fido, D. (2013). *The Psychologist*, 26 (8).
  - Sydiaha, D. (2013). *Choice: Current Reviews for Academic Libraries*, 51 (4), 730-731.

### **BOOK CHAPTERS**

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1. **Ekkekakis, P.** (in press). Escape from cognitivism: Exercise as hedonic experience. In M. Raab, P. Wylleman, R. Seiler, A.M. Elbe, & A. Hatzigeorgiadis (Eds.), *Sport psychology in Europe at the start of the third millennium*. New York: Elsevier.

2. **Ekkekakis, P.**, Zenko, Z., & Werstein, K.M. (in press). Exercise in obesity from the perspective of hedonic theory: A call for sweeping change in professional practice norms. In S. Razon & M.L. Sachs (Eds.), *Applied exercise psychology: The challenging journey from motivation to adherence*. New York: Routledge.
3. **Ekkekakis, P.** (2014). Affect. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology* (pp. 17-19). Thousand Oaks, CA: Sage.
4. **Ekkekakis, P.** (2014). Affective responses to exercise. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology* (pp. 20-24). Thousand Oaks, CA: Sage.
5. **Ekkekakis, P.** (2014). Hedonic theory. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology* (pp. 335-337). Thousand Oaks, CA: Sage.
6. **Ekkekakis, P.** (2014). Obesity. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology* (pp. 508-510). Thousand Oaks, CA: Sage.
7. **Ekkekakis, P.** (2014). Pleasure. In R.C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology* (pp. 543-544). Thousand Oaks, CA: Sage.
8. Hanin, J., & **Ekkekakis, P.** (2014). Emotions in sport and exercise settings. In A. Papaioannou & D. Hackfort (Eds.), *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts* (pp. 83-104). New York: Routledge.
9. **Ekkekakis, P.**, & Backhouse, S.H. (2014). Physical activity and feeling good. In A. Papaioannou & D. Hackfort (Eds.), *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts* (pp. 687-704). New York: Routledge.
10. **Ekkekakis, P.** (2013). Physical activity as a mental health intervention in the era of managed care: A rationale. In P. Ekkekakis (Ed.), *Routledge handbook of physical activity and mental health* (pp. 1-32). New York: Routledge.
11. **Ekkekakis, P.** (2013). Pleasure from the exercising body: Two centuries of changing outlooks in psychological thought. In P. Ekkekakis (Ed.), *Routledge handbook of physical activity and mental health* (pp. 35-56). New York: Routledge.
12. **Ekkekakis, P.** (2013). Postscript. In P. Ekkekakis (Ed.), *Routledge handbook of physical activity and mental health* (pp. 556-558). New York: Routledge.
13. **Ekkekakis, P.** (2013). Redrawing the model of the exercising human in exercise prescriptions: From headless manikin to a creature with feelings! In J.M. Rippe (Ed.), *Lifestyle medicine* (2nd ed.; pp. 1421-1433). Boca Raton, FL: CRC Press.
14. **Ekkekakis, P.**, & Dafermos, M. (2012). Exercise is a many-splendored thing but for some it does not feel so splendid: Staging a resurgence of hedonistic ideas in the quest to understand exercise behavior. In E.O. Acevedo (Ed.), *The Oxford handbook of exercise psychology* (pp. 295-333). New York: Oxford University Press.
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  23. **Ekkekakis, P.**, & Petruzzello, S.J. (2002). Biofeedback in exercise psychology. In B. Blumenstein, M. Bar-Eli, & G. Tenenbaum (Eds.), *Brain and body in sport and exercise: Biofeedback application in performance enhancement* (pp. 77-100). Chichester, England: John Wiley & Sons.

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25. Mackenzie, M., Carlson, L.E., Paskevich, D.M., **Ekkekakis, P.**, Wurz, A.J., Wytsma, K., Krenz, K.A., McAuley, E., & Culos-Reed, N. (2014). Associations between attention, affect and cardiac activity in a single yoga session for female cancer survivors: An enactive neurophenomenology-based approach. *Consciousness and Cognition*, 27, 129-146.
26. Hall, E.E., Petruzzello, S.J., **Ekkekakis, P.**, Miller, P.C., & Bixby, W.R. (2014). The role of self-reported individual differences in preference for and tolerance of exercise intensity in fitness-testing performance. *Journal of Strength and Conditioning Research*, 28 (9), 2443-2451.
27. Mackenzie, M.J., Carlson, L.E., **Ekkekakis, P.**, Paskevich, D.M., & Culos-Reed, S.N. (2013). Affect and mindfulness as moderators of change in mood disturbance, stress symptoms and quality of life in a community-based yoga program for cancer survivors. *Evidence-Based Complementary and Alternative Medicine*, 2013 (419496), 1-13.

28. **Ekkekakis, P.**, Hargreaves, E.A., & Parfitt, G. (2013). Introduction to special section on affective responses to exercise. *Psychology of Sport and Exercise, 14* (5), 749-750.
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31. Franke, W.D., Kohut, M.L., Russell, D.W., Yoo, H.L., **Ekkekakis, P.**, & Ramey, S.P. (2010). Is job-related stress the link between cardiovascular disease and the law enforcement profession? *Journal of Occupational and Environmental Medicine, 52* (5), 561-565.
32. Holmes, M.E., **Ekkekakis, P.**, & Eisenmann, J.C. (2010). The physical activity, stress, and metabolic syndrome triangle: A guide to unfamiliar territory for the obesity researcher. *Obesity Reviews, 11* (7), 492-507.
33. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2010). Predicting affective responses to exercise using resting EEG frontal asymmetry: Does intensity matter? *Biological Psychology, 83* (3), 201-206.
34. **Ekkekakis, P.**, Lind, E., & Vazou, S. (2010). Affective responses to increasing levels of exercise intensity in normal-weight, overweight, and obese middle-aged women. *Obesity, 18* (1), 79-85.
35. **Ekkekakis, P.** (2009). Illuminating the black box: Investigating prefrontal cortical hemodynamics during exercise with near-infrared spectroscopy. *Journal of Sport and Exercise Psychology, 31* (4), 505-553.
36. **Ekkekakis, P.** (2009). The Dual-Mode Theory of affective responses to exercise in metatheoretical context: II. Bodiless heads, ethereal cognitive schemata, and other improbable dualistic creatures, exercising. *International Review of Sport and Exercise Psychology, 2* (2), 139-160.
37. **Ekkekakis, P.** (2009). The Dual-Mode Theory of affective responses to exercise in metatheoretical context: I. Initial impetus, basic postulates, and philosophical framework. *International Review of Sport and Exercise Psychology, 2* (1), 73-94.
38. **Ekkekakis, P.** (2009). Let them roam free? Physiological and psychological evidence for the potential of self-selected exercise intensity in public health. *Sports Medicine, 39* (10), 857-888.
39. Lind, E., Welch, A.S., & **Ekkekakis, P.** (2009). Do "mind over muscle" strategies work? Examining the effects of attentional association and dissociation on exertional, affective, and physiological responses to exercise. *Sports Medicine, 39* (9), 743-764.
40. Vazou-Ekkekakis, S., & **Ekkekakis, P.** (2009). Affective consequences of imposing the intensity of physical activity: Does the loss of perceived autonomy matter? *Hellenic Journal of Psychology, 6* (2), 125-144.
41. **Ekkekakis, P.** (2008). The genetic tidal wave finally reached our shores: Will it be the catalyst for a critical overhaul of the way we think and do science? *Mental Health and*

- Physical Activity*, 1 (2), 47-52.
42. Smiley-Oyen, A.L., Lowry, K., Francoise, S., Kohut, M., & **Ekkekakis, P.** (2008). Exercise, fitness, and neurocognitive function in older adults: The "selective improvement" and "cardiovascular fitness" hypotheses. *Annals of Behavioral Medicine*, 36 (3), 280-291.
  43. **Ekkekakis, P.** (2008). Affect circumplex redux: The discussion on its utility as a measurement framework in exercise psychology continues. *International Review of Sport and Exercise Psychology*, 1 (2), 139-159.
  44. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2008). The relationship between exercise intensity and affective responses demystified: To crack the forty-year-old nut, replace the forty-year-old nutcracker! *Annals of Behavioral Medicine*, 35 (2), 136-149.
  45. **Ekkekakis, P.**, Lind, E., Hall, E.E., & Petruzzello, S.J. (2008). Do regression-based computer algorithms for determining the ventilatory threshold agree? *Journal of Sports Sciences*, 26 (9), 967-976.
  46. Holmes, M.E., Eisenmann, J.C., **Ekkekakis, P.**, & Gentile, D. (2008). Physical activity, stress and the metabolic syndrome in 8-18 yr old boys. *Journal of Physical Activity and Health*, 5 (2), 294-307.
  47. **Ekkekakis, P.**, Thome, J., Hall, E.E., & Petruzzello, S.J. (2008). The Preference for and Tolerance of the Intensity of Exercise Questionnaire: A psychometric evaluation among college women. *Journal of Sports Sciences*, 26 (5), 499-510.
  48. **Ekkekakis, P.**, Backhouse, S.H., Gray, C., & Lind, E. (2008). Walking is popular among adults but is it pleasant? A framework for clarifying the link between walking and affect as illustrated in two studies. *Psychology of Sport and Exercise*, 9 (3), 246-264.
  49. Lind, E., **Ekkekakis, P.**, & Vazou, S. (2008). The affective impact of exercise intensity that slightly exceeds the preferred level: "Pain" for no added "gain." *Journal of Health Psychology*, 13 (4), 464-468.
  50. **Ekkekakis, P.**, Lind, E., Hall, E.E., & Petruzzello, S.J. (2007). Can self-reported tolerance of exercise intensity play a role in exercise testing? *Medicine and Science in Sports and Exercise*, 39 (7), 1193-1199.
  51. Backhouse, S.H., **Ekkekakis, P.**, Biddle, S.J.H., Foskett, A., & Williams, C. (2007). Exercise makes people feel better but people are inactive: Paradox or artifact? *Journal of Sport and Exercise Psychology*, 29 (4), 498-517.
  52. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2007). Regional brain activity and strenuous exercise: Predicting affective responses using EEG asymmetry. *Biological Psychology*, 75 (2), 194-200.
  53. Eisenmann, J.C., **Ekkekakis, P.**, & Holmes, M. (2006). Sleep duration and overweight among children and adolescents. *Acta Paediatrica*, 95 (8), 956-963.
  54. **Ekkekakis, P.**, & Lind, E. (2006). Exercise does not feel the same when you are overweight: The impact of self-selected and imposed intensity on affect and exertion. *International Journal of Obesity*, 30 (4), 652-660.
  55. **Ekkekakis, P.**, Lind, E., & Joens-Matre, R.R. (2006). Can self-reported preference for exercise intensity predict physiologically defined self-selected exercise intensity? *Research*

- Quarterly for Exercise and Sport*, 77 (1), 81-90.
56. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2005). Is the relationship of perceived exertion to psychological factors intensity-dependent? *Medicine and Science in Sports and Exercise*, 37 (8), 1365-1373.
  57. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2005). Some like it vigorous: Individual differences in the preference for and tolerance of exercise intensity. *Journal of Sport and Exercise Psychology*, 27 (3), 350-374.
  58. Kohut, M.L., Lee, W., Martin, A., Arnston, B.A., Russell, D.W., **Ekkekakis, P.**, Yoon, K.J., Bishop, A., & Cunnick, J.E. (2005). The exercise-induced enhancement of influenza immunity is mediated in part by improvements in psychosocial factors in older adults. *Brain, Behavior, and Immunity*, 19 (4), 357-366.
  59. Lind, E., Joens-Matre, R.R., & **Ekkekakis, P.** (2005). What intensity of physical activity do formerly sedentary middle-aged women select? Evidence of a coherent pattern from physiological, perceptual, and affective markers. *Preventive Medicine*, 40 (4), 407-419.
  60. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2005). Variation and homogeneity in affective responses to physical activity of varying intensities: An alternative perspective on dose-response based on evolutionary considerations. *Journal of Sports Sciences*, 23 (5), 477-500.
  61. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2005). Evaluation of the circumplex structure of the Activation Deactivation Adjective Check List before and after a short walk. *Psychology of Sport and Exercise*, 6 (1), 83-101.
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  63. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2004). Practical markers of the transition from aerobic to anaerobic metabolism during exercise: Rationale and a case for affect-based exercise prescription. *Preventive Medicine*, 38 (2), 149-159.
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  69. **Ekkekakis, P.**, & Petruzzello, S.J. (2001). Analysis of the affect measurement conundrum in exercise psychology: II. A conceptual and methodological critique of the Exercise-induced Feeling Inventory. *Psychology of Sport and Exercise*, 2 (1), 1-26.

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### **MANUSCRIPTS IN PREPARATION**

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1. **Ekkekakis, P.**, Acevedo, E.O., Backhouse, S.H., Biddle, S.J.H., Bixby, W.R., Focht, B.C., Hall, E.E., Hatfield, B.D., Kilpatrick, M.W., Lox, C.L., Parfitt, G.C., Petruzzello, S.J., Reed, J., Rose, E.A., Taylor, A., & Williams, D.M. (in preparation). The study of the exercise-affect relationship forty years later: Central issues in updating the research agenda.
2. **Ekkekakis, P.**, Bixby, W.R., & Vazou, S. (in preparation). The mysterious case of the public health recommendation that is (almost) universally ignored: Exercise nonadherence and dropout in obesity from the perspective of hedonic theory. *Obesity Reviews*.
3. **Ekkekakis, P.** (in preparation). The dual-mode theory of affective responses to exercise in metatheoretical context: III. Headless bodies, soulless automatons, and other cybernetic oddities, exercising. *International Review of Sport and Exercise Psychology*.
4. **Ekkekakis, P.** (in preparation). The dual-mode theory of affective responses to exercise in meta-theoretical context: IV. The long road from dualism to adaptive duality.
5. **Ekkekakis, P.** (in preparation). The integrated psychobiological response to exercise intensity as a basis for exercise prescription.
6. **Ekkekakis, P.** (in preparation). The sense of fatigue conceptualized as an affective state: Theoretical implications and putative neural basis.
7. **Ekkekakis, P.** (in preparation). Circumplex Affect Inventory: Development and validation.
8. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (in preparation). Measuring the dimensions of the affect circumplex in the field: Convergent and discriminant validity of single-item scales of valence and activation.
9. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (in preparation). Self-efficacy and physiological strain in affective responses to acute exercise: Dualism or functional duality?
10. **Ekkekakis, P.**, & Lind, E. (in preparation). Biofeedback and relaxation-based interventions in the context of exercise: Effects on economy, affect, perceived exertion, and tolerance.
11. **Ekkekakis, P.**, Kavouras, S.A., Casa, D.J., Herrera, J.A., Armstrong, L.E., & Maresh, C.M. (in preparation). The concept of the non-specific nature of the stress response revisited: Affective modulation of HPA axis activation in response to exhaustive exercise.

### **PUBLISHED ABSTRACTS**

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1. Jones, L., Karageorghis, C.I., **Ekkekakis, P.**, & Bishop, D.T. (2014). Psychological and psychophysiological effects of music and video during exercise. *Journal of Sports Sciences*, 32 (Suppl. 1), S57.
2. **Ekkekakis, P.** (2014). The reemergence of hedonism in post-cognitivist exercise psychology: Preparing for the field's first veritable paradigmatic transition. *Journal of Sport and Exercise Psychology*, 36 (Suppl.), S1.
3. **Ekkekakis, P.** (2014). How does dissociation enhance affective responses to exercise? Insights from prefrontal hemodynamics. *Journal of Sport and Exercise Psychology*, 36

- (Suppl.), S11.
4. Zenko, Z., & **Ekkekakis, P.** (2014). Do health and fitness professionals know the American College of Sports Medicine's exercise prescription guidelines? *Medicine and Science in Sports and Exercise*, 46 (5), 834.
  5. Tempest, G.D., Parfitt, G., & **Ekkekakis, P.** (2013). Insight into the neural basis of why we feel how we feel during exercise. *Frontiers in Human Neuroscience*. doi: 10.3389/conf.fnhum.2013.213.00047
  6. Welch, A.S., **Ekkekakis, P.**, Decker, E., SoundaraPandian, S., & Werstein, K.M. (2012). Peak affective exercise experiences predict future exercise decisions of overweight and obese adults. *Annals of Behavioral Medicine*, 43 (Suppl. 1), S283.
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  8. Lind, E., Welch, A.S., & **Ekkekakis, P.** (2011). Attentional association-dissociation and post-exercise affect and enjoyment. *Medicine and Science in Sports and Exercise*, 43 (5), S830.
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  15. Welch, A.S., **Ekkekakis, P.**, & Lind, E. (2008). Investigating prefrontal cortical dynamics during exercise using near-infrared spectroscopy (NIRS). *Medicine and Science in Sports and Exercise*, 40 (5), S300.
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  17. **Ekkekakis, P.** (2006). Exercise as stress: Pleasure as a window into a possible dual-route control model. *Psychophysiology*, 43 (S1), S8.

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- Development and validation of the Circumplex Affect Inventory. *Journal of Sport and Exercise Psychology*, 22, S36.
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69. **Ekkekakis, P.**, Kakkos, V., Psychountaki, M., & Zervas, Y. (1993). Competitive anxiety: A paradigm of applied psychodiagnostic procedure in high-level athletics [in Greek]. *Exercise and Society: Journal of Sports Science* (Komotini), 6 (Suppl.), 88.
70. **Ekkekakis, P.**, & Benakis, A. (1992). The effect of a single bout of aerobic exercise on mood: Co-examination of biological and psychological parameters in a controlled field study [in Greek]. *Athlitiki Psychologia* (Athens), 6, 62-63.
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### **CONFERENCE PRESENTATIONS**

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1. Jones, L., Karageorghis, C.I., **Ekkekakis, P.**, & Bishop, D.T. (2014, November). *Psychological and psychophysiological effects of music and video during exercise*. Paper presented at the annual conference of the British Association of Sport and Exercise Sciences. Burton-Upon-Trent, United Kingdom.
2. Jones, L., Karageorghis, C.I., & **Ekkekakis, P.** (2014, July). *Psychological and psychophysiological effects of music and video during exercise*. Paper presented at the 28th International Congress of Applied Psychology. Paris, France.
3. **Ekkekakis, P.** (2014, June). *How does dissociation enhance affective responses to exercise?*

- Insights from prefrontal hemodynamics*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Minneapolis, Minnesota.
4. Zenko, Z., & **Ekkekakis, P.** (2014, May). *Do health and fitness professionals know the American College of Sports Medicine's exercise prescription guidelines?* Paper presented at the annual meeting of the American College of Sports Medicine. Orlando, Florida.
  5. **Ekkekakis, P.** (2014, May). *Knowledge of exercise prescription guidelines across a four-year kinesiology curriculum: Implications for evidence-based practice*. Paper presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity. San Diego, California.
  6. Tempest, G.D., Parfitt, G., & **Ekkekakis, P.** (2013, November). *Insight into the neural basis of why we feel how we feel during exercise*. Paper presented at the 23rd Annual meeting of the Australasian Society for Psychophysiology. Wollongong, Australia.
  7. Mackenzie, M.J., Carlson, L.E., Paskevich, D.M., **Ekkekakis, P.**, Wurz, A.J., Wytsma, K., Krenz, K.A., & Culos-Reed, S.N. (2013, June). *Associations between affect, attention and heart rate variability in a single yoga session for cancer survivors: A neurophenomenological approach*. Paper presented at the Mind and Life Summer Research Institute. Garrison, New York.
  8. Decker, E.S., & **Ekkekakis, P.** (2012, May). *Can public health take the HIT? High-intensity interval training and affect in obese women*. Paper presented at the annual meeting of the American College of Sports Medicine. San Francisco, California.
  9. Welch, A.S., **Ekkekakis, P.**, Decker, E., SoundaraPandian, S., & Werstein, K.M. (2012, April). *Peak affective exercise experiences predict future exercise decisions of overweight and obese adults*. Paper presented at the annual meeting of the Society for Behavioral Medicine. New Orleans, Louisiana.
  10. **Ekkekakis, P.**, & Decker, E.S. (2011, July). *Can public health take the HIT? Impact of high-intensity interval training on affect in obese inactive women*. Paper presented at the conference of the European Federation for the Psychology of Sport and Physical Activity. Madeira, Portugal.
  11. Vazou, S., & **Ekkekakis, P.** (2011, July). *Manipulating autonomy during exercise in inactive women: Impact on affective responses*. Paper presented at the conference of the European Federation for the Psychology of Sport and Physical Activity. Madeira, Portugal.
  12. Tempest, G., **Ekkekakis, P.**, Broomfield, C., Drewell, L., & Parfitt, G. (2011, July). *Cerebral asymmetry during exercise using near infrared spectroscopy: An examination of self-reported tolerance*. Paper presented at the annual conference of the European College of Sport Science. Liverpool, United Kingdom.
  13. Werstein, K.M., **Ekkekakis, P.**, & Welch, A.S. (2011, May). *Tackling the challenge of exercise avoidance among overweight and obese adults: Does the pleasure experienced during exercise play a role?* Paper presented at the symposium entitled "Origins of obesity: Maternal, epigenetic and lifestyle factors." Nutrition and Wellness Research Center, Iowa State University, Ames, Iowa.



14. Welch, A.S., **Ekkekakis, P.**, & SoundaraPandian, S. (2011, May). *Does adding a low-intensity, positive end to exercise impact future exercise choice of overweight inexperienced exercisers? Implications for exercise prescription.* Paper presented at the symposium entitled "Origins of obesity: Maternal, epigenetic and lifestyle factors." Nutrition and Wellness Research Center, Iowa State University, Ames, Iowa.
15. Lind, E., Welch, A.S., & **Ekkekakis, P.** (2011, June). *Attentional association-dissociation and post-exercise affect and enjoyment.* Paper presented at the annual conference of the American College of Sports Medicine. Denver, Colorado.
16. Franke, W.D., Kohut, M.L., Russell, D.W., Yoo, H.L., & **Ekkekakis, P.** (2010, June). *Is job-related stress the link between cardiovascular disease and the law enforcement profession?* Paper presented at the annual conference of the American College of Sports Medicine. Baltimore, Maryland.
17. SoundaraPandian, S., **Ekkekakis, P.**, & Welch, A.S. (2010, June). *Exercise as an affective experience: Does adding a positive end impact future exercise choice?* Paper presented at the annual conference of the American College of Sports Medicine. Baltimore, Maryland.
18. Lind, E., Welch, A.S., & **Ekkekakis, P.** (2010, June). *Influence of attentional association and dissociation on affective responses during incremental cycling ergometry.* Paper presented at the annual conference of the American College of Sports Medicine. Baltimore, Maryland.
19. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2008, October). *Predicting affective responses using resting frontal EEG asymmetry: Does exercise intensity matter?* Paper presented at the annual meeting of the Society for Psychophysiological Research. Austin, Texas.
20. Smiley-Oyen, A.L., **Ekkekakis, P.**, Lowry, K., Francoise, S., & Kohut, M. (2008, June). *Exercise, fitness, and neurocognitive function in older adults: The "selective improvement" and "cardiovascular fitness" hypotheses.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Niagara Falls, Ontario.
21. Lind, E., **Ekkekakis, P.**, & Backhouse, S.H. (2008, May). *Role for core temperature in affective responses to strenuous exercise in obesity.* Paper presented at the annual conference of the American College of Sports Medicine. Indianapolis, Indiana.
22. Welch, A.S., **Ekkekakis, P.**, & Lind, E. (2008, May). *Investigating prefrontal cortical dynamics during exercise using near-infrared spectroscopy (NIRS).* Paper presented at the annual conference of the American College of Sports Medicine. Indianapolis, Indiana.
23. Backhouse, S.H., **Ekkekakis, P.**, Biddle, S.J.H., & Williams, C. (2007, September). *The exercise-affect relationship: A measurement and methodological analysis.* Paper presented at the 12th European Congress of Sport Psychology. Halkidiki, Greece.
24. Holmes, M. E., Eisenmann, J. C., **Ekkekakis, P.**, & Gentile, D. (2007, June). *Physical activity, stress and the metabolic syndrome in 8-18 yr old boys.* Paper presented at the annual meeting of the American College of Sports Medicine. New Orleans, Louisiana.
25. **Ekkekakis, P.** (2006, October). *Exercise as stress: Pleasure as a window into a possible dual-route control model.* Paper presented at the annual meeting of the Society for

- Psychophysiological Research. Vancouver, British Columbia.
26. Backhouse, S.H., Bishop, N.C., Biddle, S.J.H., Williams, C., & **Ekkekakis, P.** (2006, June). *Caffeine ingestion prior to prolonged cycling can enhance positive affect and reduce perceived exertion*. Paper presented at the annual meeting of the American College of Sports Medicine. Denver, Colorado.
  27. Kamel, K.S., **Ekkekakis, P.**, & Sharp, R.L. (2006, June). *Salivary cortisol and affective changes during a swimming training program*. Paper presented at the annual meeting of the American College of Sports Medicine. Denver, Colorado.
  28. Eisenmann, J.C., **Ekkekakis, P.**, & Holmes, M.E. (2005, October). *Sleep duration, overweight, and waist circumference in 7-15 year old youth*. Paper presented at the annual scientific meeting of the North American Association for the Study of Obesity. Vancouver, British Columbia.
  29. **Ekkekakis, P.**, & Lind, E. (2005, August). *The dual-mode model of affective responses to exercise of varying intensities: A new perspective on the dose-response relationship*. Paper presented at the 11<sup>th</sup> World Congress of Sport Psychology. Sydney, Australia.
  30. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2005, August). *Is the role of cognitive factors in exercise responses intensity-dependent? Extending the dual-mode model to perceived exertion*. Paper presented at the 11<sup>th</sup> World Congress of Sport Psychology. Sydney, Australia.
  31. Lind, E., & **Ekkekakis, P.** (2005, June). *Interindividual variation in exertion ratings: Do dispositional constructs play a role?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. St Pete's Beach, Florida.
  32. **Ekkekakis, P.** (2005, June). *Affective responses to acute exercise*. Symposium paper presented at the annual meeting of the American College of Sports Medicine. Nashville, Tennessee.
  33. Lind, E., **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2005, June). *Comparison of computerized methods for determining the gas exchange threshold*. Paper presented at the annual meeting of the American College of Sports Medicine. Nashville, Tennessee.
  34. Kohut, M.L., Senchina, D., Konopka, D., Lee, W., Martin, A., Russell, D., Franke, W., & **Ekkekakis, P.** (2005, June). *Do psychosocial factors contribute to the exercise-induced alterations of influenza immunity and inflammatory mediators?* Paper presented at the annual meeting of the American College of Sports Medicine. Nashville, Tennessee.
  35. Kohut, M.L., Lee, W., Martin, A., Arnston, B.A., Russell, D.W., **Ekkekakis, P.**, Bishop, A., & Cunnick, J.E. (2004, May). *An exercise intervention enhances influenza immunity, improves psychosocial factors and alters the relationship between psychosocial variables and immunocompetence in older adults*. Paper presented at the annual meeting of the Psychoneuroimmunology Research Society (PNIRS). Titisee, Germany.
  36. **Ekkekakis, P.** (2004, June). *Teaching the relationships between exercise, stress, and disease*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Vancouver, British Columbia, Canada.
  37. Lind, E., Joens-Matre, R.R., & **Ekkekakis, P.** (2004, June). *Small changes, big differences:*

- Affective responses during exercise of self-selected and imposed intensity.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Vancouver, British Columbia, Canada.
38. Joens-Matre, R.R., Lind, E., & **Ekkekakis, P.** (2004, June). *BMI, social physique anxiety, and affective responses to physical activity in sedentary, middle-aged women.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
  39. Lind, E., Joens-Matre, R.R., & **Ekkekakis, P.** (2004, June). *From art to science: Predicting self-selected exercise intensity from self-reported individual differences in intensity preference.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
  40. Petruzzello, S.J., Gerlach, J., Hall, E.E., & **Ekkekakis, P.** (2004, June). *Individual differences in preference for and tolerance of exercise intensity: Ongoing psychometric evaluation of the PRETIE-Q.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
  41. Joens-Matre, R.R., Lind, E., & **Ekkekakis, P.** (2003, October). *Social physique anxiety and body mass index moderate affective responses during exercise.* Paper presented at the Cooper Institute conference "Physical activity and mental health: A multidisciplinary approach". Dallas, Texas.
  42. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2003, October). *Influence of the Big-5 personality factors on affective responses to exercise at 3 different exercise intensities.* Paper presented at the Cooper Institute conference "Physical activity and mental health: A multidisciplinary approach". Dallas, Texas.
  43. **Ekkekakis, P.** (2003, July). *Theoretical integration in the study of affective responses to acute exercise: The dual-mode model.* Paper presented at the annual meeting of the European Federation for the Psychology of Sport and Physical Activity. Copenhagen, Denmark.
  44. Joens-Matre, R.J., Lind, E., & **Ekkekakis, P.** (2003, June). *Exercise intensity and affective responses in sedentary middle-aged women.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Savannah, Georgia.
  45. Lind, E., Joens-Matre, R., & **Ekkekakis, P.** (2003, May). *Selection of exercise intensity by formerly sedentary middle-aged women: A psycho-physiological perspective.* Paper presented at the annual conference of the American College of Sports Medicine. San Francisco, California.
  46. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2002, June). *Affective responses to a graded treadmill test: Is the ventilatory threshold the turning point toward negativity?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Baltimore, Maryland.
  47. Joens-Matre, R.R., & **Ekkekakis, P.** (2002, June). *Can short walks enhance affect in older adults?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Baltimore, Maryland.

48. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2002, June). *Pre- to post-exercise changes in affect across three running intensities: How quickly do dose-response effects disappear?* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Baltimore, Maryland.
49. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2002, June). *Intensity-dependent patterns of interindividual variability in affective responses to acute exercise.* Paper presented at the annual conference of the American College of Sports Medicine. Saint Louis, Missouri.
50. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2002, June). *Personality correlates of perceived exertion across increasing levels of exercise intensity.* Paper presented at the annual conference of the American College of Sports Medicine. Saint Louis, Missouri.
51. **Ekkekakis, P.** (2001, June). *The measurement of exercise-induced affective states: Past mistakes, present dilemmas, future prospects.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
52. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Rationale and introduction to the project.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
53. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Planning and development of measure.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
54. Petruzzello, S.J., **Ekkekakis, P.**, & Hall, E.E. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Concurrent validity and reliability studies.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
55. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2001, June). *Individual differences in preference for and tolerance of exercise intensity: Predicting affective responses.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. Saint Louis, Missouri.
56. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2001, June). *Intensity of acute exercise and affect: A critical reexamination of the dose-response relationship.* Paper presented at the annual conference of the American College of Sports Medicine. Baltimore, Maryland.
57. Bell, G.W., & **Ekkekakis, P.** (2001, January). *A web-based short term clinical affiliation evaluation form and supervisor form in a multi-level clinical experience.* Paper presented at the annual conference of the National Athletic Trainers' Association. Dallas, Texas.
58. **Ekkekakis, P.** (2000, June). *Measuring affective responses to acute exercise the circular way: Development and validation of the Circumplex Affect Inventory.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. San Diego, California.
59. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2000, June). *A circumplex analysis of the*

- Activation Deactivation Adjective Checklist in the context of acute physical activity.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
60. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (2000, June). *Convergent and discriminant validity of single-item scales of affective valence and activation.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
  61. Montero, K.M., **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (2000, June). *A comparison of two multi-item dimensional measures of affect: Assessing the effects of cardio-boxing.* Paper presented at the annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.
  62. Carlton, L.G., Chow, J.W., **Ekkekakis, P.**, Shim, J., Ichiyama, R., & Carlton, M.J. (2000, June). *Web-based system for the study of motor coordination.* Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity. San Diego, California.
  63. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1999, June). *Dynamics and physiological correlates of affect during a maximal exercise test.* Paper presented at the annual meeting of the American College of Sports Medicine. Seattle, Washington.
  64. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1999, June). *Cognitive and physiological correlates of affect during a maximal exercise test.* Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, Florida.
  65. **Ekkekakis, P.**, Hall, E.E., vanLanduyt, L.M., & Petruzzello, S.J. (1999, June). *Walking in (affective) space: Can short walks enhance affect?* Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, Florida.
  66. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1999, June). *Affective changes to a graded maximal exercise test.* Paper presented at the annual meeting of the American College of Sports Medicine. Seattle, Washington.
  67. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1999, June). *Self-selected intensity during a 10-min walk: A test of theoretical constructs.* Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. Clearwater Beach, Florida.
  68. Petruzzello, S.J., Hall, E.E., & **Ekkekakis, P.** (1999, June). *Regional brain activation as a biological marker of affective responsivity to maximal exercise.* Paper presented at the annual meeting of the American College of Sports Medicine. Seattle, Washington.
  69. Zervas, Y., Psychountaki, M., & **Ekkekakis, P.** (1999, July). *Affective changes during and following acute aerobic exercise: Freely selected versus imposed levels of intensity.* Paper presented at the 10<sup>th</sup> European Congress of Sport Psychology. Prague, Czech Republic.
  70. **Ekkekakis, P.**, Kavouras, S.A., Casa, D.J., Herrera, J.A., Armstrong, L.E., & Maresch, C.M. (1998, June). *Affective modulation of HPA axis activation in response to exhaustive exercise.* Paper presented at the annual meeting of the American College of Sports Medicine. Orlando,

- Florida.
71. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1998, June). *Regional brain activation as a biological marker of affective responsivity to acute exercise: Influence of fitness*. Paper presented at the annual meeting of the American College of Sports Medicine. Orlando, Florida.
  72. Petruzzello, S.J., Hall, E.E., & **Ekkekakis, P.** (1998, June). *The influence of body position on regional brain activation*. Paper presented at the annual meeting of the American College of Sports Medicine. Orlando, Florida.
  73. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, June). *Psychometric properties of the State Anxiety Inventory (SAI) in the context of acute aerobic exercise: Another look*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, Illinois.
  74. Hall, E.E., **Ekkekakis, P.**, VanLanduyt, L.M., & Petruzzello, S.J. (1998, June). *Inability of frontal asymmetry to predict affective changes to 10-min walk*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, Illinois.
  75. VanLanduyt, L.M., **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, June). *Positive affective changes following a 10-minute outdoor walk*. Paper presented at the annual conference of the North American Society for the Psychology of Sport and Physical Activity. St. Charles, Illinois.
  76. **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, February). *Psychometric properties of the State Anxiety Inventory (SAI) in the context of acute aerobic exercise: Another look*. Paper presented at the Midwest Sport and Exercise Psychology Symposium. Champaign, Illinois.
  77. Hall, E.E., **Ekkekakis, P.**, VanLanduyt, L.M., & Petruzzello, S.J. (1998, February). *Regional brain activation reflects approach/withdrawal motivation*. Paper presented at the Midwest Sport and Exercise Psychology Symposium. Champaign, Illinois.
  78. VanLanduyt, L.M., **Ekkekakis, P.**, Hall, E.E., & Petruzzello, S.J. (1998, February). *Can short bouts of walking stimulate affective change?* Paper presented at the Midwest Sport and Exercise Psychology Symposium. Champaign, Illinois.
  79. Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1997, October). *Resting frontal asymmetry as a biological marker of affective responsivity to acute exercise*. Paper presented at the annual meeting of the Midwest Regional Chapter of the American College of Sports Medicine. South Bend, Indiana.
  80. **Ekkekakis, P.**, Kavouras, S.A., Casa, D.J., Herrera, J.A., Armstrong, L.E., Maresh, C.M., & Petruzzello, S.J. (1997, July). *Affective responses to a bout of exhaustive exercise in the heat in dehydrated and rehydrated states: In search of physiological correlates*. Paper presented at the IX World Congress of Sport Psychology. Netanya, Israel.
  81. Zervas, Y., Psychountaki, M., Stavrou, N., & **Ekkekakis, P.** (1997, July). *The effects of physical education lessons on mood states of high school children*. Paper presented at the IX World Congress of Sport Psychology. Netanya, Israel.

82. **Ekkekakis, P.** (1997, May). *Mapping the effects of acute physical activity in affective space*. Paper presented at the American College of Sports Medicine Annual Meeting. Denver, Colorado.
83. Dzewaltowski, D.A., **Ekkekakis, P.**, & Patrick, L. (1997, May). *The dimensions of physical activity: Preferences and perceptions of young adults*. Paper presented at the American College of Sports Medicine Annual Meeting. Denver, Colorado.
84. Dzewaltowski, D.A., Patrick, L.E., **Ekkekakis, P.**, & Pothakos, K. (1997, April). *The dimensions of physical activity: Preferences and perceptions of adolescents*. Paper presented at the Society of Behavioral Medicine 18th Annual Meeting. San Francisco, California.
85. Van Staveren, T., Achord, S., Hall, E.E., **Ekkekakis, P.**, & Petruzzello, S.J. (1997, May). *Effects of exercise and relaxation on affect and brain activity*. Paper presented at the American College of Sports Medicine Annual Meeting. Denver, Colorado.
86. Zervas, Y., **Ekkekakis, P.**, Emmanouel, K., Psychountaki, M., Kakkos, V. (1995, July). *The effects of aerobic exercise on mood states*. Paper presented at the IV European Congress of Psychology. Athens, Greece.
87. Dzewaltowski, D.A., **Ekkekakis, P.**, Patrick, L.E., & Hollander, D.B. (1995, September). *Perception of physical activities in young adults*. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference. New Orleans, Louisiana.
88. **Ekkekakis, P.**, Patrick, L.E., Hollander, D.B., & Pothakos, K. (1995, May). *The development of a sport-specific measure of self-deception and impression management*. Paper presented at the American College of Sports Medicine Annual Meeting. Minneapolis, Minnesota.
89. **Ekkekakis, P.**, & Zervas, Y. (1993, June). *The effect of a single bout of aerobic exercise on mood: Co-examination of biological and psychological parameters in a controlled field study*. Paper presented at the VIII World Congress of Sport Psychology. Lisbon, Portugal.
90. Zervas, Y., **Ekkekakis, P.**, Emmanouel, K., Psychountaki, M., & Kakkos, V. (1993, June). *The acute effects of increasing levels of aerobic exercise intensity on mood states*. Paper presented at the VIII World Congress of Sport Psychology. Lisbon, Portugal.
91. Zervas, Y., **Ekkekakis, P.**, Emmanouel, K., Psychountaki, M., & Kakkos, V. (1993, May). *The acute effects of increasing levels of aerobic exercise intensity on mood states*. Paper presented at the 4th Hellenic Congress of Psychological Research. Thessaloniki, Greece.
92. Psychountaki, M., Kakkos, V., **Ekkekakis, P.**, & Zervas, Y. (1993, May). *Psychological preparation of elite athletes: Contemporary approaches and case studies*. Paper presented at the 4th Hellenic Congress of Psychological Research. Thessaloniki, Greece.
93. **Ekkekakis, P.**, Kakkos, V., Psychountaki, M., & Zervas, Y. (1993, May). *Competitive anxiety: A paradigm of applied psychodiagnostic procedure in high-level athletics*. Paper presented at the 1st International Congress on Physical Education and Sport. Komotini, Greece.
94. **Ekkekakis, P.**, & Benakis, A. (1992, October). *The effect of a single bout of aerobic exercise on mood: Co-examination of biological and psychological parameters in a controlled field study*. Paper presented at the 2nd National Hellenic Congress of Sport Psychology. Athens,

- Greece.
95. Kakkos, V., **Ekkekakis, P.**, & Zervas, Y. (1992, October). *The effect of gender, type of sport, and level of participation on athletes' generalized expectancies of outcome control*. Paper presented at the 2nd National Hellenic Congress of Sport Psychology. Athens, Greece.
  96. **Ekkekakis, P.**, Provias, N., & Kavouras, S. (1992, May). *Aggressive and violent behavior of fans in soccer fields*. Paper presented at the Horizons of Sport Sciences Conference. Athens, Greece.



**APPENDIX: CITATIONS IN THE LITERATURE** (over 2,600 excluding self-citations)

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"Following classic attempts to understand the relationship between body and mind (e.g., James, Cannon), and more recent attempts to understand the relationship between brain and mind (e.g., Davidson, LeDoux), the author's research, like Damasio's, may contribute to our understanding of the relationships among body, brain, and mind" (Anonymous reviewer of the first manuscript describing my Dual-Mode Theory, in *Cognition and Emotion*, Ekkekakis, 2003).

"The topic of exercise and 'mental health' is not new but authors have used a plethora of methods and terminology that make the field less than coherent and, at times, difficult to review. Ekkekakis and Petruzzello have provided an in-depth and critical analysis of such issues and returned to sound theoretical and methodological principles in critiquing the field and making recommendations for measuring affect in exercise research. They have been very thorough in documenting their arguments" (Biddle, 2000, p. 69).

"Ekkekakis and Petruzzello (1999, 2002) offer the most extensive conceptual work on emotion in sport and exercise psychology and their circumplex model of affect is a useful base for research on physical activity and emotion" (Gill & Williams, 2008, p. 168).

"In his keynote address to the XIth European Congress of Sport Psychology, Ekkekakis (2003; Ekkekakis, Hall, & Petruzzello, 2005) described a new theoretical framework from which to develop a deeper understanding of the affective responses to acute exercise. He proposed the dual-mode model. With a basis in evolutionary theory, affective neuroscience and the adaptational implications of different exercise intensities, the model overcomes major limitations previously identified within the study of affective responses to exercise (Ekkekakis & Petruzzello, 1999). As a result, this theoretical framework has provided greater conceptual and theoretical clarity and offers a platform from which to base future research into the exercise-affect relationship" (Rose & Parfitt, 2005, *ISSP Proceedings*).

"The sixth chapter is written by a Greek researcher now active in the USA, Panteleimon Ekkekakis, and is based on his 'Biddle Young Scholar Lecture on Exercise Psychology' at the conference. In my mind one of the most impressive talks of the conference, I was no less impressed by his chapter. ... In sum, Ekkekakis' impressive knowledge of exercise physiology and evolutionary factors has led to a very convincing exercise psychology of exercise-induced affect. Anybody with an interest in variables such as mood, exercise adherence, exercise on prescription, and the exercise intensities at which psychological interventions may be useful ought to read this chapter" (Nordin, 2005; Review of the book "*New Approaches to Sport and Exercise Psychology*," idrottsforum.org).

"Ekkekakis (2003) recently proposed the dual-mode model, which, arguably, brings greater conceptual and theoretical clarity to understanding the exercise-affect relationship and provides a solid platform from which further research can develop" (Rose & Parfitt, 2007, p. 282).

"Ekkekakis and colleagues (Ekkekakis, 2003; Ekkekakis et al., 2005; Ekkekakis & Petruzzello, 2000, 2002) have provided a number of critical insights over the past several years that have laid the groundwork for examination of the proposed exercise-affect-adherence relationship" (Williams, 2008, p. 472).

"Contemporary conceptually driven models integrating physical activity, neurobiological structures, cognitive functions, and emotional reactivity have stimulated research on the impact of even low-intensity or dose activity on emotional states (Ekkekakis & Acevedo, 2006)" (Salmon & Jablonski, 2010, p. 251).

"The characteristics of exercise itself pose some key barriers to regular and effective exercise participation for obese individuals. Indeed, given the amount of activity required for these individuals, these barriers may prove to be some of the most significant -- but also potentially some of the most addressable. Exercise psychology research has greatly informed our understanding of these factors, and places the profession at a critical position in being able to guide practice and develop understanding of these issues. A body of research directed by Panteleimon Ekkekakis has shed light on the conundrum associated with the largely held wisdom that exercise makes you feel good -- even though few actually do exercise" (Marchant, 2011, pp. 20-21).

1. Abadi, F.H., Muhamad, T.A., & Salamuddin, N. (2010). Energy expenditure through walking: Meta analysis on gender and age. *Procedia, Social and Behavioral Sciences*, 7(C), 512-521. **[1 citation]**
2. Abeln, V., & Schneider, S. (2012). Physical countermeasures to stress. In A. Choukèr (Ed.), *Stress challenges and immunity in space: From mechanisms to monitoring and preventive strategies* (pp. 373-386). New York: Springer Verlag. **[3 citations]**
3. Abou-Dest, A., Albinet, C.T., Boucard, G., & Audiffren, M. (2012). Swimming as a positive moderator of cognitive aging: A cross-sectional study with a multi-task approach. *Journal of Aging Research*, 2012 (273185), 1-12. **[1 citation]**
4. Acevedo, E.O., Kraemer, R.R., Kamimori, G.H., Durand, R.J., Johnson, L.G., & Castracane, V.D. (2007). Stress hormones, effort sense, and perceptions of stress during incremental exercise: An exploratory investigation. *Journal of Strength and Conditioning Research*, 21 (1), 283-288. **[2 citations]**
5. Acevedo, E.O., Webb, H.E., & Huang, C.J. (2012). Cardiovascular health implications of combined mental and physical challenge. In E.O. Acevedo (Ed.), *The Oxford handbook of exercise psychology* (pp. 169-191). New York: Oxford University Press. **[2 citations]**
6. Adair, J.D., Wollner, S.B., DaCosta, M.E., & Blackburn, G.L. (2010). Progressive resistance training for patients with Class III obesity. *Obesity and Weight Management*, 6 (3), 115-118. **[1 citation]**
7. Adamo, K.B., Rutherford, J.A., & Goldfield, G.S. (2010). Effects of interactive video game cycling on overweight and obese adolescent health. *Applied Physiology, Nutrition, and Metabolism*, 35 (6), 805-815. **[1 citation]**

8. Adams, M.M., Davis, P.G., & Gill, D.L. (2013). A hybrid online intervention for reducing sedentary behavior in obese women. *Frontiers in Public Health, 1* (45). **[1 citation]**
9. Afrin, L.D. (2013). Presentation, diagnosis, and management of mast cell activation syndrome. In D.B. Murray (Ed.), *Mast cells: Phenotypic features, biological functions and role in immunity* (pp. 155-232). Hauppauge, NY: Nova Science. **[2 citations]**
10. Ahmadabady, Z.N., Hoseini, R., & Hoseini, M. (2014). A comparison mental health, physical symptoms, anxiety and sleeping disorders and disorders in social function among male and female athletes and non-athletes students. *Pedagogics, psychology, medical-biological problems of physical training and sports, 8*, 51-56. **[1 citation]**
11. Aitchison, C., Turner, L.A., Ansley, L., Thompson, K.G., Micklewright, D., & St Clair Gibson, A. (2013). Inner dialogue and its relationship to perceived exertion during different running intensities. *Perceptual and Motor Skills, 117* (1), 11-30. **[1 citation]**
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13. Al-Eisa, E., Buragadda, S., & Melam, G.R. (2014). Association between physical activity and psychological status among Saudi female students. *BMC Psychiatry, 14* (1), 238. **[1 citation]**
14. Alexandre, F., Heraud, N., Oliver, N., & Varray, A. (2014). Cortical implication in lower voluntary muscle force production in non-hypoxemic COPD patients. *PLoS ONE, 9* (6), e100961. **[1 citation]**
15. Alfermann, D. (2003). Applications of diagnostic tools in exercise psychology. *International Journal of Sport and Exercise Psychology, 1* (1), 27-39. **[3 citations]**
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18. Al-Hazzaa, H.M., Musaiger, A.O., Abahussain, N.A., Al-Sobayel, H.I., & Qahwaji, D.M. (2014). Lifestyle correlates of self-reported sleep duration among Saudi adolescents: A multicentre school-based cross-sectional study. *Child: Care, Health and Development, 40* (4), 533-542. **[1 citation]**
19. Alix-Sy, D., Le Scanff, C., & Filaire, E. (2008). Psychophysiological responses in the pre-competition period in elite soccer players. *Journal of Sports Science and Medicine, 7* (4), 446-454. **[1 citation]**
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**BIBLIOMETRIC ANALYSIS OF IMPACT****Non-self Citation Summary Table**

<2003	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	in press	Total
63	51	48	76	100	146	203	229	292	275	422	403	299	1	81	2689

**2013 Rankings and Impact Factors of Journals**

<i>Journal Title</i>	<b>Pubs</b>	<b>SJR*</b>	<b>I.F.</b>
1 <i>Obesity Reviews</i>	1	3.638	7.859
2 <i>Brain, Behavior, and Immunity</i>	1	2.967	6.128
3 <i>Sports Medicine</i>	4	2.771	5.320
4 <i>International Journal of Obesity</i>	1	2.444	5.386
5 <i>Psychophysiology</i>	1	1.877	3.180
6 <i>Obesity</i>	1	2.209	4.389
7 <i>Annals of Behavioral Medicine</i>	2	1.851	3.621
8 <i>Medicine and Science in Sports and Exercise</i>	2	2.253	4.459
9 <i>Biological Psychology</i>	2	1.891	3.473
10 <i>Preventive Medicine</i>	2	1.837	2.932
11 <i>Journal of Sport and Exercise Psychology</i>	5	1.573	2.593
12 <i>Journal of Occupational and Environmental Medicine</i>	1	0.857	1.797
13 <i>Journal of Behavioral Medicine</i>	1	1.061	2.855
14 <i>Cognition and Emotion</i>	1	1.594	2.311
15 <i>Consciousness and Cognition</i>	1	1.639	2.235
15 <i>Journal of Sports Sciences</i>	3	1.311	2.095
16 <i>Journal of Strength and Conditioning Research</i>	1	1.350	1.858
17 <i>Journal of Health Psychology</i>	1	0.983	1.826
18 <i>Acta Paediatrica</i>	1	1.033	1.842
19 <i>British Journal of Health Psychology</i>	1	1.108	2.045
20 <i>Psychology of Sport and Exercise</i>	9	0.956	1.768
21 <i>Behavior Research Methods</i>	1	1.812	2.458
22 <i>Evidence-Based Complementary and Alternative Medicine</i>	1	0.416	2.175
23 <i>Research Quarterly for Exercise and Sport</i>	2	0.768	1.261
24 <i>International Review of Sport and Exercise Psychology</i>	3	1.520	3.353
25 <i>Mental Health and Physical Activity</i>	1	0.625	
26 <i>Journal of Physical Activity and Health</i>	1	1.164	1.863
27 <i>Hellenic Journal of Psychology</i>	1		
28 <i>The Physics Teacher</i>	1		
<i>Average of</i>	<b>53</b>	<b>1.611</b>	<b>3.119</b>

*h-index: 24 (Web of Science, from 1,510 citations), 26 (Scopus, from 1,808 citations); 32 (Google Scholar, from 3,468 citations)*

\* SCImago Journal Rank

## INFLUENCE ON POLICY AND GUIDELINE DOCUMENTS

National Aging Research Institute. (2006). *National physical activity recommendations for older Australians: Discussion document*. Canberra: Australian Government Department of Health and Ageing.

P. 64: This evidence has guided the change in the message promoted by many physical activity guidelines, including the Australian National Physical Activity Guidelines (Department of Health and Aged Care 1999), that advocate individuals to accumulate at least 30 minutes of moderate-intensity physical activity throughout the day. This approach also reflects an attempt to make physical activity adoption more palatable in order to engage the most sedentary population groups, including older people, who have the most to gain from small changes to their lifestyle (Ekkekakis & Petruzzello, 1999).

Department of Health, Physical Activity, Health Improvement and Prevention (2004). *At least five a week: Evidence on the impact of physical activity and its relationship to health. A report from the Chief Medical Officer*. London: Department of Health.

P. 62: Required levels of physical activity / Amount: Evidence is strongest for bouts of moderate intensity activity which last between 20 and 60 minutes. However, this may be because research has focused on formal exercise programmes as opposed to recreational and spontaneous activity. Short bouts (10-15 minutes) of moderate intensity walking have recently been shown to induce significant positive changes in mood in experimental studies (Ekkekakis, Hall, VanLanduyt, & Petruzzello, 2000).

American College of Sports Medicine. (2010). *ACSM's guidelines for exercise testing and prescription* (8th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

P. 181: Perceived exertion using either RPE or the OMNI scales is recommended as either a primary or adjunct measure of exercise intensity. The talk test and measures of affective valence (Ekkekakis, Hall, & Petruzzello, 2004) such as the Feeling Scale may also be useful measures of perceived exertion; however, further research is needed before they can be recommended as primary tools for the estimation of exercise intensity. For this reason, the talk test and affective valence are recommended as adjunct measures of exercise intensity.

American College of Sports Medicine and American Diabetes Association. (2010). Exercise and Type 2 Diabetes: Joint position statement. *Medicine and Science in Sports and Exercise*, 42 (12), 2282-2303. Also in: *Diabetes Care*, 33 (12), e147-e167.



Pp. 2294-2295: Practitioners are encouraged to use factors such as choice and enjoyment in helping determine specifically how an individual would meet recommended participation. Affective responses to exercise may be important predictors of adoption and maintenance, and encouraging activity at intensities below the ventilatory threshold may be most beneficial (Lind, **Ekkekakis**, & Vazou, 2008).

American College of Sports Medicine. (2011). Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: Guidance for prescribing exercise. *Medicine and Science in Sports and Exercise*, 43 (7), 1334-1359.

P. 1344: Measures of the pleasantness/unpleasantness of exercise (i.e., affective valence) hold promise as a means to regulate and monitor exercise intensity because they can accurately identify the transition across the lactate threshold during cardiorespiratory exercise (**Ekkekakis**, Hall, & Petruzzello, 2004, 2008).

P. 1347: Individuals are somewhat more likely to adhere to moderate intensity compared with vigorous-intensity exercise. This effect may be moderated by previous exercise behavior so that individuals with previous exercise experience may respond more favorably to vigorous exercise, whereas habitually inactive people adopting exercise may be better suited to -- and self-select -- moderate-intensity exercise (**Ekkekakis**, Hall, & Petruzzello, 2005).

P. 1347: More negative affect is reported when exercising above the ventilatory threshold (**Ekkekakis**, Hall, & Petruzzello, 2008). Thus, prescribing exercise at an intensity below the ventilatory threshold may enhance affective responses to exercise (Lind, **Ekkekakis**, & Vazou, 2008) and improve exercise adherence and/or maintenance.

American College of Sports Medicine (2013). *ACSM's guidelines for exercise testing and prescription* (9th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Pp. 374-375: A long-held belief is that feelings of fatigue and negative affect often accompany the initiation of physical activity programs and can act as a deterrent to continued participation. Therefore, any strategies that can be adapted to change these negative feelings may improve exercise adherence. As a result, many have advocated for novice exercisers to engage in cognitive-strategy techniques that decrease discomfort or improve positive affect (Lind, Welch, & **Ekkekakis**, 2009). For example, exercisers can engage in dissociation strategies that encourage the individual to block out feelings associated with exertion such as fatigue, sweating, or discomfort, usually by focusing on positive thoughts and enjoyment. In contrast are association strategies where the exerciser focuses on bodily sensations such as respiration, temperature, and fatigue. At light-to-moderate intensities of exercise (i.e., below

ventilatory threshold), dissociation techniques may be beneficial to reducing perceptions of effort and increasing affect. However, at higher intensities (i.e., above ventilatory threshold), physiologic cues likely dominate, and therefore dissociation strategies are less effective as individuals cannot "block out" the physiologic stimuli (Lind, Welch, & Ekkekakis, 2009). Association techniques may be helpful for the individuals to regulate exercise intensity to avoid potential injury or overexertion. Therefore, both association and dissociation strategies may be important for health/fitness and clinical exercise professionals to understand and use. They also have been shown to have some use in enhancing feelings associated with exercise and increasing exercise behavior (Lind, Welch, & Ekkekakis, 2009).

P. 375: Affective responses are more negative when exercise intensity is greater than ventilatory threshold (Hall, Ekkekakis, & Petruzzello, 2002). As a result, it has been proposed that self-ratings of affective valence and ratings of pleasantness/unpleasantness of an experience can be used as a marker of the transition from aerobic to anaerobic metabolism and may be useful for Ex R<sub>x</sub> (Ekkekakis, Thome, Petruzzello, & Hall, 2008). Specifically, exercisers can use feelings of increasing displeasure to be a sign exercise intensity may be too high and they should decrease exercise intensity to reduce these feelings.

Pp. 377-378: Individuals with obesity may have had negative mastery experiences with exercise in the past and will need to enhance their self-efficacy so that they will believe they can successfully exercise. They may also be quite deconditioned and perceive even moderate intensity exercise as challenging so that keeping activities fun and at low enough intensity that they feel positive may be particularly important (Ekkekakis & Lind, 2006).

Guiraud, T., Labrunee, M., Gayda, M., Juneau, M., & Gremeaux, V. (2012). Non-pharmacological strategies in cardiovascular prevention: 2011 highlights. *Annals of Physical and Rehabilitation Medicine*, 55 (5), 342-374.

P. 357: As regards exercise prescription, the recommendations of the American College of Sports Medicine (ACSM) employ a somewhat limited model that may be considered incomplete insofar as it takes into account only two considerations, namely maximized efficiency (improved physical aptitudes and/or health) and minimized risks (myocardial damage, muscle and bone injuries). A connection between physical activity compliance and pleasurable exercise sessions has nonetheless over recent years been more and more convincingly shown to exist. It would consequently appear necessary to reconsider the ACSM model by incorporating the notion of pleasure and thereby combating patient non-compliance subsequent to a cardiovascular rehabilitation program. As is quite cogently explained in two review articles by Ekkekakis et al. (Ekkekakis, 2009; Ekkekakis, Parfitt, & Petruzzello, 2011), a prescription for physical activity must evidently be effective and risk-free, and yet the main goal for therapists should be to seek out compliance while at the same time instigating

pleasurable changes of life style. It would seem that the risk-benefit-pleasure triangle may be modified by exercise parameters (intensity, duration and frequency) in accordance with session supervision level, disease history, the social context, self-care skills and the stage reached in the rehabilitation program.

Mental Health Foundation (2013). *Let's get physical: The impact of physical activity on wellbeing*. London: Author.

An earlier study found that walking for 10-15 minutes was sufficient to have an impact on mood states (Ekkekakis, Hall, VanLanduyt, & Petruzzello, 2000). Participants rated their energy levels and pleasant feelings as higher whilst walking compared to beforehand. Following a 10-15 minute period of rest, participants' moods returned towards calmness and relaxation. These findings are encouraging as they suggest physical activity could be used as a strategy to regulate mood during the day; walking is practical to do in short bursts, available to most people and free. Allowing people to choose their preferred physical activity intensity seems to lead to more favourable changes in positive mood than imposed intensity physical activity (e.g. walking at one's own pace rather than walking at the pace set by an exercise instructor; Ekkekakis, Parfitt, & Petruzzello, 2011).

Institute of Medicine of the National Academies. (2011). *Early childhood obesity prevention policies*. Washington, DC: The National Academies Press.

P. 6-1: Mounting epidemiologic evidence indicates that short duration of sleep is a risk factor for obesity, type 2 diabetes, coronary heart disease, hypertension, and all-cause mortality in adults, independent of other measured risk factors. A similar inverse association between sleep duration and obesity has been observed in cross-sectional studies of older children and adolescents (Eisenmann, Ekkekakis, & Holmes, 2006).

Ministère de la Santé et des Solidarités. (2006). *Rapport sur le theme du sommeil*. Paris: Author.

P. 211: Le manque de sommeil contribue-t-il à l'épidémie d'obésité qui touche notamment les jeunes des sociétés post-industrielles? La relation entre sommeil de courte durée et obésité est bien documentée par de nombreuses études épidémiologiques transversales, mais aussi longitudinales, chez l'adulte et chez l'enfant ou l'adolescent, réalisées en France et dans d'autres pays, notamment aux Etats-Unis (Eisenmann, Ekkekakis, & Holmes, 2006).