

BERNARD Paquito, Ph.D

Associate Professor
Department of Physical Activity Sciences
Université du Québec à Montréal, Canada
Research center - University Institute of Mental Health at
Montreal

@ bernard.paquito@uqam.ca
(514) 987-3000 # 3606
[@PaquitoBernard](#)
ORCID : 0000-0003-2180-9135
OSF: osf.io/sbmnj

Education

- 2014–2016 **Postdoctoral researcher**, University Laval Cancer Research Center, School of Psychology, Québec city, Canada
Sleep and physical activity in cancer survivors
- 2012 **PhD in Physical Activity Sciences**, University of Montpellier, France
Exercise and counselling for adults with depressive disorders as an aid for smoking cessation
- 2009 **M.Sc. in Sport Sciences, Specialization: Research in Psychology**, University of Montpellier, France
Psychological factors of craving in adults with antecedent of alcohol dependence assessed by ecological momentary assessment
- 2008 **M.Sc. in Sport Sciences**, University of Montpellier, France
The effects of adapted physical activity intervention on coping ability in adults with schizophrenia disorders.
- 2005 **BSc in Sport Sciences**, University of Calais, France

Publications

Peer-reviewed articles

1. St-Amour S, Hains-Monfette G, Dancausse K, Cailhol L, **Bernard P**. Antidepressant medication use and objectively measured physical activity and sedentary behaviors in adults: a cross-sectional analysis of nationally representative sample of Canadian adults. *Mental Health & Physical Activity*. [SportRxiv](#)
2. **Bernard P**, Chevance G, Kingsbury C, Moliniers V, Baillot A, Romain AJ, Gadais T, Dancausse K. Climate change, physical activity and sport: a systematic review (2021). *Sports Medicine*, [SportRxiv](#)
3. **Bernard P**. L'activité physique, un traitement des troubles dépressifs majeurs (2021). Cahiers du savoir. [Archipel-UQAM](#)
4. St-Amour, Cailhol L, Ruocco AC, **Bernard P**. Could physical exercise be an effective treatment for adults with borderline personality disorder? (2021) *Psychiatry Research*. [Archipel-UQAM](#)
5. **Bernard P**, Chevance G, Kingsbury C, Gervais J, Moliniers V, Baillot A, Romain AJ, Gadais T, Dancausse K. Muscler son jeu dans la lutte contre le changement climatique (2021). *Science & Sports*. [Archipel-UQAM](#)
6. Atoui S, Chevance G, Romain AJ, Kingsbury C, Lachance JP, **Bernard P**. Daily associations between physical activity and sleep in adults : a systematic review and meta-analysis (2021). *Sleep Medicine Reviews*. [PsyArXiv](#)
7. Geoffrion S, Goncalves J, Robichauda I, Sadera J, Giguère CE, Fortina M, Lamothe J, **Bernard P**, Guay S. Systematic review and meta-analysis on acute stress disorder: Rates following specific types of traumatic events (2020). *Trauma, Violence & Abuse*

8. Romain AJ, **Bernard P**, Akkrass Z, St-Amour S, Parisien F, Lachance JP, Hains-Monfette G, Atoui S, Kingsbury C, Dubois E, Karelis AD, Abdel-Baki A. Motivational theory-based interventions on health of people with severe mental illness: A systematic review and meta-analysis (2020). *Schizophrenia Research*
9. Chevance G, Hekler E, Perski O, Simons D, Godino J, Krquse A, Gualtieri L, Golaszewski N, Taylor J, Nebeker C, Marrauld L, Efoui-Hess M, **Bernard P**. *Digital health at the age of anthropocene: a message to the research community* (2020). *The Lancet Digital Medicine*
10. Kingsbury C, Karelis A, Hains-Monfette G, **Bernard P**. Association between daily level of objective physical activity and C-Reactive protein in a representative national sample of adults with self-reported diagnosed arthritis or fibromyalgia (2020). *Rheumatology International*. [SportRxiv](#)
11. Sinclair I, St-Pierre, Elgbeili G, **Bernard P**, Vaillancourt C, Gagnon S, Needham Dancause K. Psychosocial Stress, Sedentary Behavior, and Physical Activity during Pregnancy among Canadian Women: Relationships in a Diverse Cohort and a Nationwide Sample (2019). *International Journal of Environmental Research and Public Health*. PMC
12. **Bernard P**, Romain AJ, Desjarlais A. Care must be taken that research participates in the cumulative science of behavior change? (2019) *Translational Behavioral Medicine*. [SportRxiv](#)
13. **Bernard P**, Savard J, Steindorf K, Sweegers M, Courneya K, Newton R, Aaronson N, Jacobsen P, May A, Galvao DA, Chinapaw M, Stuiver MM, Griffith K, Mesters I, Knoop H, Goedendorp M, Bohus M, Thorsen L, Schmidt ME, Ulrich C, Sonke G, van Harten Wh, Winters-Stone KM, Velthuis MJ, Taaffe D, van Mechelen W, Kersten M, Nollet F, Wenzel J, Wiskemann J, Verdonck-de Leeuw I, Brug J, Buffart L. Effects and moderators of effects of exercise on sleep in adults with cancer: Individual patient data meta-analysis (2019). *Journal of Psychosomatic Research*. [Archipel-UQAM](#)
14. **Bernard P**. Health psychology at the age of Anthropocene (2019). *Health Psychology & Behavioral Medicine*
15. **Bernard P**, Ivers H, Savard MH, Savard J. A longitudinal examination of the interrelationships between multiple health behaviors in cancer patients (2019). *Journal of Biobehavioral Research*. [Archipel-UQAM](#)
16. Hains-Monfette G, Atoui S, Needham Dancause K, **Bernard P**. *Device-Assessed Physical Activity and Sedentary Behaviors in Canadians with Chronic Disease(s): Findings from the Canadian Health Measures Survey* (2019). *Sports*
17. Chevance G, **Bernard P**, Chamberland PE, Rebar A. The association between implicit attitudes toward physical activity and physical activity behavior: A systematic review and correlational meta-analysis (2019). *Health Psychology Review*. [Archipel-UQAM](#)
18. St Pierre M, Sinclair I, Elgbeili G, **Bernard P**, Needham Dancause K. Relationships between psychological distress and health behaviors among Canadian adults: Differences based on income, education, immigrant status, and ethnicity (2019). *Social Science & Medicine - Population Health*. [Archipel-UQAM](#)
19. Roy, C, Castonguay, A, Fortin, M, Drolet, C, Franche-Choquette, G, Dumais, A, **Bernard, P**, Geoffrion. S. The use of restraint and seclusion in residential treatment care for youth: A systematic review of related factors and interventions (2019). *Trauma, Violence & Abuse*

20. **Bernard P**, [Hains-Monfette G](#), [Atoui S](#), Moullec G. Daily objective physical activity and sedentary in adults with spirometry-based diagnosis of COPD using data from Canadian Health Measures Survey (2018). *Canadian Respiratory Journal*. [SportRxiv](#)
21. **Bernard P**, Doré I, Romain A, [Hains-Monfette G](#), [Kingsbury C](#), Sabiston C. *Dose response association of objective physical activity with mental health in a representative national sample of adult* (2018). *Plos One*. 13(10),e0204682.
22. **Bernard P**, [St Amour S](#), [Kingsbury C](#), Romain AJ. We need reproducible health behavior change interventions to help adults with severe mental illness (2018). *Schizophrenia Research*. [PsyArXiv](#)
23. **Bernard P**, [Hains-Monfette G](#), [Atoui S](#), [Kingsbury C](#). Differences in daily objective physical activity and sedentary time between women with self-reported fibromyalgia and controls: results from the Canadian Health Measures Survey (2018). *Clinical Rheumatology*. [SportRxiv](#)
24. [Mas S](#), **Bernard P**, Gourlan M. Determinants of physical activity promotion by smoking cessation advisors (2018). *Patient Education Counselling*
25. Baillot A, Saunders S, Brunet J, Romain AJ, **Bernard P**. A systematic review and meta-analysis of the effect of exercise on psychosocial outcomes in adults with obesity: A call for more research (2018). *Mental Health and Physical Activity*. [Website](#)
26. Romain AJ, Caudroit J, Hokayem M, **Bernard P**. Is there something beyond stages of change in the transtheoretical model? The state of art for physical activity (2018). *Canadian Journal of Behavioral Sciences*. [Archipel-UQAM](#)
27. **Bernard P**, Romain AJ, Caudroit J, Chevance G, Carayol M, Gourlan M, Dancause, K, Moullec G. Cognitive Behavioral Therapy combined with physical exercise for depression, anxiety, fatigue and pain in adults with chronic diseases: systematic review and meta-analysis (2018). *Health Psychology*. [SportRxiv](#)
28. Francillette Y, Bouchard B, Boucher E, Gaboury S, **Bernard P**, Romain AJ, Bouchard K . Development of an Exergame on Mobile Phones to Promote Physical Activity for Adults with Severe Mental Illness (2018). The Pervasive Technologies Related to Assistive Environments, Corfu, Greece.
29. Romain AJ, **Bernard P**. Élargir les soins somatiques en psychiatrie à la prévention (2017). *L'Encephale*. 43,3, 298-299
30. Mercier J, Savard J, **Bernard P**. Exercise interventions to improve sleep cancer patients : a systematic review and meta-analysis (2018). *Sleep Medicine Reviews*
31. Baillot A, Brais-Dussault E, Bastin A, Cyr C, Brunet J, Aimé A, Romain AJ, Langlois MF, Bouchard S, Tchernof A, Rabasa-Lhoret R, Garneau PY, **Bernard P**. What is known about the correlates and impact of excess skin after bariatric surgery: a scoping review (2017). *Obesity Surgery*
32. **Bernard P**, Romain AJ, Chevance G. Pour des interventions de changement de comportement factuelles. *Santé Publique* (2018)
33. **Bernard P**, Ivers H, Savard MH, Savard J. Temporal relationships between sleep and physical activity among breast cancer patients with sleep disturbances (2016). *Health Psychology*. [Website](#)

34. Guimond AJ, Croteau V, Savard MH, **Bernard P**, Ivers H, Savard J. Predictors of smoking cessation and relapse in cancer patients and effects on psychological variables : an 18-month observational study (2017). *Annals of Behavioral Medicine*
35. Chevance G, Romain AJ, **Bernard P**. La promotion de l'activité physique passe nécessairement par une prise en compte de la motivation: Commentaire concernant les articles de Reynes et al., 2016 et Berthouze et al., 2016 (2017). *Psycho-Oncologie*. [Website](#)
36. **Bernard P**, Carayol M, Bortholon C, Romain AJ, Lareyre O, Ninot G, Boiché J, Gurlan M. Moderators of theory-based interventions to promote physical activity in 77 randomized controlled trials (2017). *Health Education & Behavior*. [Website](#)
37. Romain A, Bortolon C, Gurlan M, Carayol M, Ninot G, Boiché J, **Bernard P**. Matched or unmatched interventions based on the Transtheoretical model to promote physical activity. Lessons from a meta-regression of randomized controlled trials (2018). *Journal of Sport and Health Science*. [PMC](#)
38. Romain AJ, Howarth C, **Bernard P**. Prediction of Physical Activity Level Using Processes of Change From the Transtheoretical Model: Experiential, Behavioral, or an Interaction Effect? *American journal of health promotion* (2018). *American Journal of Health Promotion*.
39. Chevance G, Foucaut A, **Bernard** [Sedentary and health in adults:a narrative review] (2016) *Presse Medicale*. 45 3: 313-318
40. **Bernard P.**, Romain AJ., Trouillet R., Gernigon C, Nigg C, Ninot G. Validation of the Transtheoretical Model Processes of Change Measure for Physical Activity in an Adult French Sample (2014). *International Journal of Behavioral Medicine*. [Website](#)
41. **Bernard P**, Ninot G, Cyprien F, Taylor A, Guillaume S, Courtet P, Quantin X. Efficacy of exercise and counseling for depressed patients as an aid for smoking cessation, a randomized controlled pilot trial (2017). *Journal of Dual Diagnosis*. [Website](#)
42. **Bernard P**, et al. Smoking cessation, depression, exercise: empirical evidence, clinical needs and mechanisms (2013). *Nicotine & Tobacco Research*.
43. **Bernard P**, Romain AJ, Vancampfort D, Ninot G. Six minutes walk test for individuals with schizophrenia: systematic review (2015). *Disability and Rehabilitation*. [Website](#)
44. **Bernard P**, Ninot G, Bernard PL, Picot MC, Jausse A, Talon G, Blain H. Effects of a 6-month walking intervention on depression in inactive post-menopausal women: a Randomized Controlled Trial (2015). *Aging & Mental Health*. 19(6), 485-92.
45. **Bernard P**, Carayol M. A commentary on the importance of controlling for medication use within trials on the effects of exercise on depression and anxiety (2015). *Mental Health and Physical Activity*. [SportRxiv](#)
46. **Bernard P**, Ninot G, Quantin X. Self-reported physical activity in smoking precessation is not a protective factor of relapse for all (2015). *The American Journal on Addictions*.
47. **Bernard P**. L'accompagnement des malades chroniques par l'activité physique : les enseignements de l'Exercise Referral Systems anglais (2015). *Santé Publique*. 25(5), 1-8.
48. **Bernard P**, Ninot G, Quantin X. Physical activity as a protective factor in relapse following smoking cessation in participants with a depressive disorder (2012). *The American Journal on Addictions*.

49. **Bernard P**, Esseul E, Raymond L, Dandonneau L, Xambo JJ, Carayol M, Ninot G. Counseling and exercise intervention for smoking reduction in patients with schizophrenia: a feasibility study (2013). *Archives of Psychiatric Nursing*. 27(1): 23-31
50. **Bernard P**, Ninot G. Benefits of exercise for people with schizophrenia: A systematic review (2012). *L'Encéphale*.
51. **Bernard P**, Romain AJ, Esseul E, Artiguisse M, Poy Y, Baghdadli. A, Ninot G. [Barriers to physical activity and motivation for adults with schizophrenia:systematic review] (2013). *Sciences & Sports*.
52. **Bernard P** , Romain AJ, Vergnault M. [*Adapted physical activity, a need for implementing guidelines*] (2015). *Nutrition Clinique et Métabolisme*.
53. Gourland M, **Bernard P**, Bortholon C, Romain AJ, Lareyre O, Carayol M, Ninot G, Boiché J. Efficacy of theory-based interventions to promote physical activity. A meta-analysis of randomized controlled trials (2016). *Health Psychology Review*. [Website](#)
54. Romain A, **Bernard P**, Gernigon C, Avignon A. Measuring the processes of change from the transtheoretical model for physical activity and exercise in overweight and obese adults (2016). *American Journal of Health Promotion*
55. Carayol M, **Bernard P**, Boiché J., Riou F., Mercier B., Cousson-Gélie F., Romain A.J., Ninot G. Psychological impact of exercise in women with breast cancer: What is the optimal dose needed ? (2013) *Annals of Oncology*
56. Romain A, **Bernard P**, Gernigon C, Avignon A. Health-related quality of life and stages of behavior change for exercise in obese individuals (2012). *Diabetes and Metabolism*.
57. Romain A, **Bernard P**, Galvez M, Caudroit J. Supervised exercise intervention for adults with type 2 diabetes: longitudinal investigation of processes of change (2015). *Journal of Applied Biobehavioral Research*.
58. Filhol G, **Bernard P**, Ninot G. [Exercise during pregnancy : a review of guidelines] (2014). *Gynécologie Obstétrique & Fertilité*.
59. Romain A, **Bernard P**. [Improvements in cardiorespiratory health with physical activity in schizophrenic individuals: the role of health psychology] (2015). *Obésité*.
60. Carayol M, Delpierre C, **Bernard P**, Ninot G. Population-, intervention-, methodology-related characteristics of clinical trials impact exercise efficacy for breast cancer: a meta-regression analysis. *Psycho-Oncology* (2015).
61. Lemercier L, **Bernard P**, Ninot G. [Adapted Physical Activity program in adults treated with hematopoietic stem cell transplantation: A feasibility study.] (2015). *Oncologie*.
62. Romain AJ, Chevance G, **Bernard P**. [Motivational interventions based transtheoretical model to increase the physical activity in adults with overweight] (2015). *Obésité*
63. Fond G, Guillaume S., Jaussent I., Beziat S., McGregor., **Bernard P**., Courtet P., Quantin X. Prevalence of non-selected smokers with Attention Deficit /Hyperactivity disorder:a cross-sectional study (2015). *Journal of Attention Disorders*.

64. Fond G, Loundou A, Guillaume S, Quantin X, Courtet P, **Bernard P**, Bailly D, Abbar M, Leboyer M, Boyer L. Smoking behavior characteristics of smokers with childhood attention-deficit/hyperactivity disorder: a meta-analysis (2014). *European Archives of Psychiatry and Clinical Neuroscience*.
65. Fond G, Guillaume S., Artero S., Robles E., **Bernard P**, Courtet P., Quantin X. Impact of major depression in a smoking-cessation program. A one-year prospective study. (2013) *Journal of Affective Disorders*.
66. Vancampfort D, De Hert M, Soundy A, **Bernard P**, Stubbs B, Probst M. Associations between perceived neighborhood environmental attributes and self-reported sitting time in patients with schizophrenia (2014). *Psychiatry Research*.
67. Vancampfort D, De Hert M, Soundy A, **Bernard P**, Stubbs B, Probst M. Associations between physical activity and the built environment in patients with schizophrenia: a multi-centre study (2013). *General Hospital Psychiatry*.

Submitted manuscripts

1. St-Amour S, Caihol L, Ruocco A, **Bernard P**. Acute Effect of Physical Exercise on Negative Affect in Borderline Personality Disorder: A Pilot Study. *Psychiatry Research*. [SportRxiv](#). [Data](#)
2. **Bernard P, St-Amour S, Lachance JP, Kingsbury C, Lapointe J** (2021). Dynamic patterns of depressive symptoms and sleep during the first month of strict lockdown in two women with major depressive disorder. *Health Psychology Report (soumis)*. [PsyArxiv](#). [Data](#)
3. Chevance G, Baretta D, Romain AJ, Godino JG, **Bernard P**. (2021). Day-to-day associations between sleep and physical activity: a set of person-specific analyses in adults with overweight and obesity. *Journal of Sleep Research (soumis)*. [SportRxiv](#). [Data](#)
4. St-Onge K, Kingsbury C, **Bernard P**, Houle J. "To be moving is to be alive": older public housing tenants' perceptions of physical activity. *Journal of Aging and Physical Activity*
5. Lachance JP, Corbière M, Hains-Monfette G, **Bernard P**. Clearing your mind of work-related stress through moderate-to-vigorous and leisure-time physical activity: What 'dose' it takes? *Occupational Health Science*. [MedRxiv](#)
6. St-Onge K, Kingsbury C, **Bernard P**, Houle J. Older public housing tenants' capabilities for physical activity. *Annual Review of Gerontology and Geriatrics*
7. Gadais T, Descarpentie L, Arvisais O, Charland P, **Bernard P**. Health and education through sport for development in extreme development contexts : cases studies for various developing countries. *Chapter*
8. Mas S, Gurlan M, **Bernard P**. Determinants of Fasting in Patients with Cancer : A Longitudinal Study Using an Integrated Behavior Change Model. *Health Psychology*. [PsyArxiv](#)
9. Romain, **Bernard**, Piché, Kern, Ouellet-Plamondon, Abdel-Baki, Roy. Mens sana in corpore sano: l'intérêt de l'activité physique auprès des jeunes ayant eu un premier épisode psychotique. *Santé Mentale au Québec*

Articles in preparation

1. **Bernard P**. Adapted Physical Activity in France: emergence of APA structured professionals

Book chapters

1. Romain AJ, **Bernard P**. Behavioural and psychological approaches to maximize exercise interventions among people with mental illness. In B. Stubbs. *The clinicians guide to physical activity for people with mental illness : evidence-based exercise prescription*. Elsevier (2018)

2. **Bernard P, St Amour S, Hains-Monfette G.** Trouble de l'usage de substances et des conduites addictives et activités physiques adaptées et addictions. Guide d'intervention en activités physiques adaptées à l'intention des kinésiothérapeutes. Presses de l'Université du Québec
3. Ninot G, Moullec G, **Bernard P.** Rôles des activités physiques adaptées dans l'accompagnement des maladies respiratoires chroniques (pp. 233-245). In G. Decamps (Ed.), *Psychologie du sport et de la santé*. Paris : DeBoeck (2011)

Articles in professional journal

1. **Bernard P.** *La santé des Québécoises et des Québécois, liée pour longtemps au changement climatique* (2020). Sciences - UQAM
2. Gadais T, **Bernard P.** *Covid-19 : comment conserver sa santé physique et mentale* (2020) La Conversation
3. **Bernard P.** *Bouger plus et s'asseoir moins pour une meilleure santé mentale* (2019) The Conversation
4. **Bernard P.** *Malades chroniques : l'activité physique et la psychothérapie, aussi efficaces pour préserver sa santé mentale* (2018) The Conversation
5. **Bernard P.**, Savard J. *Oncologists' Exercise Recommendations are not Enough*. Canadian Association Psycho-Oncology Digest (2016).
6. Chamberland P, **Bernard P.**, Leslie-Toogood E. Getting the most of psychological science using RSS feeds. Perseverance (2016 May). Newsletter CPA Sport & Exercise Psychology Section.
7. **Bernard P.** *Bénéfices de l'activité physique dans le cadre du sevrage tabagique* (2014) [*Benefits of exercise for smoking cessation*]. *Le Courrier des Addictions*.
8. **Bernard P.** *Et si la marche active était une bonne occasion de prévenir la dépression?* (2016) *Blogue Qualaxia : Échanges sur la santé mentale populationnelle*
9. Ninot. G, Riou. F, **Bernard P.**, Carayol. M, Mercier. A, Romain. AJ. (2011). L'Evidence Based, une incitation à la recherche interventionnelle non médicamenteuse en rééducation [Evidence Based Medicine and Non Pharmacological Interventions]. *Revue Francophone de Gériatrie et de Gérontologie*, 18, 176.

Presentations

Invited Presentations

Bernard P. Face au changement climatique, le sport et l'activité physique font le grand écart. Congrès de l'Association Québécoise de Recherche en Sciences de l'Activité Physique (Mai 2021)

Bernard P. Activité physique, sédentarité et santé mentale : leçons de l'Enquête canadienne sur les mesures de la santé. Webinaire - Canadian Research Data Centre Network (Février 2019)

Bernard P. Applications du modèle Transthéorique dans le champ de l'activité physique pour des malades chroniques - Laboratoire Éducation et Pratiques de Santé, Université Paris 13, Sorbonne Paris Cité - UFR Santé Médecine Biologie Humaine (Février 2018)

Bernard P. Transport actif, santé et politiques publiques- Table ronde - Journée scientifique de l'Institut Santé et Société, Montréal (Juin 2017)

Bernard P. (Juin 2011) Exercise interventions for individuals with severe mental illness. National Association for Somatic Therapy Promotion in Psychiatry, 9th Congress, Paris

Oral Presentations

Bernard P. Associations entre l'activité physique et la santé mentale en fonction du statut pondéral des adultes canadiens. (Mai 2019). Colloque Activité Physique et obésité - Congrès ACFAS.

Bernard P. Effets de l'exercice physique sur le sommeil chez des adultes traités pour un cancer : une méta-analyse sur données individuelles (Mai 2019). Colloque Activité Physique et Santé mentale- Congrès ACFAS

Bernard P, Doré I, Romain A, Hains-Monfette G, Sabiston C. Non-linear association between objective physical activity and mental health in a population-based study of Canadian adults (2018 May). Canadian Public Health, Montreal

Bernard P, Romain AJ, Caudroit J, Chevance G, Carayol M, Gourlan M, Moullec G. Cognitive behavior therapy combined with exercise to decrease depression, anxiety, fatigue, and pain for adults with chronic diseases: systematic review and meta-analysis (2018 June). International Congress of Applied Psychology, Montreal.

Bernard P. L'activité physique, un déterminant de la santé mentale à prendre au sérieux. (Mai 2018). Journées Annuelles de Santé Mentale, Montréal.

Bernard P, Hains-Monfette G. Relation dose-réponse entre l'activité physique mesurée objectivement et la santé mentale dans la population canadienne (Mai 2017). Colloque Activité Physique et Santé mentale- Congrès ACFAS

Bernard P, Mas S, Gourlan M. Déterminants de la promotion de l'activité physique par les cliniciens impliqués dans l'arrêt du tabac. (Mars 2017). Congrès de l'Association Québécoise de Recherche en Sciences de l'Activité Physique, Sherbrooke

Bernard P, Romain AJ, Carayol M, Caudroit J, Chevance G, Gourlan M, Moullec G. Améliorer la santé mentale des adultes touchés par une maladie chronique : l'exercice physique, la thérapie cognitive et comportementale ou les deux combinés ? Une méta-analyse (Mars 2017). Congrès de l'Association Québécoise de Recherche en Sciences de l'Activité Physique, Sherbrooke

Bernard P, Romain AJ, Carayol M, Caudroit J, Chevance G, Gourlan M, Moullec G. Efficacité de la thérapie cognitive et comportementale associée à l'exercice physique sur la dépression et l'anxiété d'adultes touchés par une maladie chronique : une méta-analyse. (Mars 2017). Congrès 2017. Société Québécoise de Recherche en Psychologie, Montréal

Bernard P, Carayol M, Bortholon C, Romain AJ, Lareyre O, Ninot G, Gourlan M, Boiché J. Utilisation des théories socio-cognitives pour modifier un comportement de santé : Leçons d'une méta-analyse de 77 essais randomisés contrôlés centrés sur l'activité physique (Mars 2017). Congrès 2017. Société Québécoise de Recherche en Psychologie, Montréal

Bernard. P 'Breaking down silos' : Étudier les changements de comportement de santé multiples en contexte clinique et écologique. Séminaire de Recherche du Groupe de Recherche en Activité Physique Adaptée

Bernard P, Carayol M, Bortholon C, Romain AJ, Lareyre O, Ninot G, Boiché J, Gourlan M (February 2016). Modérateurs d'efficacité des interventions de promotion de l'activité physique ancrées théoriquement : analyse de 77 essais randomisés contrôlés. Colloque de l'Association Etudiante de l'École de Santé publique de Montréal

Bernard P, Ivers H, Savard MH, Savard J (April 2015). Clinical Factors Associated with Objectively-Assessed Physical Activity among Breast Cancer Patients with Sleep Disturbances. Canadian Association of Psycho-oncology Congress, 30th Congress, Montreal.

Bernard P. Writing in Adapted Physical Activity (May 2015). French Congress of Adapted Physical Activity, 2nd Paris.

Bernard P. Barriers to physical activity and motivation for adults with schizophrenia: systematic review? 28th French Society of Physical and Rehabilitation Medicine (October 2013), Reims, France

Bernard P., Bleyenheuft L., Ninot G., Warnery A., Bleyenheuft C., Sabonadière V. (March 2010). Effets d'un programme d'Activités Physiques Adaptées sur le Soi physique de sujets alcoolodépendants sevrés en centre de réhabilitation [*Effects of Adapted Physical Activity intervention on physical self in alcohol dependent individuals*]. French Adapted Physical Activity Congress, Orléans, France

Bernard P., Romain A, Trouillet T, Ninot G. Transtheoretical model and physical activity: validation and comparison of model in trying to understand how people change. 18th International Symposium on Adapted Physical Activity (2011), Paris, Book of abstract O5B1.

Bernard P., Ninot G. Psychological factors of craving in alcohol dependent individuals assessed by ecological momentary assessment. Congress of Health Psychology University of Toulouse (2008), France

Bernard P., Xambo JJ, Ahmad J. Benefits of Adapted physical activity in psychiatry services. Assises de la psychiatrie Medico-sociale (2008), Marseille, France

Poster Presentations

Bernard P et al. Effects and moderators of effects of exercise on sleep in adults with cancer: Individual patient data meta-analysis. Congress of North American Society for the Psychology of Sport and Physical Activity. Baltimore. [OSF](#)

Bernard P., Aubertin-leheudre M. (2018 June). Profiling physical activity motivation based on self-determination theory in active adults aged 50 years and over: a cross-sectional study International Congress of Applied Psychology, Montreal.

Bernard P. [Hains-Monfette G.](#), [Atoui S.](#), Moullec G. Dose response association of objective physical activity with mental health in a representative national sample of adult. (2018 April). 39th Society of Behavioral Medicine Congress, New Orleans, US

[Hains-Monfette G.](#), **Bernard P.** Physical activity and sedentary objectively measured in adult Canadians with chronic disease(s): a cross-sectional study (2018 April). 39th Society of Behavioral Medicine Congress, New Orleans, US

[Hains-Monfette G.](#), **Bernard P.** Facteurs cliniques associés à l'activité physique et la sédentarité mesurée objectivement chez des adultes dépressifs. Colloque Activité Physique et Santé Mentale-Congrès ACFAS

Bernard P., Romain AJ, Caudroit J, Chevance G, Carayol M, Gourlan M, Moullec G. (2017). Cognitive Behavioral Therapy combined with physical exercise for depression in adults with chronic diseases: systematic review and meta-analysis. Society of Behavioral Medicine Congress, San Diego, US

Saunders S, Brunet J, Romain AJ, **Bernard P.**, Baillet A. (2017). Impacts of exercise training on quality of life, body image, anxiety, and depression in individuals with obesity: a systematic literature review. 5th Canadian Obesity Summit, Banff Springs, AB

Mas S, **Bernard P.**, Gourlan M (Novembre 2016). Déterminants de la promotion de l'activité physique par les cliniciens impliqués dans le sevrage. 10^e Congrès de la Société Francophone de Tabacologie. Lille, France

Bernard P., Ivers H, Savard MH, Savard J. (Juin 2016) A Longitudinal Examination of the Interrelationships between Multiple Health Behaviors in cancer patients. Scientific conference

International of the Agency for Research on Cancer - Global cancer occurrence, causes and avenues to prevention. Lyon, France

Bernard P, Ivers H, Savard MH, Savard J. (April 2016) Temporal relationships between physical activity and sleep among breast cancer patients with sleep disturbances. 37th Annual Meeting & Scientific Sessions - Society of Behavioral Medicine, Washington, USA

Romain A, Bortolon C, Gourlan M, Carayol M, Lareyre O, Ninot G, Boiché J, **Bernard P**. (April 2016) Matched or unmatched interventions based on the Transtheoretical model to promote physical activity. Lessons from a meta-regression of randomized controlled trials. 37th Annual Meeting & Scientific Sessions - Society of Behavioral Medicine, Washington, USA

Bernard P, Ninot G, Cyprien F, Taylor A, Guillaume S, Courtet P, Quantin X. (April 2016) Exercise And Counseling For Smoking Cessation in Smokers With Depressive Symptoms-A Randomized Controlled Pilot Trial. 37th Annual Meeting & Scientific Sessions- - Society of Behavioral Medicine, Washington, USA

Bernard P, Ivers H, Savard MH, Savard J. (August 2015) Associations temporelles entre l'activité physique et le sommeil chez des femmes traitées pour un cancer du sein. Congress of University Laval Cancer Research Centre, Québec

Bernard P, Romain AJ, Vancampfort D, Ninot G. (December 2013) Six minutes walk test for individuals with schizophrenia: systematic review. UK Society of Behavioral Medicine Congress, Oxford, United Kingdom

Mas S, **Bernard P**, Ninot G, Quantin X. Efficacy of exercise and counseling for depressed patients as an aid for smoking cessation, Preliminary results, (August 2014) National Cancer Institute, Paris, France.

Bernard P, Ninot G, Quantin X. (December 2013) Self-reported physical activity in smoking precessation is not a protective factor of relapse for all. UK Society of Behavioral Medicine Congress, Oxford, United Kingdom

Bernard P, Esseul E, Raymond L, Dandonneau L, Xambo JJ, Ninot G. (November 2010). Counselling and exercise intervention for smoking reduction in patients with schizophrenia: a feasibility study. Poster to be presented at the French Psychiatry Congress, Lyon, France

Bernard P, Ninot G, Bleyenheuft L, Bleyenheuft C. (September 2009). Étude exploratoire de la dynamique des facteurs psychologiques prédictifs du craving chez des sujets alcoolodépendants sevrés [*Psychological factors of craving in alcohol dependent individuals : dynamical approach*]. Poster to be presented at the Congress ACAPS, Lyon, France.

Carayol M, **Bernard P**, Romain AJ, Boiché J, Riou F, Mercier B, Ninot G. Bénéfices des activités physiques sur des facteurs psychologiques chez des femmes traitées pour un cancer du sein. *Bulletin du cancer*, oct.2011; 98 suppl 2:S72.

Carayol M, **Bernard P**, Boiché J, Riou F, Mercier B, Cousson-Gélie F, Romain A.J, Ninot G. Psychological impact of exercise in breast cancer woman receiving adjuvant therapy: what is the optimal dose needed ? *Journal of Clinical Oncology*, 2012 ASCO Annual Meeting Proceedings (Post-Meeting Edition) 30, No 15_suppl (May 20 Supplement), 2012: 9074.

Carayol M, **Bernard P**, Romain AJ, Boiché J, Riou F, Mercier B, Delpierre C, Ninot G. Les variables modératrices de l'efficacité des essais cliniques interventionnels en activité physique sur des facteurs psychologiques chez des femmes recevant un traitement adjuvant du cancer du sein: méta-analyse. *Bulletin du cancer*, oct.2012.

Knowledge Translation

'Avuer'

Presentation of scientific publications about physical activity, climate change, psychology and health (>230 articles, created in 2008)

Blog 'Trouver un postdoc'

List of advices for PhD/postdoc students

Formations de professionnels

- 2020 Quand patiner ne sera plus qu'un souvenir : le changement climatique et l'activité physique. RESEAU - Pour un développement psychosocial par le sport et le plein-air
- 2019 La questions des données probantes à propos des effets de l'exercice physique chez les personnes aux prises avec un trouble mental sévère. Groupement des psychiatres du CH de St-Jérôme
- 2018 Promotion de l'activité physique et réduction de la sédentarité au travail. Journée des cadres de l'IUSMM
- 2018 Activité de formation continue Regroupement des organismes du suivi alternatif communautaire sur l'île de Montréal
Motivation à l'activité physique dans un contexte de trouble mental
- 2018 Activité de formation continue des cliniciens en psychiatrie au CHU de Sherbrooke
L'activité physique en psychiatrie : pourquoi, comment, pour qui?
- 2018 Activité de formation continue des cliniciens en psychiatrie au CH de St-Jérôme
L'activité physique en psychiatrie : pourquoi, comment, pour qui?
- 2018 Activité de formation continue Association des parents et amis de la personne atteinte de maladie mentale - Rive-Sud
L'activité physique en psychiatrie : pourquoi, comment, pour qui?
- 2017 Activité de formation continue des professionnels de l'IUSMM
L'activité physique en psychiatrie : pourquoi, comment, pour qui?

Webinars

2018 De la promotion de la santé mentale au rétablissement : l'activité physique a son rôle à jouer. Journées Annuelles de Santé Mentale, Montréal.

2018 L'activité physique, une stratégie pour promouvoir la santé mentale. Réseau de Recherche en Santé des Populations du Québec

Public conferences

2018 S'asseoir moins et bouger plus pour être mieux dans sa tête. Conférences Normand Seguin - CIUSS Est de l'île de Montréal

2019 Pynth of science (Mai): L'activité physique et la santé mentale : ce que l'on sait (ou pas) ? Bougez ! Conférence cœurs des science UQAM

2019 20^e Forum International Sciences Société - ACFAS - Atelier Anatomie

2019 - Conférence cœurs des science UQAM « Bougez » - UQAM TV

Interview

2021 Le devoir, L'actualité, Radio Canada Première, Montreal Gazette, Le Monde

2019 "Sur le fil" - Radio Canada Première. 20-05-2019

Written press

Décembre 2017 - entretien pour *Le Monde* - LE « NUDGE » OU L'ART SUBTIL D'ENCOURAGER L'ACTIVITÉ PHYSIQUE

Novembre 2018 - entretien pour le *Journal de Montréal* - 4 raisons de bouger plus

Septembre 2018 - Article dans *Actualités UQAM* - L'activité physique : un antidépresseur naturel

Avril 2019 - entretien pour *La Tribune* - L'exercice plus important que l'argent pour la santé mentale? Gros bémol d'un chercheur

Mai 2019 – entretien pour *La Presse* - Santé mentale: l'activité physique prime sur le statut économique, selon une étude questionnable

Décembre 2019 - entretien pour *Chatelaïne* – Bienfaits de l'activité physique pour la santé

Other

2019-2020 Scientific committee – *Exhibition: MOOVE!* - Musée Armand-Frappier, Laval, Québec, Canada

Editorial Experience

Associated editor

2019 – Mental Health and Physical Activity

Guest editor for Plos One (2019)

Peer Review Referee for

2012 International Journal of Behavioral Medicine

2013 American Journal on Addictions, International Journal of Obesity, Psychiatry Research (2), BMC Public Health, Psychiatric Services

2014 Nicotine & Tobacco Research, Mental Health & Physical Activity, Journal of Mental Health, Sports Medicine, Revue des Maladies Respiratoires, Psychiatry Research

2015 Psychiatry and Clinical Neurosciences, Substance Use and Misuse, Psychiatry Research (3), Archives of Gerontology and Geriatrics

2016 Psychosomatic Medicine, Revue d'Épidémiologie et de Santé Publique, Nicotine & Tobacco Research (2), Disability & Rehabilitation, Archives of Psychiatric Nursing, STAPS, Journal of Health Psychology, Trials, Springer Plus, Revue Québécoise de Psychologie

2017 Journal of Obesity, Psychiatry Research, Health Psychology (2), Canadian Journal of Community Mental Health, Nicotine & Tobacco Research, Sleep Medicine Reviews, Preventive Medicine, British Journal of Sports Medicine

2018 Revista de Psicología del Deporte, Clinical Rheumatology, Behavioral Sleep Medicine, International Journal of Behavioral Medicine, Canadian Journal of Community Mental Health, British Journal of Psychiatry, Psychosomatic Medicine, Psychologie Française, Sleep

2019 Journal of Clinical Psychopharmacology, British Medical Journal, Journal of Health Psychology (2), Psychiatry Research, Psychosomatic Medicine, Brazilian Journal of Psychiatry, Journal of Affective Disorders

2020 Mental Health and Physical Activity, Psychologie Française, Health Psychology and Behavioral Medicine, Journal of Mental Health, Journal of Affective Disorders, Health Psychology Review, Sciences & Sport (2), Nurse Education in Practice, Psychologie Française, Advances in Climate Change Research, American Journal of Health Promotion, Neuroscience and Biobehavioral Reviews

2021 Health Reports, Translational Behavioral Medicine, Mental Health and Physical Activity, WIRE Climate change

Affiliations - Activities

2008 – French Society of Adapted Physical Activity Professionals, *Cofounder*

2015 – Society of Behavioral Medicine, *Member*

2015 – Association Francophone pour le Savoir, *Membre*

2016- Réseau de recherche en santé des populations du Québec, *Member*

2019- North American Society for the Psychology of Sport and Physical Activity, *Member*

Past member

Canadian Association of Psychosocial Oncology, *Member*

Association Francophone de Psychologie de la Santé, *Member*

Society for Research on Nicotine and Tobacco, *Member*

UK Society of Behavioural Medicine, *Member*

Research Funding Application Assessment

2020 - External reviewer

Partenariat Programme Priorité Patient - Fonds de Recherche Santé Québec
Quebec Breast Cancer Foundation
World Cancer Research Fund International

2020 - External reviewer – Doctoral Fellowship - Université de Grenoble (France)

2019 - External reviewer – MITACS acceleration

2019 - External reviewer -Partenariat Innovation Québec – Janssen [Psycho-oncologie] - Fonds de Recherche Santé Québec

2019/2020 – Reviewer Comitee - Doctoral Fellowship - Fonds de Recherche Santé Québec

2019 – External reviewer - Postdoctoral Fellowship – AXA Fondation – research fund

2019 – External reviewer - Doctoral Fellowship - Région Grand Est (France)

2019 – External reviewer - Postdoctoral Fellowship - Research Foundation Flanders' (Belgium)

2013 – External reviewer for Netherlands Organisation for Health Research and Development – program Health Care Efficiency Research

Teaching

Teaching at Université du Québec à Montréal (Canada)

Bsc

Health and Physical Activity promotion (since 2016)
Behavioral assessments in clinical setting (since 2016)
Psychology of Sport and Physical Activity (since 2016)

Teaching at University of Montpellier (France)

Bsc

Benefits of exercise for young adults with mental disabilities. (2008-2014)
Sport training and performance for adults with mental disabilities. (2008-2011)
International Classification of Functioning and physical activity. (2009-2012)

Msc

Evidence based psychology and physical activity. (2009)
Mental health and physical activity. (2011)
Health behavior change theories. (2011)
Promotion of physical activity for blue collar. (2012)
Assessments of Physical activity. (2012)

Teaching - other universities

Le numérique au service de la santé mentale – (2020) Université de Montréal (Résident Psychiatrie)

Psychology of Physical activity – University of Bordeaux. (2012)

Psychometric validation of questionnaires – University of Bordeaux. (2012, 2013)

Using physical activity during smoking cessation– University of Montpellier (medicine). (2012, 2013)

Assessment tools of Physical activity – University of Poitiers – (2012)

Supervisory Experience

PhD (Université du Québec à Montréal)

Doctorate Communautaire psychology (2016-) - UQÀM

Kadia Saint-Onge (supervised with Pr Janie Houle)

Physical activity in elderly people living in public housing

Doctorate Interdisciplinary research in health and society (2017-) - UQÀM

Jean Philippe Lachance (supervised with Pr Marc Corbiere)

Processus psychologiques enjeux pour un style de vie actif à la suite d'un arrêt du travail pour un problème de santé mentale

Samuel St Amour (2018-) - UQÀM

Activité physique pour les adultes aux prises avec un trouble de la personnalité limite

Master's thesis (Université du Québec à Montréal)

- Master Sciences of Physical activity

Marjane Hajzadeh (2019-) - UQÀM [co-direction avec Alain Steeve Comtois]

Établissement des normes de force de préhension chez les adultes ayant un cancer

Lapointe J-A (2019-) - UQÀM [co-direction avec Alain Steeve Comtois]

Comment développer une habitude d'activité physique chez des utilisateurs de gym ?

Champagne M (2019-) - UQÀM [co-direction avec Ahmed J Romain (UdeM)]

Réalités de la kinésiologie dans les établissements de santé mentale au Québec

Kingsburry C (2019-) - UQÀM

Dynamique des traits de personnalité et des buts personnels durant un programme d'exercice physique.

Hains-Monfette. G (2017-2019) - UQAM

Associations entre l'activité physique objective, la consommation d'alcool et la santé mentale au sein de l'Enquête de Mesures de Santé du Canada

Boursier du Centre inter-universitaire québécois de statistiques sociales

Atoui S (2017-2019) - UQAM

Examen des relations temporelles entre l'activité physique et les paramètres du sommeil chez des adultes touchés par un trouble de l'humeur

Boursier du Centre inter-universitaire québécois de statistiques sociales

Henri G (2017-2019) - UQAM

Effet de l'exercice physique aérobie sur la fatigue perçue et la régulation émotionnelle d'adultes dépressifs

Master's thesis (Université de Montpellier - France)

2007-09 Auneveux. A - M.Sc. in Sport Sciences (option Adapted Physical Activity)

Effect of physical exercise on relapse and depression in adults with alcohol dependence

2008-10 Dandonneau.L - M.Sc. in Sport Sciences (option Adapted Physical Activity)

Physical exercise as smoking reduction strategy in adults with schizophrenia

2008-10 Miglic. A - M.Sc. in Sport Sciences (option Adapted Physical Activity)

Effects of adapted physical activity on coping strategies in adults with chronic low back pain

2009-11 Artigusse. M - M.Sc. in Sport Sciences (option Adapted Physical Activity)

Effects of socio-cognitive theory based physical activity intervention on collective self-efficacy in adults with schizophrenia

2011- 13 Fihol. G - M.Sc. in Sport Sciences (option Adapted Physical Activity)

Acute effect of physical exercise on affects in pregnant women

Research Trainee students

2017 Hains-Monfette G (300h)

2018 Kingsburry G (100h)

2019 Kingsburry (200h) - (supervised with Pr Karelys) -Summer studentship Award (6000\$) - Canadian Institutes of Health research

CONTINUING EDUCATION

2008 *Research Methods in psychiatry, Summer School INSERM U1061, France*

2010 *Addictive behaviours and models, University of Montpellier, Fr*

2011 *Qualitative methods in Psychology, University of Montpellier, Fr*

2012 *European Research and grant management, University of Montpellier*

2012 *PhD training, Sport and Health Sciences Department, University of Exeter, UK*
Advisor: Pr Taylor

2013 *Designing and evaluating behaviour change interventions: using the Behaviour wheel and other tools in behavioural science, Atkinson L. Oxford University, UK*

MOOCs: *R Programming (Johns Hopkins University)/ Introduction à la statistique avec R (Université Paris-Sud)/ Explore Statistics with R (Karolinska Institutet)*

2014 *MOOC: Statistical Reasoning for Public Health (Johns Hopkins University)*

2015 *Workshop: Propensity score in epidemiology. University Hospital of Laval, Québec, CA*

2017 *Using Canadian Health Measures Survey Data, Statistics Canada, Montréal*

2019 *R et la prévision des séries temporelles, R à Québec, Québec*
Les Modèles mixtes en R, R à Québec, Québec
Machine learning with Python, Montreal

Professional Experience

09/2013 - 06/2014 Associated researcher, Epsilon Laboratory, University of Montpellier
09/2012 - 05/2014 Teaching and Research assistant, University Montpellier, France
01/2010 - 08/2012 Research Assistant, Respiratory Medicine Department, University Hospital of Montpellier, France
09/2008 - 08/2012 Teaching Assistant, University Montpellier 1, Exercise Sciences Department, France
05/2007 - 02/2010 Adapted Physical Activity Educator, St Clement Clinic - Psychiatric Rehabilitation Unity, St Clément de Rivière, France