



**Lindsay Ross-Stewart, PhD**

**Title: Assistant Professor**

**Department: Kinesiology and Health Education**

**Institution: Southern Illinois University**

**Email: lrossst@siue.edu**

**Phone: (618) 650-2410**

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**1. What are your current 3 main areas of research?**

- The effect of exercise imagery on the self-efficacy and exercise behavior on a non-exercising population
- The relationship between imagery, self- efficacy and athletic performance
- The effect of an imagery education program on exercise adoption and adherence.

**2. What are the top 3 areas of expertise/tools you are looking for in a research collaborator?**

- Experience working with behavioral change interventions
- Knowledge in Bandura's self-efficacy concept as used in behavior change outside of exercise and sport
- Advanced Statistical Knowledge

**3. What 3 skills/tools that you have access to, are you willing to share with a potential research collaborator?**

- Writing and editing skills for manuscript development and publication
- Knowledge of SPSS
- Understanding of the theoretical constructs social cognitive theory and the self-efficacy concept.