

## Rachel J. Burns

Department of Psychology, Carleton University  
Loeb A503, 1125 Colonel By Drive, Ottawa, ON, K1S 5B6  
rachel.burns@carleton.ca

### EMPLOYMENT

- 2022- Associate Professor  
Dept. of Psychology, Carleton University
- 2017- 2022 Assistant Professor  
Dept. of Psychology, Carleton University
- 2014-2017 Postdoctoral Fellow  
Dept. of Psychiatry, McGill University & Douglas Mental Health University  
Institute

### EDUCATION

- 2014 Ph.D., Psychology  
University of Minnesota, Twin Cities  
Supporting program in Statistics & Quantitative Methods
- 2008 B.A.S. (Bachelor of Arts & Science), Psychology & Biology  
University of Guelph

### RESEARCH FUNDING

- 2022-2023 Carleton University Research Achievement Award, \$15,000. *Undercovering the links between spousal mental health and health behaviours among couples in which one partner has diabetes.* (PI: R. Burns)
- 2020-2026 Canadian Institutes of Health Research Project Grant, \$493,425, *The role of depression in the intergenerational transmission of type 2 diabetes.* (PI: R. Burns, Co-I: N. Schmitz & S. Deschênes. Note: N. Schmitz was originally the PI, but R. Burns assumed this role in 2021)
- 2020-2021 Carleton University SSHRC Explore Research Development Grant, \$10,000, *Psychological resilience and the adoption and maintenance of adaptive behaviours.* (PI: R. Burns)
- 2020-2021 Carleton University COVID-19 Rapid Response Grant, \$12,200, *Habit formation in changing circumstances.* (PIs: M. Milyavskaya, R. Burns)

- 2020 Ontario Research Fund- Small Infrastructure Fund, \$118,350, *The centre for health behaviors and well-being in daily life*. (PI: M. Milyavskaya, Co-PIs: R. Burns & K. Gunnell).
- 2019-2024 Canadian Foundation for Innovation, John R. Evans Leaders Fund, \$118, 350, *Development of the centre for health behaviours and well-being in daily life*. (PI: M. Milyavskaya; Co-PIs: R. Burns & K. Gunnell)
- 2018-2021 Social Sciences and Humanities Research Council Insight Development Grant, \$42,727. *Flourishing with diabetes: Understanding how positive psychological well-being promotes physical activity in adults with diabetes*. (PI: R. Burns)
- 2018-2020 Canadian Institutes of Health Research Catalyst Grant: Personalized Health Catalyst Grants, \$ 199,802. *Subtypes of major depressive disorders as predictors of incident type 2 diabetes*. (PI: N. Schmitz; Co-I: R.J. Burns, S.S. Deschênes, E. Graham & L.C. Rosella).
- 2016-2019 Canadian Diabetes Association Operating Grant, \$229,630. *Systemic inflammation and the risk of depression in people with type 2 diabetes: a prospective community study*. (PI: N. Schmitz, Co-I: J. Wang, Collaborators: R. Burns & S. Deschênes)
- 2016-2018 Heart and Stroke Foundation of Canada Grant-in-aid, \$102,000. *Poor sleep and mental health: independent or overlapping risk factors for heart diseases? A community based study in Quebec* (PI: N. Schmitz; Co-applicants: R.J. Burns & S.S. Deschênes)
- 2016 Healthy Minds Canada/Pfizer Canada Research Award (Grant), \$50,000. *Depression and anxiety as risk factors for type 2 diabetes: The role of systemic inflammation* (PI: N. Schmitz; Co-I: R.J. Burns & S.S. Deschênes)
- 2015 Canadian Institutes of Health Research Planning and Dissemination Grant-Institute of Community Support, \$18,485. *Prediabetes and mental health- A call for action*. (PI: N. Schmitz; Co-I: R.J. Burns & S.S. Deschênes).
- 2015 Canadian Diabetes Association Targeted Research Grant, \$20,000. *Diabetes and mental health: Burden, barriers to treatment and mental health treatment options. A literature review*. (PI: N. Schmitz; Co-I: S. Deschênes & R. Burns)

## AWARDS, HONOURS, & FELLOWSHIPS

- 2019 Institute of Population and Public Health Starting Investigator Workshop Invitee, Canadian Institutes of Health Research (CIHR), \$75
- 2015-2017 Postdoctoral Fellowship, Canadian Institutes of Health Research (CIHR), \$108,750
- 2015 Postdoctoral Fellowship, Fonds de recherche du Québec-Santé (FRQS), declined
- 2015 Young Investigator Colloquium Scholar, American Psychosomatic Society, \$795 USD
- 2015 Best Poster, 23rd World Congress on Psychosomatic Medicine, \$250 USD  
*The cyclic relationship between depressive symptoms and diabetes distress: Results from the Montreal Evaluation of Diabetes Treatment study.*

2015	Travel Award, Montreal Diabetes Research Centre, 2015, \$700
2014	Doctoral Dissertation Fellowship Travel Grant, University of Minnesota, \$933 USD
2013-2014	Doctoral Dissertation Fellowship, University of Minnesota, \$22,500 USD + 1 year tuition
2008-2010	Graduate School Fellowship, University of Minnesota, \$44,000 USD + 2 years tuition
2008	Joseph-Armand Bombardier Canada Graduate Scholarships Program-Master's Award, Social Sciences and Humanities Research Council, declined

## PEER-REVIEWED JOURNAL ARTICLES

Underlined name denotes Carleton student/postdoctoral mentee.

*Impact factors (IF) from Journal Citation Reports at time of publication.*

1. Burns, R.J., Forget, G.C., & Renaud, T. (in press) Single item measures of parental history of depression: Do adult children's responses agree with their parents' own reports? *Journal of Affective Disorders*.
2. Burns, R.J., Forget, G.C., & Fardfini-Ruginets, K. (2025). Using specification curve analysis to explore prospective associations between dimensions of positive psychological wellbeing and cardiometabolic disease. *Health Psychology*, 44, 696-707. <https://doi-org.proxy.library.carleton.ca/10.1037/hea0001459>. IF= 3.2
3. Burns, R.J., Ford, K., Forget, G., Fardfini, K., & Ward, R. (2025). Courses of depressive symptoms and diabetes incidence among middle-aged and older adults. *PLOS ONE*, 20(4): e0321712. doi: <https://doi.org/10.1371/journal.pone.0321712>. IF= 2.6
4. Ward, R.A., Forget, G., Lindekilde, N., Deschênes, S.S., Pouwer, F., Schmitz, N., Schram, M., & Burns, R.J. (2024). Anger expression styles, cynical hostility, and the risk for the development of type 2 diabetes or diabetes-related heart complications: Secondary analysis of the Health and Retirement Study. *Psychosomatic Medicine*, 86, 758-767. doi:10.1097/PSY.0000000000001344. IF=2.9
5. Ford, K. & Burns, R.J. (2024). Associations between divorce histories and unhealthy alcohol use among middle aged and older adults. *Substance Use & Misuse*, 59, 1999-2007. doi:10.1080/10826084.2024.2392519. IF=1.8
6. Ford, K., & Burns, R.J. (2024). The role of positive psychological wellbeing in walking speed differences among married and unmarried English older adults. *Aging & Mental Health*, 28, 684-691. <https://doi.org/10.1080/13607863.2023.2268032>. IF= 4.3
7. McMillan, G., Milyavskaya, M., & Burns, R.J. (2023). Behaviour change after context disruption: opportunities and pitfalls. *Social and Personality Psychology Compass*, 17, e12845. doi:10.1111/spc3.12845. IF=4.600
8. Mohseni, M., Lindekilde, N., Forget, G., Burns, R.J., Pouwer, F., Schmitz, N., & Deschênes, S.S. (2023). Trait anger, hostility, and the risk of incident type 2 diabetes and diabetes-related complications: A systematic review of longitudinal studies. *Current Diabetes Reviews*, 19, 73-82. doi: 10.2174/1573399818666220329185229. IF = .41
9. Brauer, P., Desroches, S., Dhaliwal, R., Li, A., Wang, Y., Conklin, A.I., Klein, D., Drouin-Chartier, J., Robitaille, J., Keathley, J.R., Ponta, M.L., Burns, R., Harding, S.V., Hosseini, Z., Santosa, S. (2022). Modified Delphi process to identify research priorities and indicators for adult lifestyle programs to address type 2 diabetes and other cardiometabolic risk conditions. *Canadian Journal of Diabetes*, 46, 411-418. <https://doi.org/10.1016/j.jcjd.2022.01.003>. IF = 4.190

10. Rasiah, J., Prorok, J., Adekpedjou, R., Barrie, C., Basualdo, C., Burns, R., De Paul, V., Donnelly, C., Doyle, A., Frank, C., Dolsen, S., Giguere, A., Hsiung, S., Kim, P., McDonald, E., O'Grady, H., Patey, A., Puxty, J., Racey, M., Resin, J., Sims-Gould, J., Stewart, S., Theou, O., Webster, S., & Muscedere, J. (2022). Enabling healthy aging to AVOID frailty in community dwelling older Canadians. *Canadian Geriatrics Journal*, 25, 202-211. IF = .43
11. Corno, D., & Burns, R.J. (2022). Loneliness and functional limitations among older adults with diabetes: Comparing directional models. *Journal of Psychosomatic Research*, 154, 110740. <https://doi.org/10.1016/j.jpsychores.2022.110740>. IF = 3.006
12. Amaral, N.B., Chang, B., & Burns, R.J. (2022). Understanding consumer stockpiling: Insights provided during the COVID-19 pandemic. *Journal of Consumer Affairs*, 56, 211-236. <https://doi.org/10.1111/joca.12434>. IF = 2.131
13. Burns, R.J., Briner, E., & Schmitz, N. (2022). Trajectories of depressive symptoms and incident diabetes: A prospective study. *Annals of Behavioral Medicine*, 56, 311-316. <https://doi.org/10.1093/abm/kaab094> IF = 4.908
14. Rao, S., Benzouak, T., Gunpat, S., Burns, R.J., Tahir, T.A., Jolles, S., & Kisely, S. (2022). Fatigue symptoms associated with COVID-19 in convalescent or recovered COVID-19 patients; A systematic review and meta-analysis. *Annals of Behavioral Medicine*, 56, 219-234. <https://doi.org/10.1093/abm/kaab081> IF = 4.908
15. Burns, R.J., & Fardfini, K. (2021). Prevalence and correlates of positive mental health among Canadian adults with type 1 or type 2 diabetes: Results from the Canadian Community Health Survey- Mental Health. *Canadian Journal of Diabetes*, 45, 601-606. doi: 10.1016/j.cjcd.2020.12.001. IF = 4.190
16. Xie, E.B. & Burns, R.J. (2021). Optimism and depressive symptoms following a diabetes diagnosis: Results from the Health and Retirement Study. *Journal of Health Psychology*, 26, 1749-1756. doi: 10.1177/1359105319883929. IF = 3.231
17. Lenne, R.L., Mann, T., Burns, R.J., Vickers, Z. & Redden, J.P. (2021). Variety salience and enjoyment of repetitiously consumed foods: A field experiment. *International Journal of Behavioral Medicine*, 28, 286-291. doi: 10.1007/s12529-020-09916-2. IF = 2.229
18. Deschênes, S.S., Burns, R.J., & Schmitz, N. (2020). Anxiety and depression symptom comorbidity and the risk of heart disease: A prospective community-based cohort study. *Psychosomatic Medicine*, 82, 296-304. doi:10.1097/PSY.0000000000000790. IF = 4.312
19. Burns, R.J. (2020). Dyadic associations between body mass index and the development of type 2 diabetes in romantic couples: Results from the Health and Retirement Study. *Annals of Behavioral Medicine*, 54, 291-296. doi: 10.1093/abm/kaz042. IF = 4.908
20. Burns, R.J., Fillo, J., Deschênes, S.S. & Schmitz, N. (2020). Dyadic associations between physical activity and body mass index in couples in which one partner has diabetes: Results from the Lifelines Cohort Study. *Journal of Behavioral Medicine*, 43, 143-149. doi: 10.1007/s10865-019-00055-y. IF = 2.960
21. Deschênes, S.S., Burns, R.J., Graham, E., & Schmitz, N. (2019). Depressive symptoms and sleep problems as risk factors for heart disease: A prospective community study. *Epidemiology and Psychiatric Sciences*, 20, 1-10. doi: 10.1017/S2045796019000441. IF = 5.876
22. McGihon, R., Burns, R.J., Deschênes, S.S., & Schmitz, N. (2019). Longitudinal associations between number of cigarettes per day and depressive symptoms in adult smokers with type 2 diabetes: A path analysis approach. *Journal of Psychosomatic Research*, 125, 109737. doi: 10.1016/j.jpsychores.2019.109737. IF = 2.860

23. Levy, M., Deschênes, S., Burns, R., Elgendy, R. & Schmitz, N. (2019). Trajectories of social support in adults with type 2 diabetes: Associations with depressive symptoms and functional disability. *International Journal of Geriatric Psychiatry*, 34, 480-487. doi: 10.1002/gps.5042, IF = 2.675
24. Elgendy, R., Deschênes, S.S., Burns, R.J. & Schmitz, N. (2019). Alcohol consumption, depressive symptoms and the incidence of diabetes-related complications. *Journal of Diabetes*, 11, 14-22. doi: 10.1111/1753-0407.12822. IF = 3.280
25. Burns, R.J., Deschênes, S.S., Knäuper, B. & Schmitz, N. (2019). Habit strength as a moderator of the association between symptoms of poor mental health and unintentional non-adherence to oral hypoglycemic medication in adults with type 2 diabetes. *Journal of Health Psychology*, 24, 321-326. doi:10.1177/1359105316674269 . IF = 2.503
26. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2018). Associations between depressive symptoms and indices of obesity in adults with prediabetes and normal blood glucose levels: Results from the Emotional Health and Wellbeing Study. *Canadian Journal of Diabetes*, 42, 626-631. doi: 10.1016/j.jcjd.2018.05.005. IF = 2.887
27. Burns, R.J., & Rothman, A.J. (2018). Comparing types of financial incentives to promote walking: An experimental test. *Applied Psychology: Health and Wellbeing*, 10, 193-214. doi: 10.1111/aphw.12126. IF = 1.946
28. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2018). Comorbid depressive and anxiety symptoms and the risk of type 2 diabetes: Findings from the Lifelines Cohort Study. *Journal of Affective Disorders*, 238, 24-31. doi: 10.1016/j.jad.2018.05.029, IF = 4.084
29. Elgendy, R., Deschênes, S.S., Burns, R.J. & Schmitz, N. (2018). Do mental disorders moderate the association between diabetes status and alcohol consumption? *Psychology, Health & Medicine*, 23, 277-284. doi:10.1080/13548506.2017.1384552. IF = 1.589
30. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2018). Trajectories of anxiety symptoms and associations with incident cardiovascular disease in adults with type 2 diabetes. *Journal of Psychosomatic Research*, 104, 95-100. doi: 10.1016/j.jpsychores.2017.11.015. IF = 2.722
31. Schmitz, N., Deschênes, S.S., Burns, R.J., Danna, S.M., Franco, O.H., Ikram, A., Kivimäki, M., Singh-Manoux, A., & Tiemeier, H. (2018). Cardiometabolic dysregulation and cognitive decline: potential role of depressive symptoms. *British Journal of Psychiatry*, 212, 96-102. doi: 10.1192/bjp.2017.26. IF = 7.233
32. Levy, M., Burns, R.J., Deschênes, S.S. & Schmitz, N. (2017). Does social support moderate the association between major depression, generalized anxiety disorder and functional disability in adults with diabetes? *Psychosomatics*, 58, 364-374. doi: 10.1016/j.psych.2017.03.004. IF = 2.534
33. Deschênes, S.S., Burns, R.J., Pouwer, F., & Schmitz, N. (2017). Diabetes complications and depressive symptoms: Prospective results from the Montreal Diabetes Health and Well-Being study. *Psychosomatic Medicine*, 79, 603-612. doi: 10.1097/PSY.0000000000000447. IF = 3.810
34. Ivanova, E., Burns, R.J., Deschênes, S.S., Knäuper, B. & Schmitz, N. (2017). A longitudinal investigation of anxiety and depressive symptomatology and exercise behavior among adults with type 2 diabetes mellitus. *Canadian Journal of Diabetes*, 41, 73-81. doi: 10.1016/j.jcjd.2016.07.006. IF = 2.193
35. Schmitz, N., Deschênes, S.S., Burns, R.J., Smith, K.J., Lesage, A., Strychar, I., Rabasa-Lhoret, R., Freitas, C., Graham, E., Awadalla, P. & Wang, J. (2016). Depression and risk of type 2 diabetes: The potential role of metabolic factors. *Molecular Psychiatry*, 21, 1726-1732. doi: 10.1038/mp.2016.7. IF = 13.204

36. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2016). Anxiety symptoms and functioning in a community sample of individuals with type 2 diabetes: A longitudinal study. *Journal of Diabetes*, 8, 854-862. doi: 10.1111/1753-0407.12368. IF = 3.039
37. Burns, R.J. & Rothman, A.J. (2016). Evaluations of the health benefits of eating more fruit depend on the amount of fruit previously eaten, variety, and timing. *Appetite*, 105, 423-429. doi: 10.1016/j.appet.2016.06.013. IF = 3.403
38. Deschênes, S.S., Burns, R.J., Graham, E., & Schmitz, N. (2016). Prediabetes, depressive and anxiety symptoms, and risk of type 2 diabetes: A community-based cohort study. *Journal of Psychosomatic Research*, 89, 85-90. doi: 10.1016/j.jpsychores.2016.08.011. IF = 2.809
39. Maki, A., Burns, R.J., Ha, L. & Rothman, A.J. (2016). Paying people to protect the environment: A meta-analysis of financial incentive interventions to promote proenvironmental behaviors. *Journal of Environmental Psychology*, 47, 242-255. doi:10.1016/j.jenvp.2016.07.006. IF = 3.494
40. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2016). Associations between depressive symptoms and social support in adults with diabetes: Comparing directionality hypotheses with a longitudinal cohort. *Annals of Behavioral Medicine*, 50, 348-357. doi: 10.1007/s12160-015-9760-x. IF= 2.976
41. Danna, S.M., Graham, E., Burns, R.J., Deschênes, S.S. & Schmitz, N. (2016). Association between depressive symptoms and cognitive function in persons with diabetes mellitus: A systematic review. *PLoS ONE*, 11: e0160809. doi:10.1371/journal.pone.0160809. IF = 2.806
42. Howland, M., Farrell, A.K., Simpson, J.A., Rothman, A.J., Burns, R.J., Fillo, J. & Wlaschin, J. (2016). Relational effects on physical activity: A dyadic approach to the theory of planned behavior. *Health Psychology*, 35, 733-741. doi: 10.1037/hea0000334. IF = 3.458
43. Burns, R.J., Rothman, A.J., Fu, S.S., Lindgren, B., Vock, D. & Joseph, A.M. (2016). Longitudinal care helps struggling smokers quit by increasing cessation self-efficacy, satisfaction, and readiness to quit: A mediated moderation analysis. *Annals of Behavioral Medicine*, 50, 58-69. doi: 10.1007/s12160-015-9732-1. IF= 2.976
44. Schmitz, N., Deschênes, S.S., Burns, R.J. & Smith, K.J. (2016). Depressive symptoms and Haemoglobin A1c: A reciprocal relationship in a prospective cohort study. *Psychological Medicine*, 46, 945-955. doi: 10.1017/S0033291715002445. IF = 5.230
45. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015). Associations between coping strategies and mental health in individuals with type 2 diabetes: Prospective analyses. *Health Psychology*, 35, 78-86. doi: 10.1037/hea0000250. IF = 3.611
46. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015). Cyclic relationship between depressive symptoms and diabetes distress in individuals with type 2 diabetes mellitus: Results from the Montreal Evaluation of Diabetes Treatment cohort study. *Diabetic Medicine*, 32, 1272-1278. doi: 10.1111/dme.12860. IF=3.152
47. Lipscombe, C., Burns, R.J. & Schmitz, N. (2015). Exploring trajectories of diabetes distress in adults with type 2 diabetes: A latent class growth modeling approach. *Journal of Affective Disorders*, 188, 160-166. doi: 10.1016/j.jad.2015.08.003. IF = 3.570
48. Graham, E., Gariépy, G., Burns, R.J. & Schmitz, N. (2015). Demographic, lifestyle, and health characteristics of older adults with prediabetes in England. *Preventive Medicine*, 77, 74-79. doi: 10.1016/j.ypmed.2015.05.004. IF = 2.893

49. Burns, R.J. & Rothman, A.J. (2015). Offering variety: A subtle manipulation to promote healthy food choice throughout the day. *Health Psychology*, 34, 566-570. doi: 10.1037/hea0000164. IF = 3.611
50. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2015). Associations between depression, chronic physical health conditions, and disability in a community sample: A focus on the persistence of depression. *Journal of Affective Disorders*, 179, 6-13. doi: 10.1016/j.jad.2015.03.020. IF = 3.570
51. Deschênes, S., Burns, R.J. & Schmitz, N. (2015). Associations between diabetes, major depressive disorder and generalized anxiety disorder comorbidity and disability: Findings from the 2012 Canadian Community Health Survey-Mental Health (CCHS-MH). *Journal of Psychosomatic Research*, 78, 137-142. doi: 10.1016/j.jpsychores.2014.11.023. IF = 2.840
52. Burns, R.J., Rothman, A.J., Fu, S., Lindgren, B. & Joseph, A. (2014). The relation between social support and smoking: Revisiting an established measure to improve prediction. *Annals of Behavioral Medicine*, 47, 369-375. doi:10.1007/s12160-013-9558-7. IF = 4.144
53. Burns, R.J., Donovan, A.S., Ackerman, R.T., Anderson, E.A., Rothman, A.J. & Jeffery, R.W. (2012). A theoretically-grounded systematic review of material incentives for weight loss: Implications for interventions. *Annals of Behavioral Medicine*, 44, 375-388. doi:10.1007/s12160-012-9403-4. IF = 3.169

## BOOK CHAPTERS AND ENCYCLOPEDIA ENTRIES

54. Auster-Gussman, L., Rothman, A.J., & Burns, R.J. Health behavior maintenance. (2020). In K. Sweeney & M. Robbins (Eds.) *Wiley Encyclopedia of Health Psychology* (1<sup>st</sup> ed.). Hoboken, NJ: John Wiley & Sons.
55. Burns, R. & Rothman, A.J. (2020). Behavioral change. In M.D. Gellman & J.R. Turner (Eds.) *Encyclopedia of Behavioral Medicine* (2<sup>nd</sup> ed.). New York, NY: Springer.
56. Rothman, A.J., Baldwin, A., Burns, R.J. & Fuglestad, P. (2016). Strategies to promote the maintenance of behavior change: Moving from theoretical principles to practice. In M.A. Diefenbach, S. Miller-Halegoua & D.J. Bowen (Eds.), *Handbook of Health Decision Sciences* (pp. 121-132). New York: Springer.
57. Burns, R. & Rothman, A.J. (2013). Behavioral change. In M.D. Gellman & J.R. Turner (Eds.) *Encyclopedia of Behavioral Medicine* (pp. 179-182). New York, NY: Springer.

## LETTERS AND COMMENTARIES

58. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2017). Response to Kawada: Anxiety symptoms and functioning in patients with type 2 diabetes. *Journal of Diabetes*, 9, 635-636.

## PAPERS UNDER REVIEW AT PEER-REVIEWED JOURNALS

1. McInerney, A., Flinn, C., Fardfini-Ruginets, K., Liu, S., Koretsidou, C., Burns, R.J., & Deschênes, S.S. The association between health behaviours and mental health in diabetes: A systematic scoping review of longitudinal research. Under review at *British Journal of Health Psychology*.
- 2.

## SELECTED SERVICE

### Service to the Province

2021-2022 Member, Behavioural Science Working Group, Ontario COVID-19 Science Advisory Table

### Editorial Responsibilities

2023-present Associate editor, *British Journal of Health Psychology*

2020-2024 Associate editor, *Applied Psychology: Health and Wellbeing*

### Offices in Learned Societies

2022-present Conference Program Chair, Executive Member of Health Psychology and Behavioural Medicine Section of the Canadian Psychological Association

## CONFERENCE PRESENTATIONS: SYMPOSIUM CHAIRED

1. *The next generation of behavioural medicine research in Canada: Emerging findings from trainee researchers.* (2023, August). Chair: Burns, R. Speakers: E. Stragapede, L. Huneault, & M. Poulter. Discussant: K. Ross. Symposium at International Congress of Behavioral Medicine, Vancouver, BC.

## CONFERENCE PRESENTATIONS: PANELS

1. *Pathways for Success: Insights for Early Career Professional Development in Health Psychology and Behavioural Medicine.* (2024, June). Chair: Gosselin Boucher, V. Speakers: A. Balsom, R. Burns, A. Chu, & J. Rash. Panel discussion at the Annual Convention of the Canadian Psychological Association, Ottawa, ON.

## CONFERENCE PRESENTATIONS: TALKS [REFEREED]

Underlined name denotes Carleton student mentee

1. Renaud, T., & Burns, R. (2025, June). *Comparing networks of health behaviors before and after a diabetes diagnosis: Exploratory analyses from the English Longitudinal Study of Ageing.* Convention of the Canadian Psychological Association, St. John's, NL.
2. Ross, K., Trask, C., Gosselin Boucher, V., Burns, R., Campbell, T., Rash, J., Rouleau, C., Presseau, J., Garland, S. (2024, June). *Towards a Canadian Health Psychology Network: Preliminary analyses from a national survey of faculty across Canada.* Talk presented at Annual Convention of the Canadian Psychological Association, Ottawa, ON.
3. Forget, G., & Burns, R. (2024, June). *Does geospatial access to healthy foods exacerbate the association between diabetes and depression?* Five-minute snapshot presented at Annual Convention of the Canadian Psychological Association, Ottawa, ON.
4. Briner, E., & Burns, R. (2023, June). *Impulsivity and the intention-behaviour gap: A qualitative study.* Five-minute snapshot presented at Annual Convention of the Canadian Psychological Association, Toronto, ON.
5. Forget, G., & Burns, R. (2023, June). *Do green space and physical activity interact to predict complete mental health? Evidence from the Canadian Longitudinal Study on Aging.* Five-minute snapshot presented at Annual Convention of the Canadian Psychological Association, Toronto, ON.



6. Fardfini, K. & Burns, R. (2023, June). *Cross-sectional associations between loneliness and mammogram screening*. Five-minute snapshot presented at Annual Convention of the Canadian Psychological Association, Toronto, ON.
7. Polakova, L., Burns, R., Suschinsky, K., Moazami, S., Leduc, N., Paisley, L., Willows, M., & Corace, K. (2023, May). *When a pandemic meets an epidemic: Exploring treatment access for problematic opioid use before and during the covid-19 pandemic*. Interdisciplinary Conference in Psychology, Ottawa, Ontario
8. Ward, R. & Burns, R. (2022, June). *Associations between anger and incident diabetes complications: A 12-year prospective study*. Five-minute snapshot presented at Annual Convention of the Canadian Psychological Association, Calgary, AB.
9. Forget, G. & Burns, R. (2022, June). *Specification curve analysis of green space, socioeconomic status, and psychological distress: Evidence from the Canadian Longitudinal Study on Aging*. Five-minute snapshot presented at Annual Convention of the Canadian Psychological Association, Calgary, AB.
10. McMillan, G., Milyavskaya, M., & Burns, R. (2021, February). *Helpful others in the formation of habits*. Society for Personality and Social Psychology Annual Meeting, Virtual Conference due to COVID-19.
11. Gunpat, S., Fardfini, K., Briner, E., & Burns, R. (2021, February). *Purpose in life and mortality among adults with diabetes: A 5 Year prospective study*. Society for Personality and Social Psychology Health Preconference, Virtual Conference due to COVID-19.
12. Burns, R.J., Briner, E., & Schmitz, N. (2020, May). *Trajectories of depressive symptoms predict diabetes incidence*. Annual Convention of the Canadian Psychological Association, Montreal, QC (Conference cancelled-COVID-19).
13. Burns, R. (2020, May). *Prospective associations between body mass index and incident diabetes: A dyadic approach*. Annual Convention of the Canadian Psychological Association, Montreal, QC (Conference cancelled-COVID-19).
14. Fardfini, K., Burns, R.J., Mohamed, S., Inbar, Y., & Lee, D.S. (2020, May). *Depressive symptoms in heart failure and non-heart failure patients: Clinician detections of depressive symptoms*. Interdisciplinary Conference in Psychology in Ottawa, ON (Conference cancelled-COVID-19).
15. Burns, R.J., Deschênes, S.S, Knauper, B., & Schmitz, N. (2018, August). *Identifying distinct patterns of change in habit strength for taking medication in adults with diabetes*. European Health Psychology Society Annual Meeting, Galway, Ireland.
16. Burns, R.J., Deschênes, S.S, Knauper, B., & Schmitz, N. (2018, June). *Does habit strength for taking medication moderate the association between symptoms of poor mental health and medication adherence among people with diabetes?* Canadian Psychological Association Annual Meeting/International Congress of Applied Psychology, Montreal, QC.
17. Deschênes, S.S., Burns, R.J., & Schmitz, N. (2018, March). *Trajectories of anxiety symptoms and associations with incident cardiovascular disease in adults with type 2 diabetes*. Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.
18. Burns, R., Fillo, J., Deschênes, S. & Schmitz, N. (2017, August). *Concordance in partners' health behaviours around a diabetes diagnosis: Results from the Lifelines Cohort Study*. European Health Psychology Annual Meeting, Padova, IT.
19. Burns, R., Maki, A., & Rothman, A. (2017, June). *Using incentive-based interventions to improve behavioral maintenance for physical activity: Applying lessons from pro-*

- environmental behaviors*. International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Victoria, BC.
20. Deschênes, S., Burns, R., Pouwer, F., & Schmitz, N. (2017, March). *Specific symptoms of depression and incident type 2 diabetes: Results from the emotional well-being, metabolic factors, and health status study*. American Psychosomatic Society Annual Meeting, Seville, Spain.
  21. Burns, R. J., Deschênes, S. S., Knäuper, B., & Schmitz, N. (2016, November). *Depressive symptoms, diabetes distress, and adherence to oral hypoglycemic medication in adults with type 2 diabetes: Testing the moderating role of habit strength*. European Psychiatric Association Section Meeting in Epidemiology and Social Psychiatry, Gothenburg, SE.
  22. Schmitz, N., Deschênes, S.S., Burns, R.J., Smith, K., Lesage, A., Strychar, I., Rabasa-Lhoret, R., Freitas, C., Graham, E., Awadalla, P., & Wang, J. (2016, November). *Depression and risk of type 2 diabetes: The potential role of metabolic factors*. European Psychiatric Association Section Meeting in Epidemiology and Social Psychiatry, Gothenburg, SE.
  23. Deschênes, S., Burns, R., Pouwer, F., & Schmitz, N. (2016, November). *Diabetes complications and the risk and recurrence of depressive symptoms: Results from a prospective community cohort study in Montreal*. European Psychiatric Association Section Meeting in Epidemiology and Social Psychiatry, Gothenburg, SE.
  24. Ivanova, E., Burns, R. J., Deschênes, S. S., Knäuper, B., & Schmitz, N. (2016, March). *A longitudinal investigation of anxiety and depressive symptomatology and exercise behaviour among adults with Type 2 diabetes mellitus*. Eastern Canada Sport and Exercise Psychology Symposium, Hamilton, ON.
  25. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015, February). *Are specific coping strategies associated with mental health outcomes in people with type 2 diabetes?* 2<sup>nd</sup> Annual Montreal Postdoctoral Research Day, Montreal, QC.
  26. Maki, A., Burns, R.J., \*Ha, L., Rothman, A.J. (2015, February). *Paying people to protect the environment: A meta-analysis of incentive interventions to promote proenvironmental behaviors*. Sustainability Psychology Preconference at Society for Personality and Social Psychology's Annual Meeting, Long Beach, CA.
  27. Burns, R.J., Rothman, A.J., Fu, S.S., Lindgren, B. & Joseph, A.M. (2014, April). *Longitudinal care for smoking cessation: Increasing satisfaction, self-efficacy and readiness to quit helps struggling smokers succeed*. Society of Behavioral Medicine's Annual Meeting, Philadelphia, PA.
  28. Howland, M., Hunger, J., Burns, R., Scherschel, H., & Mann, T. (2011, September). *How toothpicks became freshly baked cookies: Lessons from a study on social influences on eating*. Annual Meeting of the European Health Psychology Society, Crete, Greece.

## CONFERENCE PRESENTATIONS: POSTERS [REFEREED]

Underlined name denotes Carleton student/postdoctoral mentee

1. Forget, G., & Burns, R. (2025, June). *Is the transdiagnostic internalizing factor associated with cardiometabolic disease?* Convention of the Canadian Psychological Association, St. John's, NL.
2. Trask, C., Ross, K., Gosselin Boucher, V., Burns, R., Campbell, T., Rash, J., Rouleau, C., Garland, S., & Presseau, J. (2025, June). *Challenges faced by health psychology and*

- behavioural medicine faculty and trainees in Canada*. Convention of the Canadian Psychological Association, St. John's, NL.
3. Burns, R., Forget, G., & Fardfini-Ruginets, K. (2025, March). *Exploring associations between positive psychological wellbeing and cardiometabolic disease: A specification curve analysis*. Society of Behavioral Medicine Annual Meeting, San Francisco, CA.
  4. Burns, R., Ford, K., Forget, G., Fardfini, K. & Ward, R. (2024, March). *Courses of depressive symptoms and incident diabetes among middle-aged and older adults*. Society of Behavioral Medicine Annual Meeting, Philadelphia, PA.
  5. Ford, K. & Burns, R. (2023, August). *Let's get to the heart of the matter: Do long-term married adults aged 50-75 years have healthier behaviours for reducing their cardiovascular risk?* International Congress of Behavioral Medicine, Vancouver, BC.
  6. Ward, R. A., & Burns, R. J. (2023, June). *The prospective associations between anger expression styles, cynical hostility, and incident diabetes*. Convention of the Canadian Psychological Association, Toronto, ON.
  7. Johnston, M., Gunnell, K.E., & Burns, R.J. (2022, October). *Autonomous motivation for exercise does not moderate the self-compassion and physical activity relationship*. Canadian Society for Psychomotor Learning and Sport Psychology Conference, Montreal, QC.
  8. Fardfini, K., & Burns, R. (2022, June). *Interpersonal associations of body mass index and incident diabetes complications*. Convention of the Canadian Psychological Association, Calgary, AB
  9. Mohseni, M., Lindekilde, N., Forget, G., Burns, R., Schmitz, N., Pouwer, F., & Deschênes, S.S. (2022, June). *Trait anger, hostility, and the risk of incident type 2 diabetes and diabetes-related complications: A systematic review of longitudinal studies*. European Congress of Psychiatry, Budapest, Hungary.
  10. Forget, G. & Burns, R. (2021, June). *Positive affect, self-control, and physical activity in middle-aged and older adults with diabetes*. Convention of the Canadian Psychological Association, Virtual Conference due to COVID-19.
  11. Benzouak, T. & Burns, R.. (2021, June). *Associations between extraversion, perceived social disruptions due to COVID-19, and psychological distress*. Convention of the Canadian Psychological Association, Virtual Conference due to COVID-19.
  12. Briner E.L., & Burns, R. (2020, May). *Body mass index moderates the depression-C-reactive protein relation among emerging adults: Evidence from AddHealth*. Annual Convention of the Canadian Psychological Association, Montreal, QC (Conference cancelled-COVID-19).
  13. Fardfini, K., & Burns, R.J. (2020, May). *Prevalence and correlates of mental health in adults with diabetes*. Annual Convention of the Canadian Psychological Association, Montreal, QC (Conference cancelled-COVID-19).
  14. Gunpat, S., & Burns, R. J. (2020, May) *Associations between positive psychological wellbeing, psychological distress and physical activity in adults with diabetes*. Canadian Psychological Association Annual Convention, Montreal, QC. (Conference cancelled-COVID-19)
  15. Burns, R. (2020, April). *Dyadic associations between body mass index and incident diabetes in middle aged and older adults*. Society of Behavioral Medicine Annual Meeting, San Francisco, CA (Conference canceled- COVID-19).
  16. Lenne, R., Mann, T., Burns, R.J., Vickers, Z., Redden, J. (2020, April). *Repeated consumption of a food is necessary for habit formation, but undermines enjoyment: An*

- experimental test of a solution.* Society of Behavioral Medicine Annual Meeting, San Francisco, CA (Conference canceled- COVID-19).
17. Xie, E., & Burns, R. (2020, January). *Optimism and depressive symptoms following diabetes diagnosis: Results from the Health and Retirement Study.* Society for Personality and Social Psychology Annual Meeting, New Orleans, LA. Graduate Student Poster Award Finalist.
  18. Gunpat, S., & Burns, R. (2019, May). *Associations between positive affect, anxiety symptoms and physical activity in adults with diabetes.* Interdisciplinary Conference in Psychology, Ottawa, ON.
  19. Benzouak, T., & Burns, R. (2019, May). *Associations between depressive symptoms, life purpose and incident dementia in adults with diabetes.* Interdisciplinary Conference in Psychology, Ottawa, ON.
  20. Deschênes, S.S., Burns, R.J., & Schmitz, N. (2018, February). *Comorbid depressive and anxiety symptoms and the risk of type 2 diabetes: Findings from the Lifelines Cohort Study.* Annual Retreat of the Montreal Diabetes Research Center, Montreal, QC.
  21. Burns, R.J., Deschênes, S.S., Knauper, B. & Schmitz, N. (2017, March). *Coping style and diabetes distress as predictors of habit strength for insulin use among adults with type 2 diabetes.* Society of Behavioral Medicine Annual Meeting, San Diego, CA.
  22. Deschênes, S., Burns, R., Pouwer, F., & Schmitz, N. (2017, March). *Predictors of incident depressive symptoms in adults with diabetes: prospective results from a community cohort study in Montreal.* American Psychosomatic Society Annual Meeting, Seville, Spain.
  23. Burns, R.J., Deschênes, S.S., Knauper, B. & Schmitz, N. (2017, January). *Habit strength as a moderator of the association between depressive symptoms and adherence to oral hypoglycemic medication in adults with type 2 diabetes.* Society for Personality and Social Psychology Annual Meeting, San Antonio, TX.
  24. Levy, M., Deschênes, S.S., Burns, R.J., & Schmitz, N. (2016, September). *Does social support moderate the relationship between major depression and disability in adults with diabetes?* Canadian Academy of Psychiatric Epidemiology Annual Scientific Symposium, Toronto, ON.
  25. Elgendy, R., Deschênes, S., Burns, R., & Schmitz, N. (2016, September). *Is major depression a moderator in the association between diabetes status and alcohol consumption?* Canadian Academy of Psychiatric Epidemiology Annual Scientific Symposium, Toronto, ON.
  26. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2016, March). *Are habitual self-management behaviors associated with better mental health outcomes in people with type 2 diabetes?* American Psychosomatic Society Annual Meeting, Denver, CO.
  27. Deschênes, S.S., Burns, R.J., Graham, E. & Schmitz, N. (2016, March). *Prediabetes, psychological distress, and the risk of type 2 diabetes: Results from a prospective cohort study.* American Psychosomatic Society Annual Meeting, Denver, CO.
  28. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015, November). *How are diabetes distress and depressive symptoms related? Evidence of a cyclic association.* World Diabetes Congress, Vancouver, BC.
  29. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2015, November). *Anxiety and functioning in a community sample of individuals with type 2 diabetes: A longitudinal analysis.* World Diabetes Congress, Vancouver, BC.
  30. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015, August). *How are depressive symptoms and social support associated over time in adults with diabetes? A test of competing models.* World Congress on Psychosomatic Medicine, Glasgow, Scotland.

31. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015, August). *The cyclic relationship between depressive symptoms and diabetes distress: Results from the Montreal Evaluation of Diabetes Treatment study*. World Congress on Psychosomatic Medicine, Glasgow, Scotland.
32. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2015, August). *Interactive effects of chronic physical health and mental health conditions on disability: A population-based study*. World Congress on Psychosomatic Medicine, Glasgow, Scotland.
33. Graham, E., Gariépy, G., Burns, R. J., Schmitz, N. (2015, June). *Modifiable Lifestyle Characteristics of Older English Adults with Prediabetes*. Society for Epidemiological Research's Annual Meeting, Denver, CO.
34. Burns, R.J. & Rothman, A.J. (2015, April). *Can we pay people to be physically active? A randomized controlled trial comparing incentive types*. Society of Behavioral Medicine's Annual Meeting, San Antonio, TX.
35. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015, April). *To What Extent Are Self-Management Behaviors Habitual Among Adults with Type 2 Diabetes?* Society of Behavioral Medicine's Annual Meeting, San Antonio, TX.
36. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015, March). *The effects of coping strategies on mental health outcomes in individuals with type 2 diabetes: Prospective analyses*. American Psychosomatic Society's Annual Meeting, Savannah, GA.
37. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2015, March). *Are individuals with comorbid depression and generalized anxiety disorder at increased risk of concurrent diabetes and heart disease? Evidence from a population-based study*. American Psychosomatic Society's Annual Meeting, Savannah, GA.
38. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2015, February). *Depression and metabolic abnormalities as risk factors for type 2 diabetes: Preliminary results from a population-based longitudinal study*. 2<sup>nd</sup> Annual Montreal Postdoctoral Research Day, Montreal, QC.
39. Burns, R.J., Deschênes, S.S. & Schmitz, N. (2015, February). *The reciprocal relationship between depressive symptoms and diabetes distress in individuals with type 2 diabetes mellitus: Results from the Montreal Evaluation of Diabetes Treatment Cohort Study*. Montreal Diabetes Research Center Annual Retreat, Montreal, QC.
40. Deschênes, S.S., Burns, R.J. & Schmitz, N. (2015, February). *Diabetes, Comorbid Mental Health Conditions, and Disability: Findings from the 2012 Canadian Community Health Survey*. Montreal Diabetes Research Center Annual Retreat, Montreal, QC.
41. Maki, A., Burns, R.J., Ha, L., Rothman, A.J. (2015, February). *Paying people to protect the environment: A meta-analysis of incentive interventions to promote proenvironmental behaviors*. Society for Personality and Social Psychology's Annual Meeting, Long Beach, CA.
42. Burns, R.J., Deschênes, S. & Schmitz, N. (2014, September). *Are depression and sleep disturbance independent or overlapping risk factors for heart disease? Results from the English Longitudinal Study of Ageing*. Canadian Academy of Psychiatric Epidemiology Annual Scientific Symposium, Toronto, ON.
43. Ha, L., Maki, A., Burns, R.J., Rothman, A.J. (2014, April). *The effect of economic incentives on pro-environmental behavior: A meta-analysis*. Institute on the Environment's Sustainability Symposium, St. Paul, MN.
44. Burns, R.J., Rothman, A.J., Fu, S.S., Lindgren, B. & Joseph, A.M. (2014, February). *The relation between social support and smoking cessation: Using an old measure in a new way*.

- to improve prediction.* Society for Personality and Social Psychology Annual Meeting, Austin, TX.
45. Burns, R. & Rothman, A. (2013, January). *I'll have another helping: Promoting healthy food choice with variety and exploring choice justifications.* Society for Personality and Social Psychology Annual Meeting, New Orleans, LA.
  46. Burns, R. & Rothman, A. (2012, August). *An experimental investigation of the effect of variety on daily fruit consumption.* Conference of the European Health Psychology Society, Prague, Czech Republic.
  47. Mott, S., Burns, R. & Rothman, A. (2012, March). *Increasing fruit consumption by offering variety.* National Conferences on Undergraduate Research, Ogden, UT.
  48. Burns, R., Scherschel, H. & Mann, T. (2012, January). *Social influences on self-regulation: The effect of models on ego-depletion.* Society for Personality and Social Psychology Annual Meeting, San Diego, CA.
  49. Burns, R. & Rothman, A. (2011, January). *Why aren't we eating 5-A-Day? Exploring the perceived health-related value associated with eating additional fruit.* Society for Personality and Social Psychology Annual Meeting, San Antonio, TX.
  50. Burns, R. (2010, June). *Perceptions of food: Relations between perceived health value and type, quantity and diversification of food.* International Society for Behavioral Nutrition and Physical Activity Annual Meeting. Minneapolis, MN.
  51. Burns, R., Howland, M., Mann, T., Rothman, A., & Simpson, J. (2010, January). *Are you going to eat that? A naturalistic examination of intra-group variability in consumption behavior.* Society for Personality and Social Psychology Annual Meeting, Las Vegas, NV.

## KNOWLEDGE TRANSLATION ACTIVITIES

1. *Managing the mental health impacts of living with a chronic condition: An in-depth conversation on impacts, supports, and tools.* (2025). Panelist for live webinar by Mental Health Commission of Canada, Health Partners, and Canadian Hemophilia Society.
2. Ontario COVID-19 Science Advisory Table and Behavioural Science Working Group. (2021). *Ask Ontario's Science Table: Omicron Edition.* Available at: <https://covid19-sciencetable.ca/sciencebrief/ask-ontarios-science-table-omicron-edition/>.
3. Shapiro, G.K., Pesseau, J., Weerasinghe, A., Allen, U., Arnason, T., Bodmer, N.S., Born, K.B., Buchan, J.L., Burns, R., Corace, K.M., Dubey, V., Evans, G.A., Fabrigar, L.R., Grimshaw, J.M., Maguire, J.L., Manuel, D.G., Morris, S.K., Mosher, R., Orkin, J., Perkhun, A., Piche-Renaud, P., Schwartz, B., Science, M., Sivadas, S., Wilson, S.E., Desveaux, L. on behalf of the Behavioural Science Working Group and the Ontario COVID-19 Science Advisory Table. (2021). Behavioural Science-Informed Strategies for Increasing COVID-19 Vaccine Uptake in Children and Youth. *Science Briefs of the Ontario COVID-19 Science Advisory Table*, 2(50). <https://doi.org/10.47326/ocsat.2021.02.50.1.0>
4. Pesseau, J., Arnason, T., Buchan, J.L., Burns, R., Corace, K.M., Dubey, V., Evans, G.A., Fabrigar, L.R., Grimshaw, J.M., Katz, G.M., Maltsev, A., Manuel, D.G., Mosher, R., Shapiro, G., Stall, N.M., Weerasinghe, A., & Desveaux, L on behalf of the Behavioural Science Working Group and the Ontario COVID-19 Science Advisory Table (2021). Strategies to support Ontarians' capability, opportunity, and motivation for COVID-19 vaccination. *Science Briefs of the Ontario COVID-19 Science Advisory Table*, 2(36). <https://doi.org/10.47326/ocsat.2021.02.36.1.0>
5. Desveaux, L., Mosher, R., Buchan, J.L., Burns, R., Corace, K.M., Evans, G.A., Fabrigar, L.R., Schwartz, B., Stall, N.M., Weerasinghe, A., & Pesseau, J. on behalf of the

- Behavioural Science Working Group and the Ontario COVID-19 Science Advisory Table (2021). Behavioural science principles for enhancing adherence to public health measures. *Science Briefs of the Ontario COVID-19 Science Advisory Table*, 2(24).  
<https://doi.org/10.47326/ocsat.2021.02.24.1.0>
6. Burns, R. (2021). Presentation on mental health among people with diabetes given at Research Canada's Parliamentary Health Research Caucus Reception entitled *Celebrating the 100th Anniversary of the Discovery of Insulin: Diabetes Research and Innovation in the Making* (event for Parliamentarians).
  7. Burns, R. (2020). *Chronic health conditions and wellbeing*. Presentation for Carleton University Healthy Workplace Mental Health Speaker Series (open to all Carleton staff and faculty).
  8. Burns, R. (2019). *Diabetes and depressive symptoms: Exploring when and why this comorbidity occurs*. Public presentation delivered at Carleton's Psychology Mental Health Day (open to the public).
  9. Burns, R. (2018). *Healthy Living, Healthy Mind*. Public workshop delivered at Carleton's Psychology Mental Health Day (open to the public).
  10. Schmitz, N., Deschênes, S., & Burns, R. (2016). *Continuous glucose monitoring in type 1 diabetes – A literature review & meta-analysis*. Report prepared for Canadian Diabetes Association.
  11. Schmitz, N., Burns, R., & Deschênes, S. (2016). *Bariatric surgery as a type 2 diabetes intervention strategy – A literature review & meta-analysis*. Report prepared for Canadian Diabetes Association.
  12. Neal, D., Vujcic, J., Burns, R., Wood, W. & Devine, J (2016). *Nudging and habit change for open defecation: New tactics from behavioral science*. Working paper for World Bank Water and Sanitation Program.
  13. Schmitz, N., Burns, R. & Deschênes, S. (2015). *Diabetes and mental health: A literature review*. Report prepared for Canadian Diabetes Association.
  14. Butler, M., Talley, K.M., Burns, R., Ripley, A., Rothman, A., Johnson, P., Kane, R.A., & Kane, R.L. (2011). Values of older adults related to primary and secondary prevention. *Evidence Synthesis No. 84*, Rockville, MD: Agency for Healthcare Research and Quality. AHRQ Publication No. 11-05154-EF-1.

## UNDERGRADUATE COURSES TAUGHT (INSTRUCTOR)

2018-2019; Honours Seminar in Health and Illness, Carleton University  
 2019-2020;  
 2020-2021;  
 2021-2022;  
 2022-2023;  
 2024-2025

2024 Origins of Modern Psychology, Carleton University

2017-2018; First Year Seminar in Health and Wellbeing, Carleton University  
 2018-2019;  
 2019-2020;  
 2020-2021

2018	Introduction to Statistics, Carleton University
2014	History of Psychology, Macalester College
2012	Honors Introduction to Research Methods, University of Minnesota
2012	Health Psychology, Augsburg College
2011	Health Psychology, University of Minnesota

**GRADUATE COURSES TAUGHT (INSTRUCTOR)**

2021; 2025	Research Methods in Health Psychology, Carleton University
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