

## Rachel J. Burns

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### EMPLOYMENT

- 2017- 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

- 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 mentee.

Impact factors (IF) from Journal Citation Reports.

1. Corno, D., & Burns, R.J. (in press). Loneliness and functional limitations among older adults with diabetes: Comparing directional models. *Journal of Psychosomatic Research*. IF = 3.006
2. Brauer, P., Desroches, S., Dhaliwal, Li, L., Wang, Y., Conklin, A.I., Klein, D., Drouin-Chartier, J., Robitaille, J., Horne, J., Ponta, M.L., Burns, R., Harding, S.V., Hosseini, Z., Santosa, S. (in press). 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*. IF = 4.190
3. Amaral, N.B., Chang, B., & Burns, R.J. (in press). Understanding consumer stockpiling: Insights provided during the COVID-19 pandemic. *Journal of Consumer Affairs*. <https://doi.org/10.1111/joca.12434>. IF = 2.131
4. Burns, R.J., Briner, E., & Schmitz, N. (in press). Trajectories of depressive symptoms and incident diabetes: A prospective study. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaab094> IF = 4.908
5. Rao, S., Benzouak, T., Gunpat, S., Burns, R.J., Tahir, T.A., Jolles, S., Kisely. (in press). Fatigue symptoms associated with COVID-19 in convalescent or recovered COVID-19 patients; A systematic review and meta-analysis. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaab081> IF = 4.908
6. 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. (in press). Enabling healthy aging to AVOID frailty in community dwelling older Canadians. *Canadian Geriatrics Journal*. IF = .43
7. 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.jcjd.2020.12.001. IF = 4.190
8. 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
9. 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
10. 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
11. 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

12. 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
13. 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
14. 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
15. 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
16. 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
17. 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
18. 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
19. 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
20. 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
21. 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
22. 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
23. 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
24. 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.psym.2017.03.004. IF = 2.534

25. 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
26. 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.cjcd.2016.07.006. IF = 2.193
27. 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
28. 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
29. 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
30. 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
31. 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
32. 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
33. 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
34. 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
35. 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
36. 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
37. 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
38. 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
39. 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
  40. 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
  41. 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
  42. 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
  43. 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
  44. 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
  45. 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

46. 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.
47. 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.
48. 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.
49. 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

50. 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.

## INVITED PRESENTATIONS TO ACADEMIC BODIES

1. Burns, R.J. (2014, March). *Incentivizing Health Behavior*. Social/Health International Training Exchange, University of Cambridge, Cambridge, UK.

## CONFERENCE PRESENTATIONS: TALKS [REFEREED]

Underlined name denotes Carleton student mentee

1. McMillan, G., Milyavskaya, M., & Burns, R. (2021, February). *Helpful others in the formation of habits*. Society for Personality and Social Psychology Annual Meeting.
2. 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.
3. 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).
4. 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).
5. 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).
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.

12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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 mentee

1. 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).
2. 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).
3. 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)



4. 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).
5. 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).
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.

18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. 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.
30. 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.
31. 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.

32. 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.
33. 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.
34. 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.
35. 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.
36. Mott, S., Burns, R. & Rothman, A. (2012, March). *Increasing fruit consumption by offering variety*. National Conferences on Undergraduate Research, Ogden, UT.
37. 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.
38. 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.
39. 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.
40. 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. 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/>.
2. 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>
3. 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>

4. 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>
5. 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).
6. 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).
7. 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).
8. Burns, R. (2018). *Healthy Living, Healthy Mind*. Public workshop delivered at Carleton's Psychology Mental Health Day (open to the public).
9. 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.
10. 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.
11. 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.
12. Schmitz, N., Burns, R. & Deschênes, S. (2015). *Diabetes and mental health: A literature review*. Report prepared for Canadian Diabetes Association.
13. 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	
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 Research Methods in Health Psychology, Carleton University

### **PEDAGOGICAL DEVELOPMENT**

2021 Student Support Certificate, Carleton University  
 2021 Indigenous Cultural Awareness, Carleton University  
 2021 Effective Communication and De-escalation Skills, Carleton University  
 2021 Resources and Referrals, Carleton University  
 2020 Supporting Students in Distress, Carleton University  
 2020 Cross Cultural Competence, Carleton University  
 2020 Building Student Resilience, Carleton University  
 2018 Introduction to Poll Everywhere, Carleton University  
 2018 Teaching with your Mouth Shut: Incorporating Activities into (Smaller) Lecture Classes, Carleton University  
 2017 Designing Learning from Scratch Workshop, Carleton University  
 2014 Serie Center January Professional Activities Workshop, Macalester College  
 2013 August Teaching Enrichment Series Workshops, University of Minnesota  
 2011 Teaching in Higher Education, 3 credit elective graduate course, Preparing Future Faculty Program, University of Minnesota

### **PROFESSIONAL SERVICE**

#### **Service to the Province**

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

#### **Editorial Responsibilities**

2020-present Associate editor, *Applied Psychology: Health and Wellbeing* (Impact factor = 3.569)

#### **Conference Organization**

*International Congress of Behavioural Medicine*- 2023. Local organizing committee member.  
*Prediabetes and mental health- A call for action*- 2015. Conference co-organizer (with N. Schmitz & S. Deschênes).

#### **Ad Hoc Reviewer (number of reviews conducted since 2017 noted in parentheses)**

*American Journal of Preventive Medicine*  
*American Journal on Addictions*  
*Annals of Behavioral Medicine* (5)  
*Applied Psychology: Health and Wellbeing* (1)  
*British Journal of Health Psychology* (2)  
*Diabetic Medicine* (6)  
*Games for Health*

*Health Psychology* (2)  
*International Journal of Chronic Obstructive Pulmonary Disease*  
*Journal of Affective Disorders* (1)  
*Journal of Behavioral Medicine* (4)  
*Journal of Gerontology Social Sciences* (1)  
*Nicotine & Tobacco Research* (1)  
*Preventive Medicine Reports* (1)  
*Psychological Medicine* (1)  
*Psychology & Health* (2)  
*Social Psychiatry and Psychiatric Epidemiology* (1)  
*Substance Use and Misuse* (1)

### **Grant Reviewer**

2021 Mitacs Accelerate  
 2020 Diabetes UK, Projects grant  
 2020 Mitacs Accelerate

### **Conference Proceedings Reviewer**

2018 Abstract Reviewer, Society of Behavioral Medicine Annual Meeting  
 2016 Abstract Reviewer, Society of Behavioral Medicine Annual Meeting  
 2016 Outstanding Research Award/Student Poster Awards Reviewer, Society of Personality and Social Psychology Convention  
 2015 Conference organizer, *Prediabetes and Mental Health- A Call for Action*, McGill University  
 2014, 2015 Poster Reviewer, American Psychosomatic Society Annual Meeting  
 2013 Data Blitz Reviewer, Social Personality and Health Network Preconference  
 2011, 2012 Poster Award Reviewer, Society of Personality and Social Psychology Convention

### **Other Service to the Profession**

2018 Chair, Interactive poster session *Changing behavior: Challenges and solutions*, European Health Psychology Society's Annual Meeting

### **Administrative Responsibilities: Carleton University**

2020-present Mental health and Wellbeing Research and Training Hub (MeWeRTH) steering committee  
 2017-present Dept. of Psychology Graduate Committee  
 2020-2021 Dept. of Psychology Tenure & Promotion Committee  
 2020-2021 Hiring committee: Personality Psychology  
 2019-2020 FASS Healthy Cities lecture series steering committee  
 2019-2020 Hiring committee: Tier 2 Canada Research Chair in Cognition and Wellness

- 2019-2020 Social, Personality, and Health joint lab; co-organizer (with N. Tabri)
- 2019 Hiring committee: Indigenous Mental Health
- 2018-2019 Dept. of Psychology Vision Committee
- 2017-2018 CHAIM Centre (Carleton University Research Centre) Brown Bag Series Co-organizer (with K. Gunnell & M. Milyavskaya)

**Panel Participation: Carleton University**

- 2021 Office of the Vice-President (Research and International)’s New Faculty Orientation, Plenary Session with Early-Career and Established Researchers—SSHRC Session
- 2020 TA Workshop “Building Positive Relationships between Professors and Students”
- 2018 Proseminar “Postdoc Panel Discussion”
- 2018 Proseminar “Landing an Academic Job Panel Discussion”

**Other service: Carleton University**

- 2021 Faculty of Arts and Social Sciences Coffee with a Prof (4 students)
- 2019 Faculty of Arts and Social Sciences Take a Prof to Lunch (2 students)
- 2019 Student One Health Challenge Faculty Advisor
- 2018 Faculty of Arts and Social Sciences Take a Prof to Lunch (2 students)
- 2018 Student One Health Challenge Faculty Advisor