

Writing in Psychology: An Exercise in Grit

Project Objectives and Outputs

The request for this course release is to allow time for me to work intensively at a number of activities: (1) Preparation of the 6th edition of *The Psychology of Health and Health Care: A Canadian Perspective*; (2) Preparation of the 6th Canadian edition of *Psychology: Themes and Variations*; (3) Devotion of time to the newly formed Positive Psychology Lab with Co-Director Dr. Melanie O'Neill:

- (1) **The Psychology of Health and Health Care: A Canadian Perspective** is the first health psychology text that was written for a Canadian audience.

While an undergraduate at Simon Fraser University I participated in a health psychology course, it was the first time the course was offered at SFU. As a graduate student, I developed a health psychology course and was the first to offer it at the University of Victoria. At that time, I was astonished that no Canadian text was available. With so many differences between Canadians and Americans in their attitudes towards health and their health behaviours and the vast differences in their health care systems, I felt that I spent a considerable portion of my lectures describing how Canadians differed from Americans. After my first experience teaching the course, I approached publishers to ascertain whether there was a market for publishing a Canadian health psychology text. I was told that there was a market, but that I was not deemed a suitable (i.e., marketable) author as I was a mere graduate student. This prompted me to reconnect with my former professors. One of my co-authors is now Professor Emeritus, Faculty of Medicine, UBC and the other continues as Associate Professor and Clinical Director at SFU, Board member of Sports Med BC, and works with both Canadian national athletic teams and professional athletes. The first edition of this book was published in 2001 when I was a graduate student at the University of Victoria. Our text has now been in print for almost 20 years. We have competition from three other texts that have been adapted for the Canadian market, but none have been written from the ground up for a Canadian audience. My co-authors have asked me to take on a larger role with the sixth edition. I will be preparing 7 of the 11 chapters for this text. I have not yet begun to work on this as I have not yet received the files from the publisher, but all 7 chapters are due in the coming months, with due dates staggered from the end of January through June.

- (2) **Psychology: Themes and Variations** is an introductory psychology textbook.

This text was written by American author Wayne Weiten and an American edition continues to be revised by him. Doug McCann, a professor at York University, has adapted this book for a Canadian audience. Five Canadian editions of this book have been published to date. A representative from Nelson approached me to join their author team as a means of succession planning for what they describe as their “National #1 best-selling introductory text.” In May of this year, I met with the publishing team and co-author Doug McCann. Subsequently, we entered into a contract whereby I will be submitting three or four chapters over the next 6 or 7 months. (I committed to this project when it seemed unlikely that the health psychology text was going to be picked up for a sixth edition—the offer for the health psych text has come a year later than expected.)

(3) The Positive Psychology Lab

Dr. Melanie O'Neill and I have discussed starting this lab for the last couple of years because of the keen interest expressed by our students. Melanie and I have had individual labs, hers the Fear and Anxiety Lab and mine the Behavioural Medicine Lab. We have provided students with research opportunities whereby they were involved from the inception of research to the presentation and publication of findings. Many of our students have gone on to successful careers in private practice and as academics. Beginning in January of 2019 we slowly began building the Positive Psychology Lab. Since early September the lab has met weekly with 8-10 students. We are at the beginning stages of a research project.

The proposed study is related to grit and resiliency. Grit is defined as "perseverance and passion for long-term goals" (Duckworth, Peterson, & Matthews, 2007, p. 1087). The literature indicates that grit is a greater predictor of academic success than is intelligence (Duckworth, 2016). Our group would like to explore additional correlates to this attribute. Based on our review of the literature, we have made some hypotheses related to humility, openness, honesty, work-engagement, burnout, spirituality, autonomy, social media usage, and social support including athletic team participation. Our group would like to measure the correlates of grit in the undergraduate population at VIU as well as in a community population to other attributes or characteristics. We hope to submit our application to the REB next month and then begin data collection in earnest in January. Our goal is to have results for the students to present at CREATE in April. Please note that this is not considered course work for the faculty members or the students. Currently, the students are doing this voluntarily to partake in an experiential activity that they believe will enhance their student experience (and make them greater competitors for admission to graduate school).

Timeline

January	Positive Psyc Lab Recruitment of participants begins Chapter due at end of month to Nelson i.e., Psychology Themes and Variations
February	Two chapters prepared for Pearson i.e., The Psychology of Health
March	Positive Psych Lab Data analyzed and results interpreted One chapter prepared for Nelson One chapter prepared for Pearson
April	Positive Psyc Lab Presentation completed One chapter prepared for Nelson One chapter prepared for Pearson
May	One chapter prepared for Nelson One chapter prepared for Pearson
June	Two chapters prepared for Pearson

Professional Benefits and Benefits to VIU

The creation of the Time award is very timely for me! Indeed, this upcoming semester will be my busiest ever. The provision of a course release (or two) will help me fulfill my scholarly obligations and allow me to provide opportunities for student learning and experiential activities, chiming in tune with the objectives of the academic plan:

(1) Specifically, I am obligated to both my co-authors and my publishers to complete my contributing chapters to these books. Although I find writing a text an extreme amount of work, engaging in this process keeps me abreast of research in my area(s) of expertise. Thankfully, I still find these topics fascinating and I am amazed by the new discoveries that I read about. As we know, synthesizing what one reads often increases our understanding of material and the likelihood that we will remember it. In fact, each of these projects benefits me greatly as any knowledge gained from the preparation of the texts informs my teaching.

(2) Further, using a text created by a VIU faculty member enhances VIU's reputation among potential VIU students and among students and faculty members at institutions where the texts are adopted. Previous editions of the health psychology textbook have been adopted at institutions across Canada (including SFU, UBC, UVic, UWO, U of T, Queen's, Carleton, Trent, McGill and Acadia). The reach of the introductory psychology text is even greater.

(2) Participating in these writing projects helps me maintain ties with my co-authors at UBC and SFU. Additionally, I have made new contacts because of these collaborations and I anticipate meeting many more. These connections are beneficial to students. For example, we seem to have a large number of students who are interested in sport psychology and they are delighted to meet my legendary co-author at conferences, etc.

(3) I am obligated to my collaborator, Dr. Melanie O'Neill, and to our student participants and research assistants to continue down this path of research with the Positive Psychology Lab. We will have preliminary results for the Create conference in April, but I expect that we will be able to present our results at a national level and, possibly, publish them in an academic journal. These endeavours will further connect me to our institution and to the academic community more widely. Presentation and publication of student research will provide direct professional benefits to the student co-authors and will provide benefits to VIU by demonstrating that our students have mastered the scientific process of research from initiation to dissemination.

(4) In addition to my regular teaching load, I do provide much service to my Department and to the institution as a whole. I have taught on two campuses for the last decade. My workload at Cowichan continues to increase (I now teach 3 courses at Cowichan), but as I am the Chair of the Psychology Department I must also maintain a presence at the Nanaimo campus. Many, if not most days, I am at both campuses. Finally, I will add that I am the longest serving Chair in the Social Sciences. It seems to be a role that others do not want to take on--I have had 3 different faculty members offer to co-Chair with me if that will facilitate my continuation in the role. In general, I do like the position and I am happy to help out new Chairs whenever I am able. Indeed, we've had a new Dean join us from another institution relatively recently, a person I know very well. I believe she would tell you that I have also been an asset to her as she has made her transition to her administrative role at VIU.

Thank you for considering my application.

A man who dares to waste one hour of time has not discovered the value of life.
~Charles Darwin

References

Duckworth, A. L., Peterson, C., Matthews, m. D., & Kelly, D. R. (2007). Grit: perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 92(6), 1087-1101.

Duckworth, A. L. (2016). *Grit: The power of passion and perseverance*. New York: Scribner.

PUBLICATIONS

BOOKS and BOOK CHAPTERS

Matheson, D. H., Poole, G. D. & Cox, D. (in preparation). The psychology of health and health care: A Canadian perspective (6th ed.). Toronto: Pearson.

McCann, D, Weiten, W., & **Matheson, D. H.** (in preparation). *Psychology: Themes and variations (6th Cdn ed.)*. Toronto: Nelson

Poole, G. D., **Matheson, D. H.**, & Cox, D. (2016). *The psychology of health and health care: A Canadian perspective (5th ed.)*. Toronto: Pearson.

Poole, G. D., **Matheson, D. H.**, & Cox, D. (2012). *The psychology of health and health care: A Canadian perspective (4th ed.)*. Toronto: Pearson.

Matheson, D. H. (2012). *Instructor's manual to accompany Gazzaniga, Heatherton, Halpern & Heine's Psychological Science (3rd Canadian ed.)*. New York: Norton.

Poole, G. D., **Matheson, D. H.**, & Cox, D. (2008). *The psychology of health and health care: A Canadian perspective (3rd ed.)*. Toronto: Prentice Hall.

Poole, G. D., **Matheson, D. H.**, & Cox, D. (2005). *The psychology of health and health care: A Canadian perspective (2nd ed.)*. Toronto: Pearson Prentice Hall.

Matheson, D. H., Nairne, J. S., Smith, M. S., & Lindsay, D. S. (2001). Stress and health. In J. S. Nairne, M. S. Smith, & D. S. Lindsay. *The adaptive mind* (pp. 638-673). Scarborough, Ontario: Nelson.

Poole, G. D., **Matheson, D. H.**, & Cox, D. (2001). *The psychology of health and health care: A Canadian perspective*. Toronto: Prentice Hall.

ARTICLES IN REFEREED JOURNALS

**indicates student author*

*Lewis, C., **Matheson, D. H.** & Brimacombe, C. A. E. (2011). Factors influencing patient self-disclosure to physicians in birth control clinics: An application of the Communication Privacy Management Theory. *Health Communication*, 26(6), 502-511.

Rhodes, R.E., de Bruijn, G.J., & **Matheson, D.H.** (2010). Habit in the physical activity domain: Integration with intention temporal stability and action control. *Journal of Sport and Exercise Psychology*, 32(1) 84-98.

Rhodes, R.E., **Matheson, D.H.**, & *Mark, R. (2010). Evaluation of social cognitive scaling response options in the physical activity domain. *Measurement in Physical Education and Exercise Science, 14*, 137-150.

*Egeli, N. A., Crooks, V. A., **Matheson, D.**, & Marchant, E. (2008). Patients views: Improving care for patients with fibromyalgia. *Journal of Nursing and Healthcare of Chronic Illness, 17*, 361-368.

Rhodes, R.E., **Matheson, D.H.**, Blanchard, C.M. & *Blacklock, R.E. (2008). Evaluating time frame expectancies in physical activity social cognition: Are short- and long-term motives different? *Behavioral Medicine, 34*, 85-93.

Rhodes, R.E., Blanchard, C.M. & **Matheson, D.H.** (2007). Motivational antecedent beliefs of endurance, strength, and flexibility activities. *Psychology, Health and Medicine, 12*, 148-162.

Rhodes, R.E., Blanchard, C.M. & **Matheson, D.H.** (2006). A multi-component model of the theory of planned behaviour. *British Journal of Health Psychology, 11*, 119-137.

Rhodes, R.E., Blanchard, C. M., **Matheson, D.H.**, & *Coble, J. (2006). Disentangling motivation, intention, and planning in the physical activity domain. *Psychology of Sport and Exercise, 7*, 15-27.

Rhodes, R.E., **Matheson, D.H.**, & Blanchard, C.M. (2006). Beyond scale correspondence: A comparison of continuous open scaling and fixed graded scaling when using social cognitive constructs in the exercise domain. *Measurement in Physical Education and Exercise Science, 10*, 13-39.

Rhodes, R. E., & **Matheson, D. H.** (2005). Discrepancies in exercise intention and expectation: Theoretical and applied issues. *Psychology and Health, 20*, 63-78.

Matheson, D. H., Collins, C. L., & Kuehne, V. S. (2000). Older adults' multiple stereotypes of young adults. *International Journal of Aging and Human Development, 51*, 245-257.

Matheson, D. H. (1997). The painful truth: Facial expressions of pain in the elderly. *Journal of Nonverbal Behavior, 21*, 223-238.

Bavelas, J. B., Hutchinson, S., Kenwood, C., & **Matheson, D. H.** (1997). Using face-to-face dialogue as a standard for other communication systems. *Canadian Journal of Communication, 22*, 5-24.

INVITED ARTICLES

Matheson, D. H., Collins, C. L., & Kuehne, V. S. (1997). Older adults' multiple stereotypes of young adults. *Centre on Aging Bulletin, University of Victoria, 5*(1), 11.

UNPUBLISHED MANUSCRIPTS

*Booi, L., **Matheson, D. H.** & MacCourt, P. (2009). Comparison of quality of life of older adults living in a licensed dementia housing facility to community dwelling older adults with dementia.

Matheson, D. H., *Price, H., & Brimacombe, C. A. E. (2005). Collaborating couples: Are there communicative benefits to long-term relationships?

Kuehne, V. S., Chappell, N. L., **Matheson, D. H.**, & Hunter, T. (2001). Congruence in the mother-daughter caregiving relationship.

Kuehne, V. K., **Matheson, D. H.**, & Hunter, T. (2001). Conflict in the mother-daughter caregiving relationship.

CONFERENCE PRESENTATIONS

Matheson, D. H., *Carey, J. A. P., *Cessford, P. L., *Hunter, S. G., & *Tardiff, S. L. (March, 2016). Identifying perceptions about physical Activity: An exploration of salient behavioral, normative and control beliefs. Poster presented at the 37th annual meeting of the Society of Behavioral Medicine, Washington, DC.

Matheson, D. H., *Cessford, P. L., *Hunter, S. G., *Tardiff, S. L., & *Renner, C. W. (June, 2014). Identifying triathletes' perceptions about physical activity. Poster presented at the 75th annual meeting of the Canadian Psychological Association, Vancouver, BC, Canada.

Matheson, D. H., *Cessford, P. L., *Hunter, S. G., *Tardiff, S. L., & *Renner, C. W. (June, 2014). Identifying triathletes' perceptions about physical activity. Poster and paper presented at the Celebration of Research and Knowledge Transfer Event (CREATE), Vancouver Island University, Nanaimo, BC, Canada.

Rhodes, R.E., **Matheson, D.H.**, *Mark, R., & *Yim, M. (May, 2010). Evaluation of social cognitive scaling response options in the physical activity domain. Presented at the annual meeting of the Western Psychological Association, Cancun, Mexico.

Rhodes, R.E., de Bruijn, G.J. & **Matheson, D.H.** (April, 2010) Characterizing habit in the physical activity domain: Integration with intention temporal stability and action control. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, Seattle, WA.

*Booi, L. **Matheson, D.** & MacCourt, P. (May, 2009). Comparison of quality of life of older adults living in a licensed dementia housing facility to community dwelling older adults with dementia. Presented at the 12th annual meeting of the BC Psychogeriatric Association. Richmond, BC.

Rhodes, R. E. & **Matheson, D. H.** (March, 2008). Does personality moderate the effect of implementation intentions on physical activity? Presented at the Society of Behavioral Medicine Annual Meeting. San Diego, CA.

*Egeli, N. A., **Matheson, D. H.**, & Marchant, E. (May, 2007). General practice: Promoting the overall health of women with fibromyalgia. Presented at the annual meeting of the Canadian Pain Society. Ottawa, ON.

*Egeli, N. A., **Matheson, D. H.**, & Marchant, E. (April, 2006). Patient perspectives: Improving care for patients with fibromyalgia. Presented at the annual meeting of the American Pain Society. San Antonio, TX, USA.

*Egeli, N. A., **Matheson, D. H.**, & Marchant, E. (April, 2006). Physician communication strategies and patient management of fibromyalgia. Presented at the annual meeting of the American Pain Society. San Antonio, TX, USA.

*Egeli, N. A., **Matheson, D. H.**, & Marchant, E. (November, 2004). The role of the physician-patient relationship in treating fibromyalgia. Presented at the National Institute of Arthritis and Musculoskeletal and Skin Disease Fibromyalgia Workshop: The Next Advances. Washington, DC, USA.

*Egeli, N. A., Cooper, R., **Matheson, D. H.**, & Marchant, E. (November, 2004). What beliefs predict patient satisfaction with their physicians: Qualitative development of a quantitative survey. Presented at the National Institute of Arthritis and Musculoskeletal and Skin Disease Fibromyalgia Workshop: The Next Advances. Washington, DC, USA.

Rhodes, R. E., & **Matheson, D. H.** (August 2004). Motivational antecedent beliefs of endurance, strength, and flexibility activities in a college student sample. Presented at the 8th International Congress of Behavioral Medicine, Mainz, Germany.

Rhodes, R. E., **Matheson, D. H.**, & Blanchard, C. M. (August 2004). Testing continuous and open scaling for theory of planned behavior measurement in the exercise domain. Presented at the 8th International Congress of Behavioral Medicine, Mainz, Germany.

Rhodes, R. E., Blanchard, C. M., & **Matheson, D. H.** (August 2004). A multi-component model of theory of planned behavior structure for predicting exercise behavior. Presented at the 8th International Congress of Behavioral Medicine, Mainz, Germany.

*Lewis, C., Brimacombe, C. A. E., & **Matheson, D. H.** (July 2004). Patient honesty in birth control clinics: The truth about lies. Presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Rhodes, R. E., & **Matheson, D. H.** (June 2004). Moderators of the exercise intention and expectation relationship. Presented at the annual meeting of the North American Society of Psychology of Sport and Physical Activity, Vancouver, BC.

Matheson, D. H., *Price, H. L., & Brimacombe, C. A. E. (2002, August). Collaborating couples: The communication benefits of shared common ground. Poster presented at the 17th biennial meeting of the International Society for the Study of Behavioral Development. Ottawa, ON, Canada.

*Price, H. L., **Matheson, D. H.**, & Brimacombe, C. A. E. (2002, June) Shared common ground. Poster presented at the annual meeting of the Canadian Psychological Association. Vancouver, BC, Canada

Matheson, D. H. (2001, June). Age-related stereotypes held by young, middle-aged, and older adults. Paper presented at the fifth international conference on Communication, Aging and Health. Vancouver, BC, Canada.

Kuehne, V. S., Chappell, N. L., **Matheson, D. H.**, & Hunter, T. (2001, June). Congruence in the mother-daughter caregiving relationship. Paper presented at the World Congress in Gerontology, Vancouver, British Columbia, Canada.

Matheson, D. H., Collins, C. L., & Kuehne, V. S. (2000, October). Older adults' multiple stereotypes of younger adults. Paper presented at the 1st annual Research Forum on Aging, Victoria, British Columbia, Canada.

Bavelas, J. B., Hutchinson, S., Kenwood, C., & **Matheson, D. H.** (1997, May). Using face-to-face dialogue as a standard for other communication systems. In C. D. LeBaron (Chair), *Comparing face-to-face and electronic communication*. Symposium conducted at the annual scientific meeting of the International Communication Association, Montreal, Quebec, Canada.

Matheson, D. H., & Poole, G.D. (1996, August). *The effects of familiarity and base rate information on the assessment of facial expressions of pain*. Paper presented at the XXVI International Congress of Psychology, Montreal, Quebec, Canada.

Bavelas, J. B., Hutchinson, S., Kenwood, C., & **Matheson, D. H.** (1996, June). Can we learn to communicate better? In E. L. Donaldson (Chair), *Applications of theory to practice: An interdisciplinary dialogue about interpersonal communication*. Symposium conducted at the annual scientific meeting of the Learned Societies Congress, St. Catharines, Ontario, Canada.

Matheson, D. H. (1995, November). *The painful truth: Facial expressions of pain in the elderly*. Poster session presented at the 48th annual scientific meeting of the Gerontological Society of America, Los Angeles, California, USA.

Matheson, D. H., Collins, C. L., Kuehne, V. S. (1995, October). *Older adults' multiple stereotypes of younger adults*. Poster session presented at the 24th annual Scientific Meeting of the Canadian Association on Gerontology, Vancouver, British Columbia, Canada.

Matheson, D. H. (1994, May). *Accuracy in decoding facial expressions of pain in the elderly*. Paper presented at the Second International Conference on Communication, Aging, and Health, Hamilton, Ontario, Canada.

Collins, C. L., Stoering, J. M., & **Matheson, D. H.** (1994, May). *Correlates of ease and deference in mixed-aged discussions*. Paper presented at the Second International Conference on Communication, Aging, and Health, Hamilton, Ontario, Canada.

Dixon, R. A., **Matheson, D. H.**, & Meers, D. E. (1993, November). Are there cognitive benefits to long-term marriage? In L. L. Carstensen and J. M. Gottman (Chairs), *The benefits of long-term marriage: Cognitive, affective, & physiological parameters*. Symposium conducted at the 46th annual scientific meeting of the Gerontological Society of America, New Orleans, Louisiana, USA.

INVITED PRESENTATIONS

- Dec 2014 Plenary speaker: *Who has helped me to be successful as a Chair?* CHAIRS' Professional Development Symposium, Vancouver Island University.
- Spring 2013 Guest speaker: *Positive Psychology*, Oceanside Parkinson Support Group, Parksville, BC.
- Spring 2005 Guest Lecture: *Age-Related Stereotypes*, City University, Victoria, BC.
- Feb 2005 Workshop Leader, *Age-Related Stereotypes*, Community Forum entitled Generational Exchanges: Conflict vs. Support, Centre on Aging, University of Victoria.
- Nov 2003 Workshop Leader: *Successfully Facilitating Small Group Discussion*, Teaching Matters Professional Development Series, Malaspina University College.
- Nov 2000 Workshop Leader: *Instructional Skills Workshop*, Centre for Innovative Teaching, University of Victoria.
- Oct 2000 Guest lecture: *Control and Mental Health*. Community and Population Health, School of Physical Education, University of Victoria.
- Sep 1999 Workshop Co-Leader with Dr. Elizabeth Brimacombe: *Facilitating Small Group Discussion*, Graduate Teaching Assistants' Training Day, University of Victoria.
- Sep 1998 Key-Note Address: *Being a TA: A Challenge and an Opportunity*, Graduate Teaching Assistants' Training Day, University of Victoria.
- Sep 1998 Workshop Co-Leader with Dr. Elizabeth Brimacombe: *Facilitating Small Group Discussion*, Graduate Teaching Assistants' Training Day, University of Victoria.
- Apr 1998 Workshop Leader: *Self-esteem and the Family*, Queen Alexandra Hospital for Children, Victoria, BC
- Sep 1997 Workshop Leader: *TA and Supervisor Relationships*, Graduate Teaching Assistants' Training Day, University of Victoria.
- Mar 1997 Actor/Contributor: *Critical Incidents Teaching Video*, Learning and Teaching Centre, University of Victoria.
- Dec 1996 Colloquium: *Older Adults Multiple Stereotypes of Younger Adults*, Centre on Aging, University of Victoria.
- Sep 1996 Workshop Leader: *TA Roles, Rights and Responsibilities* Graduate Teaching Assistants' Training Day, University of Victoria.