
Fuschia M. Sirois

Associate Professor
Department of Psychology
University of Windsor
401 Sunset Ave.
Windsor ON N9B 3P4
519-253-3000, ext. 2224
Fax: 519-973-7021
fsirois@uwindsor.ca
Citizenship: Canadian

Education

- 2003 **Ph.D.**, Psychology, Carleton University
Dissertation: *Beyond health locus of control: A multi-dimensional measure of health-related control beliefs and motivations.*
Advisor: Mary Gick, Ph.D.
- 1998 **M.A.**, Psychology, Carleton University
M.A. Thesis: *An investigation of the health beliefs and motivations of complementary medicine clients.*
Advisor: Mary Gick Ph.D.
- 1996 **B.A. Honors**, Psychology (*magna cum laude*), University of Ottawa
B.A. Thesis: *The relationship of pain beliefs to outcome and compliance with different dimensions of a multidisciplinary chronic pain treatment program.*
Advisor: Samuel F. Mikail, Ph.D.
- 1995 **B.Sc. Honors**, Biochemistry/Nutrition (*cum laude*), University of Ottawa
B.Sc. Thesis: *Noradrenaline action on thyroxine 5'-deiodinase in brown adipose tissue of UCP-DTA transgenic mice.*
Advisor: Dr. Jean Himms-Hagen
- 1991 Completed coursework for the first year of an Applied B.A. in the Food, Nutrition, Consumer and Family Studies program, Ryerson University, Toronto.

Academic Positions

- Associate Professor** (July 2007 – present) - Department of Psychology, University of Windsor.
Assistant Professor (July 2003 – June 2007) - Department of Psychology, University of Windsor.
Sessional Lecturer (Fall 2000 - Winter 2003) – Department of Psychology, Carleton University.
Teaching Assistant (Summer 1999 – Winter 2000). Department of Psychology, Carleton University.

Research Positions

- Research Associate** (2002 – 2003) – Department of Psychology, Carleton University.
Research Assistant (Summer 1999) – Faculty of Human Sciences, Saint Paul University.
Research Assistant (Summer 1996) – Department of Psychiatry, Ottawa General Hospital.
Research Assistant (Summer 1994) – Department of Biochemistry, University of Ottawa.

Honors and Awards

2006	University of Windsor Award for Excellence in Scholarship, Research & Creative Activity – Junior Category
2006	University of Windsor Faculty Recognition Award - Canadian Foundation for Innovation Leaders Opportunity Fund winner
2002-2003	Social Sciences and Humanities Research Council of Canada Doctoral Fellowship
2002-2003	Ontario Graduate Scholarship (declined)
2002	American Psychological Association Student Travel Award
2002	Carleton University Graduate Student Research Grant
2001-2002	Nicholas P. Spanos Memorial Award in Psychology, Carleton University
2001-2002	Ontario Graduate Scholarship
1998-2001	Carleton University Graduate Student Scholarship
1996	Dean's honour roll, University of Ottawa

Grant Support

External grants

2006-2009	<i>Virtual and In-Person Research Facilities for the Health and Well-being Lab.</i> Canadian Foundation for Innovation Leaders Opportunity Fund (40%), Ontario Innovation Trust (40%), University of Windsor and corporate contributions (20%). PI: F.Sirois	\$117,218
2005-2009	<i>How is procrastination bad for your health? Situational and dispositional perspectives on the role of stress and health behaviours.</i> Social Sciences and Humanities Research Council of Canada (SSHRC). PI: F.Sirois	\$101,143

Internal grants

2008-2009	<i>Job insecurity, chronic stress, and resilience: The effects on the physical and psychological health of casino and automotive industry workers.</i> University of Windsor Humanities & Social Sciences Research Grant. PI: F. Sirois , with G. Chung-Yan.	\$5,000
2008	<i>Student motivation for Interteaching methods in undergraduate Health Psychology.</i> University of Windsor Center for Teaching and Learning, Centred on Learning Innovation Fund. PI: F. Sirois , with: R. Purc-Stephenson, A. Scoboria, & A. Pascual-Leone.	\$2,500
2008	<i>Formation of a faculty learning community on the topic of interteaching, with specific application to graduate student education.</i> University of Windsor Center for Teaching and Learning, Centred on Learning Innovation Fund. PI: A. Scoboria, with: F.Sirois , A. Pascual-Leone. \$2,500	\$2,500
2006-2007	<i>Adjustment to arthritis and inflammatory bowel disease: Self-perception, relationships, and well-being over time.</i> University of Windsor Humanities & Social Sciences Research Grant. Sole PI: F. Sirois .	\$5,000
2004-2005	<i>Expectations about the doctor-patient relationship and motivations to use complementary and alternative medicine.</i> University of Windsor Women's Research Grant. Sole PI: F. Sirois .	\$3,500
2004-2005	<i>Exploring the link between procrastination and preventive health behaviours in a community sample.</i> University of Windsor Humanities & Social Sciences Research Grant.	\$2,200

Grants Under Review

- 2009-2012** *Subjective well-being and Canadian social work*. Social Sciences and Humanities Research Council of Canada (SSHRC). PI: J. Graham, Dept. of Social Work, University of Calgary; **F. Sirois** sole co-investigator. \$244,483
- 2009-2012** *Patterns of emotional processing and healthy development in normal and clinical populations*. Social Sciences and Humanities Research Council of Canada (SSHRC). PI: A. Pascual-Leone, University of Windsor, **F. Sirois** sole co-investigator. \$116,741

Grants Re-submitted

- 2009-2014** *CAM utilization patterns, outcomes, and commitment: A holistic assessment*. \$3,323,450
National Center for Complementary and Alternative Medicine (NCCAM), National Institutes of Health (NIH). co-PIs: D. Ackerman (UCLA), C. Bann (Research Triangle Institute [RTI] International, and **F. Sirois**.
Sub grant to **F. Sirois**, \$162,476 USD. The first submission in May 2008 received enthusiastic reviews and encouragement to revise and resubmit for the next cycle.

Scholarly Publications – Refereed Journals

- Sirois, F. M.** (accepted). Comment on “Preventive screening of women who use complementary and alternative medicine providers”. Invited editorial for the *Journal of Women’s Health*.
- Greene, A. M., Walsh, E. G., **Sirois, F. M.**, & McCaffrey, A. (In press). Perceived benefits of complementary and alternative medicine: A whole systems research perspective. *The Open Complementary Medicine Journal*.
- Voth, J., & **Sirois, F. M.** (2009). The role of self-blame and responsibility in adjustment to inflammatory bowel disease. *Rehabilitation Psychology, 54*(1), 99-108.
- Sirois, F. M.**, & Purc-Stephenson, R. (2008). Personality and consultations with complementary and alternative medicine practitioners: A five factor model investigation of degree of use and motives. *Journal of Alternative and Complementary Medicine, 14* (9), 1151-1158.
- Sirois, F. M.**, & Purc-Stephenson, R. (2008). When one door closes, another door opens: Physician availability and motivations to consult complementary and alternative medicine providers. *Complementary Therapies in Clinical Practice, 14* (4), 228-236.
- Wolfe, B., & **Sirois, F. M.** (2008). Beyond standard quality of life measures: The subjective experiences of living with inflammatory bowel disease. *Quality of Life Research, 16* (7), 877-886.
- Sirois, F. M.** (2008). Motivations for consulting complementary and alternative medicine practitioners: A comparison of consumers from 1997-8 and 2005. *BioMed Central Complementary and Alternative Medicine, 8* (16).
- Sirois, F. M.** (2008). Provider-based complementary and alternative medicine use among three chronic illness groups: Associations with psychosocial factors and concurrent use of conventional health-care services. *Complementary Therapies in Medicine, 16* (2), 74-81.
- Sirois, F. M.**, & Purc-Stephenson, R. (2008). Consumer decision factors for initial and long-term use of complementary and alternative medicine. *Complementary Health Practice Review, 13*, 3-19.
- Hebb, A. L. O., Anger, G. J., Mendella, P. D., **Sirois, F. M.**, Gilbert, R. W., Zacharko, R. M. (2007). The myth of panic spontaneity: Consideration of behavioural and neurochemical sensitization. *The Open Psychiatry Journal, 1*, 1-25.
- Sirois, F. M.** (2007). “I’ll look after my health, later”: A replication and extension of the procrastination-health model with community-dwelling adults. *Personality and Individual Differences, 43*, 15-26.
- Sirois, F. M.**, Davis, C. G., & Morgan, M. (2006). “Learning to live with what you can’t rise above”: Control beliefs, symptom control, and adjustment to tinnitus. *Health Psychology, 25*(1), 119-123.
- Sirois, F. M.** (2004). Procrastination and counterfactual thinking: Avoiding what might have been, *British Journal of Social Psychology, 43*, 269-286.

- Sirois, F. M.** (2004). Procrastination and intentions to perform health behaviors: The role of self-efficacy and the consideration of future consequences. *Personality and Individual Differences*, 37(1), 115-128.
- Sirois, F. M.**, Melia-Gordon, M.L., & Pychyl, T. A., (2003). "I'll look after my health, later": An investigation of procrastination and health. *Personality and Individual Differences*, 35(5), 1167-1184.
- Sirois, F. M.** (2002). Treatment seeking and experience with complementary/alternative medicine: A continuum of choice. *Journal of Alternative and Complementary Medicine*, 8(2), 127-134.
- Sirois, F. M.**, & Gick, M.L. (2002). An investigation of the health beliefs and motivations of complementary medicine clients. *Social Science and Medicine*, 55 (6), 1025-1037.

Manuscripts Under Review

Wilson, K., & **Sirois, F. M.** (submitted). Birth attendant choice and satisfaction with antenatal care: The role of birth philosophy and expectations. Manuscript submitted to the *Journal of Reproductive and Infant Psychology*.

Manuscripts in Revision

Sirois, F. M., Monforton, J., & Simpson, M. (invitation to revise and resubmit). "If only I had done better": Perfectionism and counterfactual thinking. Manuscript submitted to the *British Journal of Social Psychology*.

Sirois, F. M. (invitation to revise and resubmit). The search for the placebo responder: Towards an integrated model of the placebo effect. Manuscript submitted to *Psychological Bulletin*.

Williams-Piehot, P., **Sirois, F. M.**, Bann, C., Isenberg, K., & Walsh, E. G. (In revision). Agents of change: What role do CAM providers play in health behaviour change?

Manuscripts in Preparation

Bann, C. B., Walsh, E. G., **Sirois, F. M.**, & Kline, T. (In preparation). *Measuring provider support in complementary and alternative medicine*.

Gick, M. L. & **Sirois, F. M.** (In preparation). *Attachment moderates effects of disease activity in women with inflammatory bowel disease*.

Monforton, J. & **Sirois, F. M.** (In preparation). "At least my friends are here": The role of counterfactual thoughts in restoring Extraverts' mood following social stress.

Sirois, F. M. (In preparation). *Consumer decision-making factors for complementary and alternative medicine (CAM) use: A systematic review*.

Sirois, F. M., Gick, M.L. & Purc-Stephenson, R. (In preparation). *Psychological factors in medical care-seeking: To seek or not to seek has always been the question*.

Sirois, F. M., Scoboria, A., Purc-Stephenson, R., & Pascual-Leone, A. (In preparation). *Deconstructing interteaching: Is the whole greater than the sum of its parts?* Accepted chapter in preparation for *Developments in Higher Education*, Nova Science Publishers.

Sirois, F. M., Wolfe, B., & Voth, J. (In preparation). *Understanding the coping strategies of people with inflammatory bowel disease*.

Walsh, E. G., Bann, C., **Sirois, F. M.**, & Greene, A. M. (In preparation). *Symptom relief in CAM: The role of patient-provider relations and empowerment*.

Books

Taylor, S. E., & **Sirois, F. M.** (2009). *Health Psychology, 1st Canadian Edition*, McGraw-Hill Ryerson Ltd.

Taylor, S. E., & **Sirois, F. M.** (In press). *Instructor's Manual for Health Psychology, 1st Canadian Edition*, McGraw-Hill Ryerson Ltd.

Book Chapters

Sirois, F. M. (2007). Procrastination and motivations for household safety behaviours: An expectancy-value theory perspective. In L. V. Brown (Ed.) *Psychology of Motivation*, Nova Science Publishers, pp. 153-165.

Refereed Conference Submissions

Eren, E., & **Sirois, F. M.** (submitted). *Knowing the better and doing the worse: A philosophical analysis of procrastination, temptation, and making healthy changes*. Paper submitted for presentation at the 6th Biennial conference of Counselling the Procrastinator in Academic Settings, York University, Toronto, ON.

Gick, M. L., **Sirois, F. M.**, Matheson, K., & Anisman, H. (submitted). *Attachment, health, and care seeking in students*. Paper submitted for presentation at the 70th Annual Convention of the Canadian Psychological Association, Montreal, Que.

Sirois, F. M. (submitted). *Blame it on time: A new perspective on procrastination, perfectionism, and task performance*. Paper submitted for presentation at the 6th Biennial conference of Counselling the Procrastinator in Academic Settings, York University, Toronto, ON.

Sirois, F. M., & Voth, J. (submitted). *Social cognitive predictors of health behaviour changes: What's style got to do with it?* Paper submitted for presentation in the invited faculty symposium for the CPA Social and Personality Section, 70th Annual Convention of the Canadian Psychological Association, Montreal, Que.

Sirois, F. M., Voth, J., & Pychyl, T. A. (submitted). *"I'll look after my health, later": A prospective study of the linkages of procrastination to health and well-being in undergraduate students*. Paper submitted for presentation at the 6th Biennial conference of Counselling the Procrastinator in Academic Settings, York University, Toronto, ON.

Williams-Piehot, P., Bann, C., **Sirois, F. M.**, Isenberg, K., & Walsh, E. G. (submitted). *What role do CAM providers play in health behaviour change?* Paper submitted for presentation at the 26th Annual Academy Health Research Meeting, Chicago, IL

Refereed Conference Presentations

Gick, M. L. & **Sirois, F. M.** (accepted). *Attachment moderates effects of disease activity in females with IBD*. Paper accepted for presentation at the 117th Annual Convention of the American Psychological Association, Toronto, ON.

Greene, A, Walsh, E. G., & **Sirois, F. M.** (accepted). *Perceived benefits of complementary and alternative medicine: A whole systems research perspective*. Paper accepted for presentation at the 2009 North American Research Conference on Complementary & Integrative Medicine, Minneapolis, MN.

Sirois, F. M. (accepted). *Psychological thriving and positive change expectations in people with arthritis*. Paper accepted for presentation at the 117th Annual Convention of the American Psychological Association, Toronto, ON.

Sirois, F. M. (accepted). *Towards an integrated, person-centered model of the placebo effect*. Paper accepted for presentation at the 2009 North American Research Conference on Complementary & Integrative Medicine, Minneapolis, MN.

Sirois, F. M. (accepted). *Illness perceptions and complementary and alternative medicine use among people with inflammatory bowel disease*. Paper accepted for presentation at the 2009 North American Research Conference on Complementary & Integrative Medicine, Minneapolis, MN.

Sirois, F. M., & Monforton, J. (accepted). *Examining the functionality of counterfactual thoughts for perfectionists*. Paper accepted for presentation at the 117th Annual Convention of the American Psychological Association, Toronto, ON.

Walsh, E. G., Bann, C., Williams-Piehot, P., & **Sirois, F. M.** (accepted). *Symptom relief in CAM: The role of patient-provider relations and empowerment*. Paper accepted for presentation at the 2009 North American Research Conference on Complementary & Integrative Medicine, Minneapolis, MN.

- Bann, C. B., Walsh, E. G., & **Sirois, F. M.** (2008, November). *Measuring provider support in complementary and alternative medicine*. Paper presented at the 5th Annual IN-CAM Symposium, University of Toronto, Toronto, ON.
- Sirois, F. M.**, & McLaughlin, B (2008, November). *Self-perceptions and health protective behaviours among nurses who use complementary and alternative medicine (CAM)*. Paper presented at the 5th Annual IN-CAM Symposium, University of Toronto, Toronto, ON.
- Sirois, F. M.** (2008, November). *Self-perceptions and perceived change among people with arthritis who use complementary and alternative medicine*. Paper presented at the 5th Annual IN-CAM Symposium, University of Toronto, Toronto, ON.
- Sirois, F. M.** (2008, June). *Wishful thinking or necessary resources: What do procrastinators think they need to help them make healthy changes?* Paper presented at the 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Sirois, F. M.** (2008, June). What is and what may never be: Possible selves and adjustment to inflammatory bowel disease. In **F.M. Sirois** (chair), *Guts, gumption, and go-ahead: Psychological adjustment to inflammatory bowel disease*. Paper presented at the 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Sirois, F. M.** (2008, June). *Blame it on time: An experimental test of the effects of performance feedback for a timed task on the mood of time-perfectionists*. Paper presented at the Social and Personality pre-conference, 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Sirois, F. M.** (2008, June). Quantifying meaning: A computational linguistics analysis approach to understanding text-based responses. In D. Flora (chair), *Modern issues in methodology and measurement for psychological research*. Paper presented at the 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Voth, J. & **Sirois, F. M.** (2008, June). *Not enough hope: Procrastination and intentions to perform health behaviours*. Paper presented at the 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Voth, J. & **Sirois, F. M.** (2008, June). *The influence of social perceptions on self-doubt and coping with stressful life events*. Paper presented at the Social and Personality pre-conference, 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Voth, J. & **Sirois, F. M.** (2008, June). Taking responsibility: Positive adjustment to inflammatory bowel disease. In **F.M. Sirois** (chair), *Guts, gumption, and go-ahead: Psychological adjustment to inflammatory bowel disease*. Paper presented at the 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Wolfe, B., & **Sirois, F. M.** (2008, June). Understanding the coping strategies of patients with inflammatory bowel disease: Passive coping or secondary control? In **F.M. Sirois** (chair), *Guts, gumption, and go-ahead: Psychological adjustment to inflammatory bowel disease*. Paper presented at the 69th Annual Convention of the Canadian Psychological Association, Halifax, NS.
- Wilson, K., & **Sirois, F. M.** (2008, May). *A qualitative exploration of women's experiences with a midwife or obstetrician birth attendant*. Paper presented at the 9th Annual Feminist Research Group Conference, Windsor, ON.
- McLaughlin, B., & **Sirois, F. M.** (2008, March). *Do nurses practice what they preach? Exploring health behaviours and perceptions of professional nurses and nursing students*. Paper presented at the Second Annual Celebrating Nursing Excellence conference, University of Windsor, Faculty of Nursing, Windsor, ON.
- Sirois, F. M.**, & Purc-Stephenson, R. (2007, November). *Why do people become committed complementary and alternative medicine (CAM) clients? A regulatory fit perspective*. Paper presented at the 4th Annual IN-CAM Symposium, Vancouver, BC.
- Sirois, F. M.** (2007, November). *Consumer decision-making factors for complementary and alternative medicine (CAM) use: A systematic review*. Paper presented at the 4th Annual IN-CAM Symposium, Vancouver, BC.

- Sirois, F. M., & Wolfe, B.** (2007, October). *A continuum of control: Implications for quality of life in patients with inflammatory bowel disease (IBD)*. Paper presented at the 14th annual conference of the International Society for Quality of Life Research, Toronto, ON.
- Wolfe, B., & **Sirois, F. M.** (2007, October). *Beyond standard quality of life measures: The subjective experiences of living with inflammatory bowel disease*. Paper presented at the 14th annual conference of the International Society for Quality of Life Research, Toronto, ON.
- Sirois, F. M., & Purc-Stephenson, R.** (2007, June). *Beyond medical need: A consumer decision-making perspective on the use of complementary and alternative medicine*. Paper presented at the 68th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
- Sirois, F. M.** (2007, June). Provider-based complementary and alternative medicine use among three chronic illness groups: Psychosocial factors and the use of health services. In **F. M. Sirois** (Chair), *Understanding complementary and alternative medicine use: Ideological and pragmatic motivations*. Paper presented at the 68th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
- Wilson, K., & **Sirois, F. M.** (2007, June). Predicting use of and satisfaction with a midwife or obstetrician birth attendant. In **F. M. Sirois** (Chair), *Understanding complementary and alternative medicine use: Ideological and pragmatic motivations*. Paper presented at the 68th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
- Purc-Stephenson, R., & **Sirois, F. M.** (2007, June). As one door closes, another door opens: How does physician availability influence intentions to use provider-based complementary and alternative medicine? In **F. M. Sirois** (Chair), *Understanding complementary and alternative medicine use: Ideological and pragmatic motivations*. Paper presented at the 68th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
- Monforton, J. & **Sirois, F. M.** (2007, January). *"At least my friends are here": The role of counterfactual thoughts in restoring Extraverts' mood following social stress*. Paper presented at the Eighth Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Sirois, F. M.** (2007, January). *Blame it on time: Time-related perfectionism and task performance*. Paper presented at the Eighth Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Voth, J. & **Sirois, F. M.** (2007, January). *Distinguishing between maladaptive perfectionism and trait procrastination: A case of end-state thinking?* Paper presented at the Eighth Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Sirois, F. M., & Purc-Stephenson, R.** (2006, October). *Provider-based complementary and alternative medicine use in Windsor: Does physician availability matter?* Paper presented at the First Annual Celebrating Nursing Excellence Conference, University of Windsor, Windsor, ON.
- Sirois, F. M., & Purc-Stephenson, R.** (2006, August). *Satisfaction with medical care, health distress, and depressive symptoms: Products or precursors of complementary and alternative medicine use?* Paper presented at the 114th Annual Convention of the American Psychological Association, New Orleans, LA.
- Sirois, F. M., & Voth, J.** (2006, August). *What's good for the gander isn't always good for the goose: Agency and communion as predictors of adjustment to chronic illness*. Paper presented at the 114th Annual Convention of the American Psychological Association, New Orleans, LA.
- Edmondson, J., Pychyl, T. A., & **Sirois, F. M.** (2006, June). Exploring the mediational roles of coping and negative emotions in the procrastination-health relationship. In **F. M. Sirois** (Chair) *From coping, to health behaviours, to source traits: New insights into why procrastination may be bad for your health*. Paper presented at the 67th Annual Convention of the Canadian Psychological Association, Calgary, Alberta.
- Purc-Stephenson, R., & **Sirois, F. M.** (2006, June). *Does personality matter? Exploring the association between personality and reasons for using complementary and alternative medicine*. Paper presented at the 67th Annual Convention of the Canadian Psychological Association, Calgary, Alberta.

- Sirois, F. M., & Purc-Stephenson, R.**, (2006, June). *The same....but different: Factors associated with in-person and on-line support group use across three chronic illness groups*. Paper presented at the 67th Annual Convention of the Canadian Psychological Association, Calgary, Alberta.
- Sirois, F. M.** (2006, June). "I'll look after my health, later": A replication and extension with community dwelling adults. In **F. M. Sirois** (Chair) *From coping, to health behaviours, to source traits: New insights into why procrastination may be bad for your health*. Paper presented at the 67th Annual Convention of the Canadian Psychological Association, Calgary, Alberta.
- Voci, S. C., & **Sirois, F. M.** (2006, June). Examining potential mediators of the relationship between procrastination and health and safety behaviours. In **F. M. Sirois** (Chair) *From coping, to health behaviours, to source traits: New insights into why procrastination may be bad for your health*. Paper presented at the 67th Annual Convention of the Canadian Psychological Association, Calgary, Alberta.
- Voci, S. C., & **Sirois, F. M.** (2006, June). The role of the physician-patient relationship in the coping and well-being of individuals with functional somatic syndromes. In M. Wing (Chair) *When I speak do you hear me? Biased perceptions of stigmatized groups*. Paper presented at the 67th Annual Convention of the Canadian Psychological Association, Calgary, Alberta.
- Sirois, F. M.**, Davis, C. G., & Morgan, M. (2005, August). "Learning to live with what you can't rise above": Control beliefs, symptom control, and adjustment to tinnitus. In C. G. Davis (Chair) *Control in the Health Context*. Symposium presented at the 113th Annual Convention of the American Psychological Association, Washington, D.C.
- Sirois, F. M.**, Purc-Stephenson, R., & Jean-Baptiste, N. (2005, June). *On-line versus in-person support groups for chronic illness: A qualitative and quantitative exploration of the perceived benefits and shortcomings*. Paper presented at the 66th Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Sirois, F. M.**, & Simpson, M. (2005, June). "If only I had done better": Perfectionism and counterfactual thinking. Paper presented at the 66th Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Kean, S., & **Sirois, F. M.** (2005, June). *Music listening preferences and coping with negative mood: When the sound of music can make you feel better*. Paper presented at the 66th Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Gick, M. L., & **Sirois, F. M.** (2005, June). *Personality and treatment seeking for medical problems*. Paper presented at the 66th Annual Convention of the Canadian Psychological Association, Montreal, Quebec.
- Sirois, F. M.** (2004, June). Researching hard to access chronic illness groups: Bridging the accessibility gap with Internet-based research. In F.M. Sirois (Chair) *Overcoming obstacles to access: Exploring solutions for researching socially marginalized groups*. Symposium presented at the 65th Annual Convention of the Canadian Psychological Association, St. John's, Newfoundland.
- Sirois, F. M.**, & Gick, M.L. (2004, June). *Psychological factors in medical care-seeking*. Paper presented at the 65th Annual Convention of the Canadian Psychological Association, St. John's, Newfoundland.
- Sirois, F. M.** (2003, August). *Procrastination and health behavior intentions: The role of self-efficacy*. Paper presented at the 111th Annual Convention of the American Psychological Association, Toronto, Ontario.
- Sirois, F. M.**, Davis, C. G., & Morgan, M. (2002, October). *Quality of life and tinnitus: Severity, control beliefs, and well-being*. Paper presented at the 9th Annual conference of the International Society for Quality of Life Research, Orlando, Florida.
- Kelly, T., **Sirois, F. M.**, & Gick, M.L. (2002, August). *Health-specific anxiety, negative affect, and symptom perception*. Paper presented at the 110th Annual Convention of the American Psychological Association, Chicago, Illinois.
- Sirois, F. M.**, Kelly, T., Sullivan, R., & Gick, M.L. (2002, August). *Procrastination and counterfactual thinking: Avoiding what might have been*. Paper presented at the 110th Annual Convention of the American Psychological Association, Chicago, Illinois.

- Sirois, F. M., & Pychyl, T. A.** (2002, August). Academic procrastination: Costs to health and well-being. In J. R. Ferrari & T. A. Pychyl (chairs) *Academic procrastination: A common event that's not commonly understood*, Symposium presented at the 110th Annual Convention of the American Psychological Association, Chicago, Illinois.
- Sullivan, R., **Sirois, F. M.**, & Gick, M.L. (2002, August). *The role of negative affect in self-blame for illness*. Paper presented at the 110th Annual Convention of the American Psychological Association, Chicago, Illinois.
- Wilson, J., Gick, M.L., & **Sirois, F. M.** (2002, August). *Can distraction relieve state anxiety and physical symptoms?* Paper presented at the 110th Annual Convention of the American Psychological Association, Chicago, Illinois.
- Sirois, F. M.** (2002, June). *Towards the scholarship of teaching: The impact of a graduate seminar in university teaching on new instructors*. Session presented at the 22nd Annual Conference of the Society for Teaching and Learning in Higher Education, McMaster University, Hamilton, Ont.
- Melia-Gordon, M.L., **Sirois, F. M.**, Pychyl, T. A. (2002, January). *"Falling behind" or Feeling bad": The relative influence of students' trait procrastination and concerns regarding the self*. Paper presented at the 3rd Annual Conference of the Society for Personality and Social Psychology, Savannah, Georgia.
- Melia-Gordon, M.L., **Sirois, F. M.**, Pychyl, T. A., (2001, November). *Wellness behaviors as an indicator of health-related quality of life*. Paper presented at the 8th Annual Conference of the International Society for Quality of Life Research, Amsterdam, The Netherlands.
- Sirois, F. M.**, Melia-Gordon, M.L., & Pychyl, T. A., (2001, November). *Quality of Life in University students with chronic health problems: Coping and context*. Paper presented at the 8th Annual Conference of the International Society for Quality of Life Research, Amsterdam, The Netherlands.
- Melia-Gordon, M.L., **Sirois, F. M.**, Pychyl, T. A., (2001, August). *Big-Five Personality Factors and coping styles: The Importance of 'Fit'*. Paper presented at the 109th Annual American Psychological Association Convention, San Francisco, California.
- Melia-Gordon, M. L., **Sirois, F. M.**, & Pychyl, T. A., (2001, June). *Student procrastination: Coping with the stress of academic life*. In L. A. Goodine (Chair) *The health and well-being of university students: Coping, personality, and performance*. Symposium presented at the 62nd Annual Convention of the Canadian Psychological Association, Ste. Foy, Quebec.
- Melia-Gordon, M.L., **Sirois, F. M.**, & Pychyl, T. A. (2001, June). *Procrastinators' coping styles: Restraint in the face of demand*. Paper presented at the 13th Annual American Psychological Society's Convention, Toronto, Ontario.
- Sirois, F. M.** (2001, June). *Health locus of control beliefs: Do they measure up to expectations?* Paper presented at the 13th Annual American Psychological Society's Convention, Toronto, Ontario.
- Sirois, F. M.** (2001, June). *Search for the placebo responder: An integrated model of the placebo effect*. Paper presented at the 62nd Annual Convention of the Canadian Psychological Association, Ste. Foy, Quebec.
- Sirois, F. M.**, Melia-Gordon, M.L., & Pychyl, T. A., (2001, June). *First-year university students' health, well-being, and academic performance: The role of coping*. In L. A. Goodine (Chair) *The health and well-being of university students: Coping, personality, and performance*. Symposium presented at the 62nd Annual Convention of the Canadian Psychological Association, Ste Foy, Quebec.
- Sirois, F. M.**, & Mikail, S. F. (1996, May). *The relationship of pain beliefs to outcome and compliance with different dimensions of a multidisciplinary chronic pain treatment program*. Paper presented at the 26th annual Psychology Undergraduate Thesis Conference, McMaster University, Hamilton. Ontario.

Other Invited Presentations

- Sirois, F. M.** (2008, February, March). *Web-based research and surveys: A Research Ethics Board educational seminar*. Invited talks on behalf of the University of Windsor Research Ethics Board for the university community, Windsor, ON.

- Sirois, F. M.** (2006, February). *Casting your Net worldwide: Some benefits and challenges of conducting Internet-based psychological research.* Invited talk for the Applied Social Lunch series, University of Windsor.
- Sirois, F. M.,** Davis, C. G., & Morgan, M. (2005, November). *“Learning to live with what you can’t rise above”: Control beliefs and adjustment to tinnitus.* Invited talk presented for the University of Windsor’s Health Research Group, University of Windsor.
- Sirois, F. M.** (2004, January). *The search for the placebo responder: The role of situational and individual difference factors in the placebo effect.* Invited talk for the Applied Social Lunch series, University of Windsor.
- Sirois, F. M.** (2003, January). *Coping with inflammatory bowel disease.* Invited talk for the National Capital Region Chapter of the Crohn’s and Colitis Foundation of Canada (CCFC) Education Event, Ottawa.
- Sirois, F. M.** (2002, January). *Control beliefs and health: Reconceptualizing personal agency and adaptation to illness.* Invited talk for the Social-Health-Organization-Personality Psychology Brown Bag series, Carleton University, Ottawa.
- Sirois, F. M.** (1999, March). *Stress management and health living for the New Millennium.* Invited seminar for English as a Second Language (ESL) teachers during the Ottawa-Carleton District School Board Professional Development day, Ottawa.

Workshops presented

- Sirois, F. M. & Ross, C.** (2008, April). *A W5 workshop on conducting psychological research on the Internet.* Workshop presented for Psychology graduate students on behalf of the Psychology Department Graduate Studies Committee, University of Windsor, Windsor, Ontario.
- Sirois, F. M. & Purc-Stephenson, R.** (2006, November). *Synthesizing research: A workshop on research synthesis and meta-analyses.* Workshop presented for Psychology graduate students on behalf of the Psychology Department Graduate Studies Committee, University of Windsor, Windsor, Ontario.
- Jackson, D. **Sirois, F. M.,** & Fritz, P. (2006, November). Workshop on structural equation modeling (SEM) using AMOS. Workshop presented for Psychology faculty and graduate students on behalf of the Psychology Department, University of Windsor, Windsor, Ontario.
- Menna, R., & **Sirois, F. M.** (2003, December). *The do’s and don’ts of publishing: A graduate students’ guide to getting your thesis and other papers published.* Workshop presented on behalf of the Psychology Graduate Studies Committee, University of Windsor.

Consulting and Contract Work

- 2007- 2008 Provided guidance and a report on the development of psychological outcome measures for the project *Developing Patient-Reported Outcome Measures for Use in CAM Research,* Research Triangle Institute (RTI) International, Research Triangle Park, NC, USA.

Academic and Professional Service

Ad Hoc Editorial Consultant (number of reviews)

- 2008 *British Journal of Health Psychology* (1)
- 2008 *Journal of Women's Health* (2)
- 2008 *Journal of Consulting and Clinical Psychology* (3)
- 2007-2008 *BioMed Central Complementary and Alternative Medicine* (3)
- 2007-2008 *Journal of Psychosomatic Research* (7)
- 2006-2007 *Complementary Therapies in Medicine* (2)
- 2006 *Personality and Individual Differences* (3)
- 2006-2007 *Pearson Canada, Higher Education* (2)
- 2006-2007 *McGraw-Hill Ryerson, Higher Education* (2)
- 2006-2007 *Journal of Rehabilitation Research and Development* (2)
- 2005-2008 *Social Science & Medicine* (5)
- 2005 *Ethnicity and Health* (2)
- 2004-2005 *Sociological Inquiry* (2)
- 2002 *Journal of Alternative and Complementary Medicine* (1)

Peer Review Committees

- 2009 Member of the editorial board of the *Open Complementary Medicine Journal*.
- 2009 Reviewer, Collected Essays on Learning and Teaching (CELT).
- 2008 Reviewer, Canadian Psychological Association Social/Personality section, 2009 conference abstracts
- 2008 External reviewer, Social Sciences and Humanities Research Council of Canada, standard research grants program.
- 2008 Reviewer, Ontario Graduate Scholarship – international student applications.
- 2007-2009 Expedited reviewer, University of Windsor Research Ethics Board.
- 2008-2009 Reviewer, Society for Teaching and Learning in Higher Education, conference abstracts
- 2007, 2008 Reviewer, International Society for Quality of Life Research, conference abstracts
- 2006-2007 Reviewer, University of Windsor Research Ethics Board, full review committee.
- 2000-2003 Member of the Carleton University Ethics Committee for Psychological Research

Other Committees and Professional Service

- 2008-2009 Chair of the 6th Biennial Conference on Counselling the Procrastinator in Academic Settings, to be held at York University, August 2009.
- 2008-2009 Member of the conference planning committee, 2009 conference, International Society for Quality of Life Research (ISOQoL).
- 2008-2009 Newsletter Co-ordinator, Canadian Psychological Association Social-Personality Section
- 2008-2009 Member of the Windsor University Faculty Association (WUFA) faculty council.
- 2006-2007 Member of the Psychology Department Appointments Committee, University of Windsor
- 2006-2007 Chair of the Psychology Department Ethics Committee, University of Windsor
- 2005-2006 Member of the Administration Evaluation Committee, Windsor University Faculty Association
- 2003-2009 Member of the Psychology Department Graduate Studies Committee, University of Windsor
- 2003-2005 Web master *Health Psychology Resources* web pages
(http://venus.uwindsor.ca/courses/psychology/fsirois/Health_Psych_resources.html)
- 2002-2003 Director of the PNI Research Participation Program, Association for the Advancement of Applied Psychoneuroimmunology (AAAPNI)

2000-2003 Web master *Health Psychology at Carleton* web page (http://www.carleton.ca/~fsirois/HP_at_Carleton.html), and *Health Psychology Resources* web pages (http://www.carleton.ca/~fsirois/Health_Psych_resources.html)

Professional Memberships

American Psychological Association (APA), Division 38, Health Psychology
Canadian Interdisciplinary Network for Complementary and Alternative Medicine Research (IN-CAM)
Canadian Psychological Association (CPA), Health Psychology and Social/Personality sections
International Society for Complementary Medicine Research (ISCMR)
International Society for Quality of Life Research (ISOQOL)
Society for Personality and Social Psychology (SPSP)
Society for Teaching and Learning in Higher Education (STLHE)

Professional Development Activities

2008, June Introduction to NVivo 8 Workshops, QSR International, Xtranet, 1 Eglinton Avenue East, Suite 302, Toronto, ON, All day training workshop on how to use the latest version of this qualitative analysis software.

2007, March Latent Growth Modeling Workshop, University of Windsor, Department of Psychology, 294 Chrysler Hall South. Instructed by Dennis Jackson.

2007, March Interteaching and Learning Outcomes workshop, Centre for Flexible Learning, University of Windsor, McPherson Lounge. Instructed by Alan Scoboria.

2006, May Summer Programme in Data Analysis (SPIDA) - Structural Equation Models, Institute for Social Research, York University, Toronto, Ontario. This seven day intensive course included lectures and hands on workshops instructed by Ken Bollen and others.

2006, March Engaging the 21st Century Student, McGraw-Hill Ryerson, Centre for Flexible Learning at the University of Windsor, and the Institute for the Advancement of Teaching in Higher Education, Ontario.

Course Instructor – University of Windsor

Graduate courses - instructor

- Stress, Coping, & Resilience (Winter 2008)
- Personality, Health, & Well-being (Winter 2007)
- Graduate Health Psychology, 46-662 (Fall 2005)
- Applied Social Psychology, 46-670 (Winter 2004, 2006, 2007, 2009)

Undergraduate courses - instructor

- Human Motivation and Emotion, 46-332 (Fall 2004, 2006)
- Introduction to Personality and Adjustment, 46-220 (Fall 2004)
- Health Psychology, 46-435/339 (Winter 2004; Fall 2005, 2006; Summer 2007; Fall 2008)
- Introduction to Social Psychology, 46-220 (Fall 2003)
- Applied Social Psychology, 46-334 (Fall 2003; Winter 2006)

Graduate Supervisions – University of Windsor

M.A. Practicum - Psychology

Neli Remo (2006). *Needs assessment for the Jewish Community Centre in Windsor.*

Courtney Chasin (2009). *The development of trainer education materials for the AIDS Committee of Windsor.*

M. A. Psychology

Karey Wilson (2006). *Satisfaction with a midwife or obstetrician birth attendant: An exploration of several possible predictors.*

Jennifer Voth (2007). *Illness attributions, perceptions of stigma, and coping strategy: Adjusting to inflammatory bowel disease.*

Ph.D. Psychology

Rebecca Purc-Stephenson. (2008). *A gift wrapped in barbed wire: Personal growth among individuals with arthritis or inflammatory bowel disease.* PhD Psychology. Awarded SSHRC doctoral fellowship 2005; Now on faculty at the University of Alberta, start date July 1, 2008.

Tobi Wilson. (In progress) *The development of health beliefs and their role in the placebo effect.* PhD Psychology. Defense planned for Spring 2009; Awarded SSHRC doctoral fellowship 2005.

Barat Wolfe. (In progress) PhD Psychology. Awarded SSHRC doctoral fellowship 2006.

Jenn Voth. (In progress) PhD Psychology.

Undergraduate Supervisions – University of Windsor

Sean Locke (In progress) *Complementary medicine use and physical activity.* Independent research project, Psychology.

Kyle Stanyar (In progress). *The health behaviours, self-perceptions, and intentions of health-minded people.* B.A Honours, Psychology.

Kaitlin Roland (in progress). *Factors associated with resilience to job insecurity in automotive and casino workers.* B.A Honours, Psychology.

Brenda McLaughlin. (2007-8). *Nurses's health behaviours.* Independent research project, Psychology.

Jennifer Monforton (2006). *The role of personality in cognitive and emotional reactions to stress.* B.A Honors, Psychology

Janelle Rivard. (2005). *The roommate relationship: Satisfaction, rapport and well-being.* B.A Honours, Psychology

Melissa Simpson. (2004). *Procrastination and counterfactual thinking: A reaction to our perfectionism.* B.A Honours, Psychology

Shaneysa Kean. (2004). *Music listening preferences, personality and well-being.* B.A Honours, Psychology

Nicole C. Murray. (2004). *Effect of exercise on academics and general well-being.* B.A Honours, Psychology

Second reader for undergraduate theses

Veronica M. Kokavec. (2006). *Counterfactual statements and monetary compensation in a judicial context: Who is an ideal compensatory juror?*

Vanessa P. Andreatta. (2004). *The relationship among exercise dependence and three variables: Self-esteem, body-esteem, and relationship satisfaction.*

Graduate Examining Committees

University of Windsor

Ph.D dissertation committee member

Nikhil Koushik (2008). *Chronic prednisone therapy and neuropsychological functioning in renal transplant recipients.*

Heather Durdle, (2008). *A computer-assisted brief motivational intervention for smoking cessation in a methadone-maintained population.*

Simone Arbour (2008). *Using person-environment fit and career stage to examine satisfaction, commitment and work strain in Canadian nurses.*

MA Thesis committee member

Karen Ip (In progress). *The effects of stereotype threat on the eating behaviours and intellectual performance of overweight and obese women.*

Elizabeth Kunzle (2008). *Changes in narrative quality pre- and post-emotion focused therapy for childhood abuse trauma.*

Catharine Dishke-Hondzel (2007). *A quiet battle: An examination of the social forces that shape self-silencing and well-being in female leaders.*

Major Paper

Barat Wolfe (2008). *Patient-centred care and patient reported outcomes: A systematic review.*

Rebecca Purc-Stephenson (2006). *Benefit-finding following health-related trauma or adversity*

Parveen Grewal (2005). *Hope Theory: A framework for understanding suicidal action.*

Dorrie Fiissel (2003). *Eating disorders prevention: Are we there yet?*

Chair - Master's Theses

Joanna Kraft (2008)

Dusty Johnstone (2007)

Christopher Domen (2005)

Christopher Heikoop (2004)

Robert Ferguson (2004)

External Examining Committees - Ph.D dissertation

Helen Georgiou (2006). *Evaluation of the concurrent effects of biomedicine and complementary medicine on the quality of life and health status of thalassaemia major patients.* University of Victoria, Australia.

Academic Responsibilities – Carleton University

Instructor - Undergraduate courses

- Introduction to Psychology: Psychology as a Social Science, 1002C, (Winter 2003)
- Psychology of Motivation and Emotion, 3405A (Fall 2002)
- Introduction to Social Psychology, 49.210A (Summer 2002)
- Issues in Personality: Personality and Well-being, 49.366A (Winter 2002)
- Personality Honors Seminar, 49.360 (Fall 2001)
- Psychology of Motivation and Emotion, 49.345A (Summer 2001)
- Psychological Factors in Health and Illness, 49.346B (Winter 2001)
- Psychological Factors in Health and Illness, 49.346A (Fall 2000)

Undergraduate supervisions

Teresa Kelly (2002). *Health-specific anxiety, negative affect, and the perception of somatic symptoms*. B.A Honours Psychology, Carleton University.

Ruth Sullivan (2002). *Health control beliefs, attributions, self-blame, responsibility, and negativity: How are they related?* B.A Honors Psychology, Carleton University (co-supervised with Mary Gick).

Teaching and Learning Papers and Workshops

- Scoboria, A., **Sirois, F. M.**, & Pascual-Leone, A. (submitted). Enhancing students' learning and engagement in undergraduate education using interteaching. Paper submitted to *Collected Essays on Learning and Teaching (CELT)*.
- Scoboria, A., & **Sirois, F. M.** (2008, September). *Facilitating productive discussions*. Workshop presented for the GATAcademy, Center for Teaching and Learning, University of Windsor, Windsor, Ontario.
- Sirois, F. M.**, Scoboria, A., Purc-Stephenson, R., & Pascual-Leone, A. (2008, June). *Interteaching in undergraduate education: Enhancing student engagement and performance*. Concurrent session presented at the 28th Annual Conference of the Society for Teaching and Learning in Higher Education, University of Windsor, Windsor, Ontario.
- Scoboria, A., & **Sirois, F. M.** (2008, June). *Applying 'interteaching' to undergraduate education*. Workshop presented at the 28th Annual Conference of the Society for Teaching and Learning in Higher Education, University of Windsor, Windsor, Ontario.
- Scoboria, A., **Sirois, F. M.**, Pascual-Leone, A., & Wolfe, B. (2008, May). *Incorporating 'Interteaching' into graduate psychology education*. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.
- Sirois, F. M.** & Purc-Stephenson, R. (2008, May). *Student preferences for interteaching*. Poster presented at the Oakland University/University of Windsor Second Annual International Conference on Teaching and Learning, Auburn Hills, MI.
- Sirois, F. M.** (2002, September). *Office hours: Managing difficult situations with students*. Workshop presented for the Teaching and Learning Resource Centre's Teaching Assistants Orientation Workshops, Carleton University, Ottawa.
- Sirois, F. M.** (2002, June). *Towards the scholarship of teaching: The impact of a graduate seminar in university teaching on new instructors*. Session presented at the 22nd Annual Conference of the Society for Teaching and Learning in Higher Education, McMaster University, Hamilton, Ont.
- Sirois, F. M.** (2002, February; March; September). *Fostering academic integrity*. Workshop presented for the Teaching and Learning Resource Centre's Teaching Assistant Brown Bag Workshops, Carleton University, Ottawa.
- Dence, C., & **Sirois, F. M.** (2002, February). *Plagiarism and Academic Integrity: Approaches for prevention*. Workshop presented for the Ottawa-Carleton District School Board professional development day, Carleton University, Ottawa.
- Sirois, F. M.** (2002, February; 2001, October). *Office hours: Critical incidents*. Workshop presented for the Teaching and Learning Resource Centre's Teaching Assistant Brown Bag Workshops, Carleton University, Ottawa.
- Sirois, F. M.** (2002, January). *Dealing with difficult situations*. Workshop presented for the Teaching and Learning Resource Centre's Professional Development Day for Teaching Assistants, Carleton University, Ottawa.
- Sirois, F. M.**, & Melia-Gordon, M. L. (2001, September). *Office hours: Managing difficult situations with students*. Workshop presented for the Teaching and Learning Resource Centre's Teaching Assistant Orientation Workshops, Carleton University, Ottawa.
- Melia-Gordon, M. L., & **Sirois, F. M.** (2001, September). *Dealing with academic dishonesty*. Workshop presented for the Teaching and Learning Resource Centre's Teaching Assistant Orientation Workshops, Carleton University, Ottawa, Ontario.

Melia-Gordon, M. L., & **Sirois, F. M.** (2001, June). *From difficult situations to learning opportunities: Strategies for managing and preventing academic misconduct and stressful encounters with students*. Invited workshop presented at the 21st Annual Conference of the Society for Teaching and Learning in Higher Education, Memorial University, St. John's, Newfoundland.

Sirois, F. M. (2000, October). *Managing difficult situations with students*. Workshop presented for the Teaching and Learning Resource Centre's Teaching Assistants Brown Bag Seminar Series, Carleton University, Ottawa.