

Publications

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Refereed Publications:

1. Kahlmeier, S., Frei, A., Kriemler, S., **Nigg, C. R.**, Radtke, T., Manike, K., & Endes, S. (2023). Updating national physical activity guidelines based on the global WHO guidelines: Experiences and challenges from Switzerland. *Current Issues in Sport Science*, *8*(1), 014. <https://doi.org/10.36950/2023.1ciiss014>
2. Ketelhut, S., Bodman, A., Ries, T., & **Nigg, C. R.** (2023). Challenging the Portrait of the Unhealthy Gamer-The Fitness and Health Status of Esports Players and Their Peers: Comparative Cross-Sectional Study. *Journal of Medical Internet Research*, *25*, e45063. <https://doi.org/10.2196/45063>
3. Kubica, C., Dütschler, B., Felder, T., Querciagrossa, D., & **Nigg, C. R.** (2023). Physiological Demands of Exergames in Older Adults—A Systematic Literature Review. *Journal of Aging and Physical Activity*. Advance online publication. <https://doi.org/10.1123/japa.2022-0261>.
4. Zehnder, C., **Nigg, C. R.**, Benzing, V. (2023). COVID-19: Sports activity and health-related quality of life of Swiss children and adolescents before and during the initial stay at home period. *Journal of Health Psychology*, *28*, 491-505. doi:10.1177/13591053221122722
5. Patt, N., Kupjetz, M., Kool, J., Hersche, R., Oberste, M., Joisten, N., Gonzenbach, R., **Nigg, C. R.**, Zimmer, P. & Bansi, J. (2023). Effects of inpatient energy management education and high-intensity interval training on health-related quality of life in persons with multiple sclerosis: a randomized controlled superiority trial with six-month follow-up. *Multiple Sclerosis and Related Disorders*. *78*, 104929. doi: 10.1016/j.msard.2023.104929.
6. Wieland, F., & **Nigg, C. R.** (2023). A Trainable Open-Source Machine Learning Accelerometer Activity Recognition Toolbox: Deep Learning Approach. *JMIR AI*, *2*(1), e42337. doi:10.2196/42337
7. Guthold, R., Kann, L., Bhatti, L., Abduvahobov, P., Ansong, J., Atkinson, U., Baltag, V., Caffe, S., Caixeta, R., Diallo, C. B., Fouad, H., Haddad, S., Hachri, H., Jaggi, J. A., Joshi, P., Karna, P., Louazani, S. A., Mbola Mbassi, S., Mehta, S., Mudgal, Y., **Nigg, C. R.**, Okely, A. D., Ondarsuhu, D., Ouaurir, T., Trhari, F. Z., Riley L. M. (2023). Effectiveness of a participatory approach to develop school health interventions in four low resource cities: study protocol of the ‘empowering adolescents to lead change using health data’ cluster randomised controlled trial. *BMJ Open*, *13*, e071353. doi: 10.1136/bmjopen-2022-071353
8. Cunningham-Sabo, L., Lohse, B., **Nigg, C. R.** & Parody, R. J. (2023). Fourth-Grade Cooking and Physical Activity Intervention Reveals Associations with Cooking Experience and Sex. *Journal of Nutrition Education and Behavior*, *55*, 191-204. <https://doi.org/10.1016/j.jneb.2022.10.008>
9. Cunningham-Sabo, L., Lohse, B., Jessica Clifford, Alixanna Burg, **Nigg, C. R.** (2023). Fuel for Fun Process Evaluation Reveals Strong Implementation and Approval with Varied Parent Engagement. *Journal of Nutrition Education and Behavior*, *55*, 16-29. <https://doi.org/10.1016/j.jneb.2022.08.001>
10. Giurgiu, M., Ketelhut, S., Kubica, C. Nissen, R., Doster, A.-K., Thron, M., Timm, I., Giurgiu, V., **Nigg, C. R.**, Woll, A., Ebner-Priemer, U. W. & Bussmann, J. B. J. (2023). Assessment of 24-hour physical behaviour in adults via wearables: a systematic review of validation studies under laboratory conditions. *International Journal of Behavioral Nutrition and Physical Activity*, *20*, 68. <https://doi.org/10.1186/s12966-023-01473-7>
11. **Nigg, C. R.**, Dütschler, B., Schnegg, S., Do, J. & Xu, X. (2023). The Relationship between Self-Expansion and Physical Activity in Rural Adults in Bern, Switzerland and Idaho, USA. *International Journal of Applied Psychology*, *13*, 9-17. <https://doi.org/10.5923/j.ijap.20231301.02>
12. Barisch-Fritz, B., **Nigg, C. R.**, Barisch, M. & Woll, A. (2023). App development in a sports science setting: A systematic review and lessons learned from an exemplary setting to generate

- recommendations for the app development process. *Frontiers in Sports and Active Living*, *4*, 1012239. doi: 10.3389/fspor.2022.1012239
13. Xu, X., Tupy, S., Sharp, J.L., Miller, A.L., Correll, D., & **Nigg, C.R.** (2022). Self-expansion is positively associated with Fitbit-measured daily steps across 4-weeks. *Scientific Reports*, *12*, 20547 (2022). <https://doi.org/10.1038/s41598-022-24576-w>
 14. Hohberg, V. Kreppke1, J.-N., Cody, R., Guthold, R., Woods, C., Brand, R., Dunton, G. F., Rothman, A. J., Ketelhut, S. & **Nigg, C. R.** (2022). What is needed to promote physical activity? – Current trends and new perspectives in theory, intervention, and implementation. *Current Issues in Sport Science (CISS)*, *7*, 005. <https://doi.org/10.36950/2022ciss005>
 15. Ulrich, G., Carrard, J., **Nigg, C. R.**, Erlacher, D. & Breitbach A. P. (2022). Is healthcare a team sport? Widening our lens on interprofessional collaboration and education in sport and exercise medicine. *BMJ Open Sport & Exercise Medicine*, *8*, e001377. doi:10.1136/bmjsem-2022-001377
 16. Giurgiu, M., Timm, I., Becker, M., Schmidt, S., Wunsch, K., Nissen, R., Davidovsky, D., Bussmann, J. B., **Nigg, C. R.**, Reichert, M., Ebner-Priemer, U. W., Woll, A. & von Haaren-Mack, B. (2022). Quality evaluation of free-living validation studies for the assessment of 24-hour physical behavior in adults via wearables: Systematic review. *JMIR mHealth and uHealth*, *10*(6):e36377 doi: 10.2196/36377
 17. Giurgiu, M., Simon, S., Nigg, C., Burchartz, A., Timm, I., Becker, M., Rulf, E., Doster, A-K., Koch, E., Bussmann, J. B. J., **Nigg, C.**, Ebner-Priemer, U. W., & Woll, A. (2022). The assessment of 24-hr physical behaviour in children and adolescents via wearables: A systematic review of free-living validation studies. *BMJ Open Sport & Exercise Medicine*, *8*, e001267. doi:10.1136/bmjsem-2021-00126
 18. **Nigg, C. R.**, Chard, C., Zhang, G., & Nigg, C. (2022). Children’s physical activity and sedentary behavior is related between different parts of a day. *Current Issues in Sport Science (CISS)*, *7*. <https://doi.org/10.36950/2022ciss002>
 19. Engels, E., **Nigg, C. R.**, & Reimers, A. (2022). Predictors of Physical Activity Behavior Change Based on the Current Stage of Change - An Analysis of Young People from Hawai’i. *Journal of Behavioral Medicine*, *45*, 38-49. doi: 10.1007/s10865-021-00255-5.
 20. Benzing, V., Gaillard, P., Scheidegger, D., Dössegger, A., **Nigg, C.R.**, & Schmidt, M. (2022). COVID-19: Physical Activity and Quality of Life in a Sample of Swiss School Children during and after the First Stay-at-Home. *International Journal of Environmental Research and Public Health*, *19*, 2231. <https://doi.org/10.3390/ijerph19042231>
 21. Nigg, C., Niessner, C., **Nigg, C. R.**, Oriwol, D., Schmidt, S. C. E., & Woll, A. (in press). Relating Outdoor Play to Sedentary Behavior and Physical Activity in Youth - Results from a Cohort Study. *BMC Public Health*.
 22. Bezold J., Trautwein, S., Barisch-Fritz, B., Scharpf, A., Krell-Roesch, J., **Nigg, C. R.**, & Woll, A. (2021). Effects of a 16-week multimodal exercise program on performance of activities of daily living in institutionalized individuals with dementia: a multicenter randomized controlled trial. *German Journal of Exercise and Sport Research*, <https://doi.org/10.1007/s12662-021-00760-4>
 23. Ketelhut, S., Martin-Niedecken, A. L., Zimmermann, P. & **Nigg, C. R.** (2021). Physical Activity and Health Promotion in Esports and Gaming—Discussing Unique Opportunities for an Unprecedented Cultural Phenomenon. *Frontiers in Sports and Active Living*, *3*, 693700. doi: 10.3389/fspor.2021.693700
 24. Engels, E., **Nigg, C. R.**, & Reimers, A. (in press). Predictors of Physical Activity Behavior Change Based on the Current Stage of Change - An Analysis of Young People from Hawai’i. *Journal of Behavioral Medicine*.
 25. **Nigg C. R.**, Burg X., Lohse B., & Cunningham-Sabo L. (2021). Accelerometry and Physical Activity Self-Report are Congruent for Children’s MVPA Moderate-to-Vigorous and Higher Intensity Physical Activity. *Journal for the Measurement of Physical Behaviour*, *187–194*. <https://doi.org/10.1123/jmpb.2020-0017>
 26. Wunsch, K., **Nigg, C. R.**, Weyland, S., Jekauc, D., Niessner, C., Burchartz, A., Schmidt, S. C. E., Meyrose, A.-K., Manz, K., Baumgarten, F. & Woll, A. (2021). The relationship

- of self-reported and device-based measures of physical activity and health-related quality of life in adolescents. Health and Quality of Life Outcomes, *19*, 67.
<https://doi.org/10.1186/s12955-021-01682-3>
27. Lippke, S., Dahmen, A., Gao, L., Guza, E. & **Nigg, C. R.** (2021). To what extent is internet activity predictive of psychological well-being? Psychology Research and Behavior Management, *14*, 207-219. <https://doi.org/10.2147/PRBM.S274502>
 28. Patt, N., Kool, J., Hersche, R., Oberste, M., Walzik, D., Joisten, N., Caminada, D., Ferrara, F., Gonzenbach, R., **Nigg, C. R.**, Kamm, C. P., Zimmer, P. & Bansi, J. (2021). High-intensity interval training and energy management education, compared with moderate continuous training and progressive muscle relaxation, for improving health-related quality of life in persons with multiple sclerosis: study protocol of a randomized controlled superiority trial with six months' follow-up. BMC Neurology, *21*, 65.
<https://doi.org/10.1186/s12883-021-02084-0>
 29. Nigg, C., & **Nigg, C. R.** (2021). It's More than Climate Change and Active Transport - Physical Activity's Role in Sustainable Behavior. Translational Behavioral Medicine.
<https://doi.org/10.1093/tbm/ibaa129>
 30. **Nigg, C. R.**, Aneas Zurkinden, N. L., Beck, D. A., Bisang, X. J. B., Charbonnet, B., Dütchler, B., Felder, T. M., Ganic, T., Grunder, L. P., Gürber, M. P., Konyo, J., Lehmann, R. D., Meierhofer, A. R., Schnegg, S., Uhl, C., Vergères, L. G., Weber, J., Wieland, F., Zimmermann, P., Zuber, A. & Zutter, M. T. (2021). Promoting more Physical Activity and less Sedentary Behaviour during the COVID-19 Situation – SportStudisMoveYou (SSMY): A Randomized Controlled Trial. Health Psychology Bulletin, *5*(1), pp. 1–11. DOI: <https://doi.org/10.5334/hpb.25>
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 32. Thompson, M. A. & **Nigg, C. R.** (2020). Effect of an adolescent peer-led health curriculum on peer educators and participants. Health Education Journal.
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 33. **Nigg C. R.**, Gessner, A., Nigg C., Giurgiu, M. & Neumann, R. (2020). Demographic, physiological, psychological, and on-ice performance indicators predict plus/minus status of recreational ice hockey players across a season. German Journal of Exercise and Sport Research, *50*, 463–469. <https://doi.org/10.1007/s12662-020-00679-2>
 34. **Nigg, C. R.**, Wunsch, K., Nigg, C., Niessner, C., Jekauc, D., Schmidt, S. C. E. & Woll, A. (2020). Is Physical Activity, Screen Time, and Mental Health Related during Childhood, Preadolescence, and Adolescence? 11-Year Results from the German MoMo Cohort Trial. American Journal of Epidemiology, kwaa192, <https://doi.org/10.1093/aje/kwaa192>
 35. Wagner, A. F., Galvez, D. & **Nigg, C. R.** (2020). Leadership in Public Health: Provider Perspectives. California Journal of Health Promotion, *18*, 60-64.
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 36. Reichert, M., Giurgiu, M., Koch, E., Wieland, L. M., Lautenbach, S., Neubauer, A. B., von Haaren-Mack, B., Schilling, R., Timm, I., Notthoff, N., Marzi, I., Hill, H., Brüßler, S., Eckert, T., Fiedler, J., Burchartz, A., Anedda, B., Wunsch, K., Gerber, M., Jekauc, D., Woll, A., Dunton, G. F., Kanning, M., **Nigg, C. R.**, Ebner-Priemer, U., & Liao Y. (2020). Ambulatory Assessment for Physical Activity Research: State of the Science, Best Practices and Future Directions. Psychology of Sport & Exercise. *50*.
<https://doi.org/10.1016/j.psychsport.2020.101742>
 37. Giurgiu, M., Plotnikoff, R. C., **Nigg, C. R.**, Koch, E. D., Ebner-Priemer, U. W., & Reichert, M. (2020). Momentary mood predicts upcoming real-life sedentary behaviour. Scandinavian Journal of Medicine & Science in Sports. doi: 10.1111/sms.13652

38. **Nigg, C. R.**, Fuchs, R., Gerber, M., Jekauc, D., Koch, T., Krell-Roesch, J., Lippke, S., Mnich, C., Novak, B., Ju, Q., Sattler, M. C., Schmidt, S. C. E., van Poppel, M., Reimers, A. K., Wagner, P., Woods, C & Woll, A. (2020). Assessing Physical Activity through Questionnaires – A Consensus of Best Practices and Future Directions. Psychology of Sport & Exercise. 50. doi: 10.1016/j.psychsport.2020.101715
39. Laura Cleven, L., Krell-Roesch, J., **Nigg C. R.** & Woll, A. (2020). The association between physical activity with incident obesity, coronary heart disease, diabetes and hypertension in adults: A systematic review of longitudinal studies published after 2012. BMC Public Health, 20, 726. doi: 10.1186/s12889-020-08715-4
40. Burchartz, A., Anedda, B., Auerswald, T., Mall, C., Giurgiu, M., Hill, H., Ketelhut, S., Kolb, S., Manz, K., **Nigg, C. R.**, Reichert, M., Sprengeler, O., Wunsch, K., & Matthews, C. E. (2020). Assessing physical behavior through accelerometry – State of the science, best practices and future directions, Psychology of Sport & Exercise. 50. doi: 10.1016/j.psychsport.2020.101703
41. **Nigg, C. R.**, Phu, T., & Mnich, C. (2020). Strategies TO Prevent (STOP) Substance Use: A Website for Adolescents in Hawaii. Journal of Substance Use, 25, 88-94. doi: 10.1080/14659891.2019.1664659
42. Jekauc, D., Mnich, C., Niessner, C., Wunsch, K., **Nigg, C. R.**, Krell-Roesch, J. & Woll, A. (2019). Testing the Weiss-Harter-Model: Physical Activity, Self-Esteem, Enjoyment, and Social Support in Children and Adolescents. Frontiers in Psychology: Movement Science and Sport Psychology. 10:2568. doi: 10.3389/fpsyg.2019.02568
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Guest Editor – Journal Special Issues:

1. **C. R. Nigg**, & A. Woll (2020). Best Practices and Future Research Directions: Consensus from the 2nd International Workshop of the Center for the Assessment of Physical Activity (CAPA). *Psychology of Sports and Exercise*.
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10. Vaeth, J., Amato, K. & **Nigg, C. R.** (2012). Physical Activity, Inactivity, and Nutrition Behavior among Children: Investigating Compensation and Transfer Effects, (pp.153-164). In Maddock J. E., (Ed.). *Public Health - Social and Behavioral Health*. Intech, Rijeka, Croatia. doi: 10.5772/35178

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12. Nigg, C. R., Jordan, P. J., & Atkins, A. (2012). Behavioral Measurement in Exercise Psychology, (pp. 455-464). In Tenenbaum, G., Eklund, R. C., & Kamata, A. (Eds.), Measurement in Sport and Exercise Psychology. Champaign, IL: Human Kinetics. doi: 10.5040/9781492596332.ch-039
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14. Nigg, C. R., & Paxton, R. (2008). Conceptual perspectives used to understand youth physical activity and inactivity, (pp.79-113). In Smith, A. L. & Biddle, S. J. H. (Eds.), Youth Physical Activity and Inactivity: Challenges and Solutions. Champaign, IL: Human Kinetics.
15. Keller, S., & Nigg, C. R. (2007). Gesundheitsverhaltenstheorien und Public Health (Health Behavior Change Theories and Public Health), (pp. 59-73). In T. von Lengerke (Ed.) Public Health-Psychologie: Individuum und Bevölkerung zwischen Verhältnissen und Verhalten (Public Health Psychology: Individuals and Populations Relationships and Behavior). Weinheim, Germany: Juventa.
16. Nigg, C. R. (2002). Physical Activity Assessment Issues in Population Based Interventions: A Stage Approach, (pp. 227-239). G. J. Welk (Ed.), Physical Activity Assessments for Health-Related Research. Champaign, IL: Human Kinetics.
17. Maddock, J.E., Nigg, C. R., & Wagner, A. (2002). "Case Study 2: Evaluation of the Healthy Hawaii Initiative". In US Department of Health and Human Services. Physical Activity Evaluation Handbook. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention.
18. Burkholder, G. J., & Nigg, C. R. (2002). Overview of the Transtheoretical Model. In P. Burbank & D. Riebe (Eds.), Promoting exercise and behavior change in older adults: interventions with the Transtheoretical Model, (pp. 57-84). New York, NY: Springer Publishing Company.
19. Nigg, C. R., & Riebe, D. (2002). The Transtheoretical Model: Research review of exercise behavior and older adults, (pp. 147-180). In P. Burbank & D. Riebe (Eds.), Promoting exercise and behavior change in older adults: interventions with the Transtheoretical Model. New York, NY: Springer Publishing Company.
20. Jordan, P. J., & Nigg, C. R. (2002). Applying the Transtheoretical Model: Tailoring Interventions to Stages of Change, (pp. 181-208). In P. Burbank & D. Riebe (Eds.), Promoting exercise and behavior change in older adults: interventions with the Transtheoretical Model. New York, NY: Springer Publishing Company.
21. Courneya, K. S., Nigg, C. R., & Estabrooks, P. A. (2000). Relationships among the theory of planned behaviour, stages of change, and exercise behaviour in older persons over a three year period. In P. Norman, & C. Abraham (Eds.), Understanding and changing health behaviour: From health beliefs to self-regulation (pp. 189-205). Amsterdam: Harwood Academic Publishers. doi: 10.1080/08870449808406756
22. Schmid, S., Keller, S., Nigg, C., & Basler, H-D. (1999). Das Transtheoretische Modell und die Förderung körperlicher Aktivität. (The Transtheoretical Model and the promotion of physical activity), (pp.145-158). In S. Keller (Ed.), Motivation zur Verhaltensänderung-Das Transtheoretische Modell in Forschung und Praxis (Behavior change motivation: The Transtheoretical Model in research and practice). Freiburg, Germany: Lambertus-Verlag GmbH.

Other Publications:

1. Jekauc, D., **Nigg, C. R.**, Kanning, M., Williams, D. M., Wagner, I. & Rhodes, R. E. (2021). Editorial: Affect in Sports, Physical Activity and Physical Education. Frontiers of Psychology, *12*, 785814. doi: 10.3389/fpsyg.2021.785814
2. **Nigg, C. R.** & Lippke, S. (2020). Obituary: Remembering Our Friend and Colleague Stefan Keller, Who Brought the TTM to the German-Speaking World. European Journal of Health Psychology, *124-125*. <https://doi.org/10.1027/2512-8442/a000057>
3. **Nigg, C. R.** & Woll, A. (2020). Best Practices and Future Research Directions: Consensus from the 2nd *International Workshop of the Center for the Assessment of Physical Activity (CAPA)*. Special Section Editorial: Psychology of Sports and Exercise. <https://doi.org/10.1016/j.psychsport.2020.101734>
4. Spas, J. J., Buscemi, J., Prasad, R., Janke, A., & **Nigg, C. R.** (June 2018). Society of Behavioral Medicine and Society of Health Psychology Joint Position Statement: Help Address the Opioid Crisis by Increasing Funding for Medication-Assisted-Treatment. https://www.sbm.org/UserFiles/file/SBM_OpioidCrisisStatement.pdf
5. **Nigg, C. R.**, Geller, K. S. & Adams, P. (2012). Authors' response. Translational Behavioral Medicine, *2*, 288-289.
6. Garber, C. & **Nigg, C.R.** (2012). Perspectives on Intervening on Physical Inactivity and Diet: A Commentary. Health Education & Behavior, *39*, 123–126.
7. **Nigg, C.R.**, Sterkenburg, C., & Rudoy, R. (2008). Medical School Hotline: Establishing an Institute for Childhood and Adolescent Obesity Research and Education. Hawaii Medical Journal, *67*, 272-273.
8. Dellinger, S. F., Aung, N., Campos, J. A., Choy, L., Chung, J., Gentry, L., Li, J., Lindsey, J., Mayet, S., Mitchell, K., Pan, J., **Nigg, C. R.**, & Braun, K. (2007). Formulating Hawai'i's public health education needs: Input from the health community. Hawai'i Medical Journal, *66*, 45-47.
9. **Nigg, C.R.** (2006). Helping Older Adults Strengthen Their Level of Commitment to Exercise, One Stage at a Time. Healthcare and Aging: Newsletter of the Healthcare and Aging Network, *13*(2), 2-3 and 8.
10. **Nigg, C.R.** & Richards K. (2006). Cancer Research Center Hotline: Physical Activity in Youth. Hawaii Medical Journal, *65*, 148-149 and 153.
11. **Nigg, C. R.**, & Jordan, P. J. (2005). It's a difference of opinion that makes a horserace... Health Education Research, *20*, 291-293.
12. **Nigg, C. R.**, & Cardinal, B. J. (2003, February 5). Maintain self-image as active individual. Honolulu Star-Bulletin. Retrieved from <http://starbulletin.com/2003/02/05/features/story3.html>
13. **Nigg, C. R.**, & Cardinal, B. J. (2003, January 29). Don't let a lapse lead to collapse. Honolulu Star-Bulletin. Retrieved from <http://starbulletin.com/2003/01/29/features/story3.html>
14. **Nigg, C. R.**, & Cardinal, B. J. (2003, January 22). S.M.A.R.T. track leads to fitness. Honolulu Star-Bulletin. Retrieved from <http://starbulletin.com/2003/01/12/features/story2.html>
15. **Nigg, C. R.**, & Cardinal, B. J. (2003, January 15). Becoming more fit is easy, free and healthy. Honolulu Star-Bulletin. Retrieved from <http://starbulletin.com/2003/01/15/features/story2.html>
16. **Nigg, C. R.**, & Cardinal, B. J. (2003, January 12). Being fit can truly change your life. Honolulu Star-Bulletin. Retrieved from <http://starbulletin.com/2003/01/12/features/story2.html>

Invited Keynotes, Conference Presentations, or Workshops

1. **Nigg, C. R.** (October, 2021). Using evidence based practices to promote children's physical activity: A Program of Research. Invited Research Colloquium Presentation. Department of Health and Social Psychology, Institute of Psychology, German Sport University Cologne.
2. **Nigg, C. R.** (September, 2021). Assessing Physical Activity & Sedentary Behavior in the future: Logic or Intuition? Keynote presented at the Sport Innovation International Conference, Budapest, Hungary.
3. Buman, M., Dunton, G., Coleman, A., Sallis, J., & **Nigg, C. R.** (August, 2020). Old School or New School: A Panel on Physical Activity Measurement. Hosted by the Physical Activity SIG, Society of Behavioral Medicine. Online.
4. **Nigg, C. R.** (July, 2019). Keynote – Logic or Intuition? Assessing Physical Activity & Sedentary Behavior in the future. Presented at the 2nd International Center of Assessment for Physical Activity Workshop. Institute of Sports and Sports Science, Karlsruhe Institute of Technology, Karlsruhe, Germany.
5. **Nigg, C. R.** (March, 2019). Keynote – Pokémon Go: A Video Game that *levels up* Physical Activity and Sedentary Behavior. Presented at the AEQUIPA Conference: Technologie-gestützte individualisierte Prävention im Rahmen von kontext-abhängiger Förderung körperlicher Aktivität (Individualized technology Supported Prevention in Promotion of Context-Dependent Physical Activity). OFFIS, Oldenburg, Germany.
6. **Nigg, C. R.** (March, 2019). Children's Health Behaviors: A Program of Research in Disseminating Evidence-Based Approaches. Invited Presentation at ACCORDS (Adult & Child Consortium for Health Outcomes Research & Delivery Science), University of Colorado School of Medicine, Denver, Colorado.
7. **Nigg, C. R.** (February, 2019). Disseminating an Evidence-Based Childhood Obesity Prevention Program – The Fun 5 Story. Invited Research Colloquium Presentation. Department of Health Education and Behavior, College of Health and Human Performance, University of Florida, Gainesville, Florida.
8. **Nigg, C. R.**, (February, 2019). Enacting a Vision for the UWO School of Kinesiology (2020-2025). Invited presentation, School of Kinesiology, Faculty of Health Sciences, Western University, London, Ontario, Canada.
9. **Nigg, C. R.**, (February, 2019). Developing, Implementing, and Disseminating an Evidence-Based Childhood Obesity Prevention Program. Invited presentation University of Erlangen, Germany.
10. **Nigg, C. R.**, Novotny, R., Butel, J., Boushey, C., Fialkowski, M. K., Braun, K. L., Leon Guerrero, R., Coleman, P., Bersamin, A., Areta, A., Robert Barber Jr., L., Belyeu-Camacho, T., Greenberg, J., Fleming, T. & Wilkens, L. R. (2018). A Multilevel Multicomponent Community Randomized Trial Addressing Young Child Overweight and Obesity in the US Affiliated Pacific: The Children's Healthy Living Program (CHL). Invited poster presented at SALTO Symposium, Salzburg, Austria.
11. Goldstein, C. M., **Nigg, C. R.**, Hekler, E., Ball, M. P., Biel, A. M., Ramirez, E. (2017). Gotta Catch em All: Harnessing Virality Of Technology And Trends To Catapult Our Research Forward. (Panel presentation). *Annals of Behavioral Medicine*, 51, S644.
12. **Nigg, C. R.** (May, 2017). STAR: Senior Technology Application in Realtime to Promote Quality of Care and Quality of Life. Invited presentation for Environment Based u-Healthcare Design. National Research Foundation (NRF) of Korea. Design Institute, Inje University, Korea.
13. **Nigg, C. R.** (May, 2017). A Research Program in Multiple Behavior Change. Invited lecture at Design Institute, Inje University, Korea.
14. **Nigg, C. R.** (May, 2017). Level up: Pokémon GO Motivates its Players to be More

- Physically Active and Have Less Screen Time. Invited lecture at Korea National Sport University, Seoul, Korea.
15. **Nigg, C. R.** (May, 2017). Alcohol Indicator Surveillance in Hawaii: Identifying Public Health Issues – an Introduction of ADAD/SEOW & DDPI. Invited lecture at Korea University, Seoul, Korea.
 16. **Nigg, C. R.** (January, 2017). Substance Use in Media: Movies & Music. Invited presentation for Health Symposium, Office of Public Health Studies, University of Hawaii.
 17. **Nigg, C. R.** (September, 2016). Level Up: Pokemon Go Motivates its Players to Be More Active and have Less Screen Time. Invited Webinar for RTRN Obesity and Metabolic Syndrome Cluster, University of Hawaii.
 18. Xu, X., & **Nigg, C. R.** (Co-Chairs; April, 2016) Mentoring at a Distance. Panel presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
 19. **Nigg, C.R.**, Rathke, M., & Vasquez, R. (May, 2015). Peer Education to Promote Obesity Preventing Behaviors: The Waipahu HART Project. Invited presentation in mini-symposium session: Clinical Aspects of the Obesity Epidemics in Hawaii and Pacific Islands. JABSOM, Honolulu, HI.
 20. **Nigg, C.R.** (May, 2015). Children’s Healthy Living Program (CHL): prevention of non-communicable disease through child obesity prevention. Invited presentation at the Pacific and Caribbean CDC Awardee Meeting, Honolulu, HI.
 21. **Nigg C. R.** (August, 2014). Addressing Children’s Health Behaviors: Preventing Obesity. Invited presentation for Thrive Thursday, Bank of Hawaii, Honolulu, HI.
 22. **Nigg C. R.** (July, 2014). Investigating Mechanisms of Multiple Health Behavior Change: What Leads to What? Invited Presentation in Symposium: From Multiple Risk Factors to Multiple Behavior Change and Sustainable Well-Being, (Chair: S. Lippke). International Congress of Applied Psychology, Paris, France.
 23. **Nigg, C. R.** (May, 2013). How to Motivate People to Become Physically Active in Large Samples. Workshop: Study and Intervention Planning in Prevention of Cardiovascular Disease Program. Berlin, Germany.
 24. **Nigg, C. R.** (May, 2013). Increasing our Understanding of Recruiting and Retaining Individuals in Intervention Trials. Workshop: Study and Intervention Planning in Prevention of Cardiovascular Disease Program. Berlin, Germany.
 25. Anthamatten, P., Brink, L., Browning, R., Fiene, E., Kutchman, E., Mainar, M., & **Nigg, C.** (May, 2013). An Overview of Translational Research in the “Microgeography” of Denver’s Schoolgrounds. UC Denver Public Health Built Environment Group, Denver, CO.
 26. **Nigg, C. R.** (November, 2012). Identifying Issues of Relevance for HPPUD: Youth Alcohol Prevalence Trends in Hawai’i, 2005-2011 and A Needs Assessment Related to Substance Use. Hawai’i Partnership to Prevent Underage Drinking Coalition Meeting, Honolulu, HI.
 27. **Nigg, C. R.** (October, 2012). Highlighting Physical Activity Intervention Examples Across Age Groups. Kaohsiung Medical University, Kaohsiung, Taiwan.
 28. **Nigg, C. R.** (October, 2012). How to use Theory Appropriately and Does it Make a Difference? Kaohsiung Medical University, Kaohsiung, Taiwan.
 29. **Nigg, C. R.** (October, 2012). Addressing Children’s Obesity Related Behaviors – the Fun 5 Story. Kaohsiung Medical University, Kaohsiung, Taiwan.
 30. **Nigg, C. R.** (October, 2012). The Pacific Kids DASH for health (PacDASH) Project: An Example of Translating Theory to Intervention. Kaohsiung Medical University, Kaohsiung, Taiwan.
 31. **Nigg, C. R.** (June, 2012). Keynote - How to Use Theory Appropriately and Does it Make

a Difference? In Featured Science Session - Getting the Chronically Inactive off the Couch: Does Theory Work? (J. Buckworth, Chair) presented at the American College of Sports Medicine 59th Annual Meeting and 3rd World Congress on Exercise is Medicine®. San Francisco, CA.

32. **Nigg, C. R.**, Williams, R., Eller, L., & Alam, M., (May, 2011). State of Hawai'i Epidemiological Profile for Youth Alcohol Prevention. Hawai'i Partnership to Prevent Underage Drinking Statewide Conference, Honolulu, HI.
33. **Nigg, C. R.** (May, 2010). Fun 5 – A Physical Activity and Nutrition Program. Symposium Session #2. He Huliau – Eliminating Health Disparities in Native Hawaiians & Pacific Peoples: Metabolic Syndrome and Health Equity, Honolulu, HI.
34. **Nigg, C. R.** (October, 2009). Addressing Children's Obesity Related Behaviors – The Fun 5 Story. Pediatric Obesity Seminar Series. Hawai'i Institute for Children's Obesity Research and Education (HICORE), Honolulu, HI.
35. **Nigg, C. R.**, Corpuz, A., Kranz, D., Lauth, A., & Yim, A. S. (February, 2008). Fun 5 – A community partnership in action. Panel at the Office of Public Health Studies Community Partnership Meeting, Honolulu, HI.
36. **Nigg, C.R.** (June, 2007). Finding and Using Information from Your Audience. Program Planning & Evaluation – Leadership Training 102. Hosted by Cancer Information Service, Honolulu, HI.
37. **Nigg, C.R.** (April, 2007). Fun 5: A physical activity and nutrition program for kids. Invited workshop at Hawaii State PTSA Annual Convention. Maui, HI.
38. Lewis, N., **Nigg, C. R.**, Hamnett, M., Soong, S., & Chang H. (March, 2007). Public Health and Well-Being: The Coral Reef Connection. Invited mini-symposia at the IGERT meeting. Honolulu, HI.
39. **Nigg, C.R.** (July, 2006). Theory-Comparison: Should we travel down that road? Lippke, S., & **Nigg, C.R.** (Convenor and Co-convenor). Theory-based change of health behavior: What are the advantages of different models and how can they contribute to each other? Invited Symposium at the 26th International Congress of Applied Psychology, Athens, Greece.
40. **Nigg, C.R.** (October, 2005). The Processes of Change Applied to Physical Activity and Fruit & Vegetable Consumption: Practical Tips and Techniques. Invited presentation at the Hawaii Psychological Association. Honolulu, HI
41. **Nigg, C.R.** (April, 2005). Promoting Health in Hawaii for Adult and Keiki: Interventions & Outcomes of Obesity and Related Factors. UH Faculty Seminar Series – Ke Ka'ana 'Ike The Sharing of Knowledge. Organized by the UH Office of Technology Transfer and Economic Development (OTTED), Honolulu, HI.
42. **Nigg, C.R.** (November, 2004). An Approach to Addressing Childhood Obesity – Fun 5. Invited Presentation to the Childhood Obesity Task Force 2004 of the Legislature, Honolulu, HI.
43. Jordan, P., Maddock, J, Maddock, L., & **Nigg, C.** (January, 2004). Helping Patients & Populations Progress Through the Stages of Change: Applying the Transtheoretical Model to Diverse Health Behaviors. Invited presentation for the Hawaii Psychological Association, Honolulu, HI.
44. **Nigg, C. R.** & Biddle S. (October, 2003). Invited Symposium Co-Chairs: Population-Based Approaches to Promote Physical Activity. 7th International Olympic Committee (IOC) Olympic World Congress on Sport Sciences, Athens, Greece.
45. **Nigg, C. R.**, Maddock, J.E., Yamauchi, J., Pressler V., Wood, B., & Jackson S. (October, 2003). A Social Ecological Approach Promoting Population Physical Activity. In Symposium Population-Based Approaches to Promote Physical Activity. 7th IOC World Congress on Sport Sciences, Athens, Greece.
46. **Nigg, C. R.** (May, 2003). Meet Them Where They are at: Grown-ups Can Get Kids to be

Active and Healthy. Invited workshop presented at the Annual Hawaii State PTSA Convention, Honolulu, HI.

47. **Nigg, C. R.**, Maddock J., Marshall C., & Barnett, J. (April, 2003). Nutritional Servings from the Healthy Hawai'i Initiative. Invited talk at the 2003 Hawaii Dietetic Association Spring Conference. Honolulu, HI.
48. **Nigg, C. R.** (January, 2003). Home Modifications. Invited paper presented at Don't Fall for Anything Fall Prevention and Older Adults. Hilo, HI.
49. **Nigg, C. R.** (October 2002). Making Friends with Evaluation & Reporting. Invited Featured Speaker at Food Stamp Nutrition Education Project Conference, Honolulu, HI.
50. **Nigg, C. R.**, Maddock, J., Pressler, V., Jackson, S., & Wood B. (June, 2002). Statewide Health Promotion: The Healthy Hawaii Initiative. Invited paper presented in the Plenary: Obesity and Chronic Prevention, at the Council of State and Territorial Epidemiologist Annual Conference, Kansas City, MO.
51. Sallis, J., **Nigg, C.R.**, & Bock, B. (March, 2000). Applying Exercise Science, Behavioral Science & New Information Technologies to Promote Physical Activity. Invited IIEH Wellness Session at the International Health Racket and Sports-club Association, sponsored by Technogym. San Francisco, CA.
52. **Nigg, C.R.** (October, 1999). Explaining adolescent exercise behavior change: A longitudinal application of the transtheoretical model. Outstanding student paper (invited) presented at the American School Health Association. Kansas City, MO.

Published Abstracts/Symposia:

1. **Nigg, C.**, Fleary, S. A., Walters, K. A., Chard, C., & Xu, X. (2020, May). Future Directions of Behavioral Medicine: Perspectives from the Next Generation. *Annals of Behavioral Medicine*, *54*, S207.
2. Branscum, P., Rhodes, R. E., Michie, S., **Nigg, C.**, Ogden, J., & Hekler, E. B. (2020). The Proliferation of Different Health Behavior Theories in Behavioral Medicine is Hindering Advances in Research and Practice. *Annals of Behavioral Medicine*, *54*, S179.
3. Zinnowitz, Mnich, C., & **Nigg, C.** (2020, May). What Motivates Children and Adolescents to be Physically Active? Perspectives from a German Sports Science Academy. *Annals of Behavioral Medicine*, *54*, S372-S372.
4. Jekauc, D., Mnich, C., Niessner, C., Wunsch, K., **Nigg, C.**, Krell-Roesch, J., & Woll, A. (2020). Testing the Weiss-Harter-Model: Physical Activity, Self-Esteem, Enjoyment, and Social Support in Children and Adolescents. *Annals of Behavioral Medicine*, *54*, 640.
5. Mnich, C., **Nigg, C.**, Jekauc, D., Waesche, H., Schmidt, S. C., & Woll, A. (2020). Exploring the Interactiveness of the Socio-Ecological Model's Levels for Physical Activity in German Youths. *Annals of Behavioral Medicine*, *54*, S381.
6. **Nigg, C. R.** (2019). Is the Physical Activity and Nutrition Environment Related to Motivation?. *Conference on Environmental Psychology Book of Abstracts*, p. 22. Norwegian Network for Environmental Psychology and Inland Norway University of Applied Sciences.
7. **Nigg, C. R.** (2019). Are Peer Educators' Health Behaviors Impacted when Delivering a Physical Activity & Healthy Eating Curriculum? The Hart Project. *Annals of Behavioral Medicine*, *53*, S344.
8. Mnich, C. & **Nigg, C. R.** (2019). 4-Year Outcomes of an Adolescent Peer-Led Physical Activity and Nutrition Curriculum: The Waipahu Hart Project. *Annals of Behavioral Medicine*, *53*, S87.
9. **Nigg, C. R.** (2018). The Perceived Physical Environment is Not Related to Long-term

- Maintenance of Physical Activity in Adults. *Conference on Environmental Psychology Book of Abstracts*, p. 27. Norwegian Network for Environmental Psychology and Inland Norway University of Applied Sciences.
10. Ftan 2017 AG1, Maskarinec, G. & **Nigg, C. R.** (2018). Individual, National and Global Estimation of Mortality Risk Factors: Estimations from German University Students. *Annals of Behavioral Medicine*, *52*, S829.
 11. Mnich, C. & **Nigg, C. R.** (2018). Strengthening Self-Confidence and Social Competence: A Musical Camp for Children in a Youth Educational Center in Germany. *Annals of Behavioral Medicine*, *52*, S517.
 12. **Nigg, C.** & Phu, T. (2018). Strategies to Prevent (STOP) Substance Abuse: A Website for Adolescents in Hawaii. *Annals of Behavioral Medicine*, *52*, S373.
 13. Turner, E.H., Tong, M. A., Galanis, D., & **Nigg, C.** (2018). Mapping Access to Care in Hawaii: Exploring the Role of Geographic Isolation on Youth Substance Use Treatment Disparities. *Annals of Behavioral Medicine*, *52*, S372.
 14. Tong, M. A., Turner, E.H., Hoapili Smith, T. H., Galanis, D., Argoud, T. M., Mersereau, E. & **Nigg, C.** (2018). Linking and Syncing Stakeholders - Addressing the Prescription Opioid Crisis in Hawaii. *Annals of Behavioral Medicine*, *52*, S125.
 15. Wagner, A., Goya, D. & **Nigg, C.** (2018). Investigating Ethnic Differences in Marijuana Use Among Hawai'i Youth: 2011 – 2015. *Annals of Behavioral Medicine*, *52*, S125.
 16. Mnich, C. & **Nigg, C. R.** (2018). Vocational Orientation Workshops for Strengthening Occupational Competencies in Youth at a Youth Educational Center in Germany. *Annals of Behavioral Medicine*, *52*, S51.
 17. Goya, D., Wagner, A. & **Nigg, C.** (2018). Collaborative Data Interpretation and Planning Training for Community Substance Use Stakeholders and Providers in Hawaii. *Annals of Behavioral Medicine*, *52*, S49.
 18. **Nigg, C. R.**, Mateo, D. J. & An, J. (2017). Gotta Catch 'em All: Pokemon Go Motivates Its Participants to Increase Physical Activity and Decrease Sedentary Behaviors. *Annals of Behavioral Medicine*, *51*, S2727.
 19. Fleary, S. A., Tagorda, M., Kim, S., Thompson, M. & **Nigg, C. R.** (2017). Validating Stages of Change for Obesogenic Behaviors Across Adolescent Minorities. *Annals of Behavioral Medicine*, *51*, S1578.
 20. **Nigg, C. R.**, Geller, K., & Lippke, S. (2017). Future Directions of Multiple Behavior Change Research. *Annals of Behavioral Medicine*, *51*, S1578.
 21. Jake-Schoffman, D. E., Janke, E. A., **Nigg, C. R.**, Kozak, A. T., Fuemmeler, B. F., & Huberty, J. (2017). Symposium: Advancing Behavioral Medicine in Obesity Research Across the Lifespan. *Annals of Behavioral Medicine*, *51*, S1577.
 22. Garza, C. M. & **Nigg, C. R.** (2017). Medical Marijuana Dispensary Roll-Out: Baseline Measures of Marijuana Use Among Adults and Youth in Hawaii from 2010-2014. *Annals of Behavioral Medicine*, *51*, S1399.
 23. Xu, X., Tupy, S. J., Miller, A. L., Correll, D., Tivis, R., & **Nigg, C. R.** (2017). The Relationship Between Self-Expansion and Fitbit-Measured Physical Activity: Daily Data Across 4 Weeks. *Annals of Behavioral Medicine*, *51*, S1316.
 24. An, J. & **Nigg, C. R.** (2017). Effect of Service Quality and Perceived Risk on Service Value, Consumer Satisfaction and Churn Intention in Korean Nursing Homes. *Annals of Behavioral Medicine*, *51*, S1031.
 25. Harmon, B. E., Berg, B. K., Thurston, I. B., Leak, C., **Nigg, C. R.**, & Hayman, L. L. (2017). Expanding the Living Healthy Summer Camp to Latino Families. *Annals of Behavioral Medicine*, *51*, S1006.
 26. Napolitano, M., Buman, M., Williams, D., & **Nigg, C.** (2017). The Future of Physical Activity Intervention Research: Expanding Focus to Sedentary Behavior, Technology,

- and Dissemination. Annals of Behavioral Medicine, 51, S667.
27. Janke, E. A., Jake-Schoffman, D. E., **Nigg, C. R.**, Alcaraz, K. I., Haibach, J., Lewis, B., & Duffeey J. (2017) Advancing Behavioral Medicine Research Using Digital Tools to Improve Health. Annals of Behavioral Medicine, 51, S665.
 28. Konishi, M., Garza, C., & **Nigg, C. R.** (2016). Ethnic Disparities in Alcohol Consumption Rates among Adults in Hawai'i: Ethnicity as a Protective Factor. Annals of Behavioral Medicine, 50, S38.
 29. **Nigg, C. R.**, Garza, C., & Konishi, M. (2016). Illegal Drug use in Hawaii Compared to the US: What's wrong in Paradise? Annals of Behavioral Medicine, 50, S39.
 30. Rathke, M., Tagorda, M., & **Nigg, C. R.** (2016). Predicting fruit and vegetable intake in Asian American & Pacific Islander adolescents via knowledge, self-efficacy and stage. Annals of Behavioral Medicine, 50, S308.
 31. Fleary, S. A., **Nigg, C. R.**, & Freund, K. (2016). Disparities in Health Behaviors in the US over the Last Decade. Annals of Behavioral Medicine, 50, S262.
 32. **Nigg, C. R.**, & Fleary S. A. (2016). Promoting Active PE in the Commonwealth of Northern Marianna Islands – Evaluating SPARK Implementation for K-12. Annals of Behavioral Medicine, 50, S74.
 33. Cady, M., Lohse, B., Smith, S., **Nigg, C.**, Cunningham-Sabo, L. (2016). Measuring Recess Activity Using SOPLAY Revealed Gender and Seasonal Differences, Challenges in Fuel for Fun Impact Assessment. Journal of Nutrition Education and Behavior, 47, S35.
 34. Harmon, B., **Nigg, C.**, Martin Ginis, K., Motl, R., & Dishman, R. (2015). Temporal Sequencing of Behavior Change Constructs in the Transtheoretical Model. Annals of Behavioral Medicine, 49, S248 (Citation Abstract).
 35. Ftan 2014 Behavior Change Workgroup & **Nigg, C. R.** (2015). A Theory-Based Physical Activity Intervention in German University Students and Faculty. Annals of Behavioral Medicine, 49, S27.
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Refereed Conference Presentations:

1. **Nigg, C.R.**, Niedecken-Martin, A. L., Schmidt, M., Kubica, C., Zimmermann, P., Bodman, A. & Ketelhut, S. (December, 2021). Rationale and Perspective of the eSports Health And PErformance (eSHAPE) Network. 1st International ESports Research Network Conference, online.
2. Ketelhut, S., Bodman, A., Kubica, C., Niedecken-Martin, A. L., & **Nigg, C.R.** (December, 2021). Health Status In Esports Athletes- A Cross Sectional Study. 1st International ESports Research Network Conference, online.
3. Kubica, C., Ketelhut, S., Bodman, A. & **Nigg, C.R.** (December, 2021). Fitness and Physical Activity Levels of ESport Athletes. 1st International ESports Research Network Conference, online.
4. Ketelhut, S., Bodman, A., Engeli, N., Kubica, C., Thalman, S., & **Nigg, C. R.** (September, 2021). Evaluating physiological stress during competitive gaming. 4th Sports and Innovation International Conference, Budapest, Hungary.
5. Kubica, C., Ketelhut, S., Sommer, A., & **Nigg, C.R.** (September, 2021). Vo2Master – a valid tool to assess the Vo2peak in female soccer athletes? 4th Sports and Innovation International Conference, Budapest, Hungary.
6. Mnich, C., Bachert, P., Kunkel, J., Wäsche, H., Neumann, R., & **Nigg, C. R.** (July, 2019). What Kind of Information Can Momentary Observation Provide to Measure Sedentary Behavior? Poster presentation at the 2nd International Center of Assessment of Physical Activity (CAPA) Workshop, Karlsruhe, Germany.
7. **Nigg, C. R.** (July, 2019). Testing the Physical Activity Maintenance (PAM) Theory Using a Structural Equation Model Approach. 15th European Congress of Sport Psychology, Münster, Germany.
8. **Nigg, C. R.** (April, 2019). Does Childhood Sedentary Behavior Predict Adolescent Sedentary Behavior, Health, and Academic Indicators? The Fun 5 Cohort Study. Paper presented at the Deutsche Vereinigung für Sportwissenschaft – Kommission Gesundheit, Hamburg, Germany.
9. Mnich, C. & **Nigg, C. R.** (April, 2019). What leads to What? Investigating Physical Activity, Sedentary Behavior and Fruit and Vegetable Consumption in Minority Adolescents in Hawai'i. Paper presented at the Deutsche Vereinigung für Sportwissenschaft – Kommission Gesundheit, Hamburg, Germany.
10. Mnich, C. & **Nigg, C. R.** (November, 2018). Does knowledge about environmental problems or solutions impact environmentally responsible energy and shopping behavior in German-speaking adolescents and young adults? Poster presented at the Conference on Environmental Psychology, Lillehammer, Norway.
11. **Nigg, C. R.**, Carbullido, C. P., Cook, A., Haynes, H., & Smith, T. (July, 2015). Testing the Plausibility of the Physical Activity Maintenance (PAM) Theory. Presentation in Symposium: Exercise Dependence (Schipfer M. & **Nigg C. R.** Co-Chairs). 14th European Congress of Sport Psychology, Bern, Switzerland.
12. **Nigg, C.**, Armenta, J., Bacon, K., Bonifacio, N., Fabrigas, J., Fonseca, J., Johnson, K., Katekaru, M., Lagua, I., Nitta, S., Pulido, C., Tagorda, M., Uemoto, M., & Yamazaki, Y. (2015, June). UHMStressLess: A Self-Determination Theory-Based Environmental Stress Management Intervention for Universities. Mountain West Clinical Translational Research – Infrastructure Network Conference, Las Vegas, NV.
13. Xu, X., & **Nigg, C.R.** (2015, June). An Example of a Mentoring Process to Develop a Program of Research. Poster presented at Mountain West Clinical Translational Research

- Infrastructure Network Conference, Las Vegas, NV.
14. Xu, X., Tupy, S.J., Miller, A.L., Correll, D., **Nigg, C.R.**, Tivis, R., & Graham, J.M. (2015, June). Successful adherence and lessons learned when using the Fitbit: A 4-week daily diary study of physical activity among community adults. Mountain West Clinical Translational Research – Infrastructure Network Conference, Las Vegas, NV.
 15. **Nigg, C. R.**, Li, F., Ettienne, R., Cagasan, M., Leon Guerrero, R., Kim, J-H., Bersamin, A., & Novotny, R. (April, 2015). Availability and Quality of Physical Activity Facilities, Parks, and other settings in the US Affiliated Pacific: CHL Project. Poster presentation at the Society of Behavioral Medicine, San Antonio, TX.
 16. Fleary, S., & **Nigg, C. R.** (April, 2015). A snapshot of health behavior patterns in the US in the last decade. Poster presentation at the Society of Behavioral Medicine, San Antonio, TX.
 17. **Nigg, C. R.**, (2014, May). Chair & Discussant of Symposium: A critical look at the status of theory in health behavior change research. International Society of Behavioral Nutrition and Physical Activity, San Diego, CA.
 18. **Nigg, C.**, Hill J., Browning R. C., Brink, L., Kutchman, E., Amato, K., Schaefer, C. A., Anwar, M. M., & Zhang, G. (May 2014). Intervention for Physical Activity for Youth (IPLAY): Elementary schoolyard environment and recess intervention effects on children’s physical activity. International Society of Behavioral Nutrition and Physical Activity, San Diego, CA.
 19. Amato, K., Anwar, M. M., Zhang, G., Kutchman, E., Schaefer, C. A., Browning, R., Brink, L., Hill J., **Nigg, C. R.** (May 2014). The effects of elementary schoolyard renovations and a physical activity recess intervention on physical activity social support, self-efficacy and enjoyment. International Society of Behavioral Nutrition and Physical Activity, San Diego, CA.
 20. Zhang, G., Anwar, M. M., Kutchman, E., Schaefer, C. A., Browning, R., Brink, L., Hill, J., Anthamatten, P., & **Nigg, C. R.** (May 2014). The association between self-reported and objectively-measured physical activity for elementary school children: Are there gender differences? International Society of Behavioral Nutrition and Physical Activity, San Diego, CA.
 21. Novotny, R., **Nigg, C.**, Braun K., Butel, J., Bersamin, A. Deenik, J., Kim, J., & Leon-Guerrero, R. (May 2014). Convening, Partnering and role modeling for child health: the Childrens’ Health Living (CHL) program. Presentation in Symposium 2. International Society of Behavioral Nutrition and Physical Activity, San Diego, CA.
 22. Amato, K., Rotter, M., & **Nigg C. R.** (July, 2014). Physical activity stages of change surveillance data shows that the majority of keiki (children) in Hawaii are already active. Presentation at the International Congress of Applied Psychology, Paris, France.
 23. **Nigg C. R.** (July, 2014). Discussion – A framework on how to use theory in health behavior change intervention research. Presentation in Symposium: A Critical Examination of Theory Application in Health Behavior Change Research, (Chair: **C. R. Nigg**). International Congress of Applied Psychology, Paris, France.
 24. **Nigg C. R.** (July, 2014). Discussion – A framework on how to use theory in health behavior change intervention research. Presentation in Symposium: A Critical Examination of Theory Application in Health Behavior Change Research, (Chair: **C. R. Nigg**). International Congress of Applied Psychology, Paris, France.
 25. Anthamatten, P., Fiene, E., Kutchman, E., Mainar, M., Brink, L., Browning, R., & **Nigg, C.** (July, 2013). An Investigation of Min-geographies of play: Analysis of Physical Activity Behavior. XVth International Medical Geography Symposium. East Lansing, MI.
 26. Anthamatten, P., Fiene, E., Kutchman, E., Mainar, M., Brink, L., Browning, R., & **Nigg, C.** (April, 2013). Microgeographies of Play: An Analysis of Physical Activity Behavior on Elementary School Grounds. Annual Meeting of the Association of American

Geographers, Los Angeles, CA.

27. Jordan, P. J., King, L., Lid, V., Evers, K., & **Nigg C. R.** (April, 2012). Stage of change for multiple behaviors in veterans with and without PTSD. Poster presented at the 33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
28. **Nigg, C.**, Huang, Y., Jordan, P., Burke, K., Kawasaki, M., Evers, K., King, L., Daly, S., & Spira, J. (March, 2012). Using Focus Groups with Veterans to Identify Issues to Adapt a Computerized Tailored Intervention to Address PTSD Related Behavioral Risk Factors. Paper presented at the IADIS International Conference e-Society, Berlin, Germany.
29. Braceros, K., Geller, K. S., Alvarez, A., & **Nigg, C. R.** (April, 2011). Parents or peers. Who influences Hawaiian adolescents' Obesity-related behaviors? Poster Presented at the 2009 Annual Biomedical Sciences Symposium. John A. Burns School of Medicine. University of Hawaii. Honolulu, HI.
30. **Nigg, C.R.** & Atkins, A. (January, 2011). Training Elementary Teachers to Teach Active Physical Education: A Case Study Using the SPARK Curriculum. Presented at the 2011 Hawaii International Conference on Education, Honolulu, HI.
31. Eller, L.N., Williams, R.J. & **Nigg, C.R.** (November, 2010). Young male athletes perceive varying social pressures to engage in underage drinking than their parents. Poster presented at American Public Health Association 138th Annual Meeting and Expo. Denver, CO.
32. Inouye, J., Boland, M., Qureshi, K., Albright, C., & **Nigg, C.** (September, 2010). Center for 'Ohana Self-Management of Chronic Illnesses: Building Future Researchers in Hawaii. Presented at the National Institute for Nursing Research 25th Scientific Symposium, Bethesda, Maryland.
33. Eller, L. N. & **Nigg, C. R.** (May 2010). Fruit and Vegetable Consumption Among Different Income Levels and Ethnic Groups in Hawai'i. Poster presented at He Huliau – Eliminating Health Disparities in Native Hawaiians & Pacific Peoples: Health Disparities and Health Policy. Honolulu, HI.
34. Geller K. S. & **Nigg, C. R.** (May 2010). A Positive Deviance Approach to Physical Activity Maintenance: A Starting Point for Culturally Sensitive Intervention Design. Poster presented at He Huliau – Eliminating Health Disparities in Native Hawaiians & Pacific Peoples: Health Disparities and Health Policy. Honolulu, HI.
35. Atkins, A. G., Geller K. S., Timbobolan J., Mendoza, I. D. & **Nigg, C. R.** (May 2010). Motivating older adults to engage in health behaviors: The Decisional Balance Sheet. Poster presented at He Huliau – Eliminating Health Disparities in Native Hawaiians & Pacific Peoples: Health Disparities and Health Policy. Honolulu, HI.
36. Geller K. S., Timbobolan J., Mendoza, I. D., **Nigg, C. R.**, & Montjoy, H. L. (April, 2010). Using the Decisional Balance Sheet to Motivate Older Adults to Engage in Physical Activity. Poster presented at the Society of Behavioral Medicine, Seattle, WA.
37. Hamada, M. M., Adams, M. P. & **Nigg, C. R.**, (April, 2009). Fun 5 Impact on Physical Activity: The First Four Years. Poster Presented at the 2009 Annual Biomedical Sciences Symposium. John A. Burns School of Medicine. University of Hawaii. Honolulu, HI.
38. Williams, R. & **Nigg, C. R.**, (April, 2009). Impact of a Worksite Wellness Program as Measured Through a Health Risk Assessment. Poster Presented at the 2009 Annual Biomedical Sciences Symposium. John A. Burns School of Medicine. University of Hawaii. Honolulu, HI.
39. Sandoval-Iversen, C. & **Nigg, C. R.**, (April, 2009). Investigating the Impact of Fruit and Vegetable Intake and Physical Activity on Children's Body Mass Index. Poster Presented at the 2009 Annual Biomedical Sciences Symposium. John A. Burns School of Medicine. University of Hawaii. Honolulu, HI.
40. Ross, C., **Nigg, C.**, Adams, P., Hwang, P., Westling, J., Bender, M., Hamada, M., Yamashita, M., & Chung, R. (June, 2007). Inspiring Creativity While Promoting Healthy

Eating Habits: Unintended Positive Outcomes of the Fun 5 Program. Poster Presented at the 2007 Pacific Global Health Conference, Honolulu, HI.

41. **Nigg, C.**, Adams, P., Ross, C., Yamashita, M., Westling, J., Hwang, P., Hamada, M., Bender, M., & Chung, R., (June, 2007). Another Successful Year Disseminating Fun 5 – A Physical Activity and Nutrition Program for Elementary After School Programs. Poster Presented at the 2007 Pacific Global Health Conference, Honolulu, HI.
42. **Nigg, C.R.** & Haas, S. (May 2007). After-School Group Leaders' and Children's Physical Activity and Fruit and Vegetable Consumption: Are They Related? Poster at He Huliau – Eliminating Health Disparities in Native Hawaiians & Pacific Peoples: Health Disparities and Health Policy. Honolulu, HI.
43. Wong, K., Yoda, L., **Nigg, C.**, Paxton, R., Motl, R., Horwath, C., & Dishman, R. (May 2007). Exercise and Diet Patterns of Native Hawaiians and Part Hawaiians. Poster at He Huliau – Eliminating Health Disparities in Native Hawaiians & Pacific Peoples: Health Disparities and Health Policy. Honolulu, HI.
44. Russo, E. T. & **Nigg, C. R.** (May, 2007). Relation of Behavioral Stage of Change and Ethnic Identity on Fruit and Vegetable Consumption among Hawaiians. Presented at the Harriet Dustin Resident Research and Scholarly Activity Projects Session, Fletcher Allen Health Care, Burlington VT.
45. Hwang, P., **Nigg, C.**, Adams, P., Ross, C., Yamashita, M., Westling, J., Hamada, M., Bender, M., & Chung, R. (2007). Fun 5's approach to nutrition: getting the message through. Poster Presented at the 2007 Annual Biomedical Sciences Symposium. John A. Burns School of Medicine. University of Hawaii. Honolulu, HI.
46. **Nigg, C.**, McGee, K., Yamashita, M. & Chung, R. (May, 2005). Influencing our children through activity: After school role models have potential to reduce sedentary time in students. Eliminating Health Disparities in Native Hawaiian and Pacific Peoples: Obesity 2005. Kapolei, HI.
47. McGee, K., **Nigg, C.**, Yamashita, M. & Chung, R. (May, 2005). Lifestyle role models: After school care as an opportunity to influence the physical activity attitudes of Hawaii's children. Eliminating Health Disparities in Native Hawaiian and Pacific Peoples: Obesity 2005. Kapolei, HI.
48. McCurdy, D., **Nigg, C.**, Hubbard, A., Lee, H., Kim, M.S., Suyderhoud, R. (April, 2005). Romantic Relationships: do they play a part in college students' health behaviors. Poster presented at the John A. Burns School of Medicine's Biomedical Sciences Symposium. Honolulu, HI.
49. Chang, J. A., Yamashita, M., **Nigg, C.**, Battista, J., & Chung, R. (October, 2004). Collaborating with Afterschool Programs to Improve the Health-Related Behaviors of Children. Disease Management Association of America's 6th Annual Disease Management Leadership Forum. Orlando, FL.
50. **Nigg, C.R.**, & Jerome, L. (July 2004). Gaming Technologies and Behavioral Health. In Symposium: Pioneering Technologies and Behavioral Medicine (P. deLeon, Chair). Presented at the American Psychological Association Conference, Honolulu, HI.
51. Lippke, S., **Nigg, C.R.**, Maddock, J.E., (July, 2004). Testing the Stage Assumption of the TTM in Physical Activity. Poster presented at the American Psychological Association Conference, Honolulu, HI.
52. **Nigg, C.R.**, Maddock, J.E., Pressler V., Wood, B., & Jackson S. (July, 2004). Motivating Populations to be Physically Active - A Social Ecological Perspective. In Symposium: The Psychology of Physical Activity: Looking at Motivation (J. Duda, Chair). Presented at the American Psychological Association Conference, Honolulu, HI.
53. Buckworth J. & **Nigg C. R.**, (July 2004). Motivation to Adhere: Using the Transtheoretical Model. In Symposium: The Psychology of Physical Activity: Looking at

- Motivation (J. Duda, Chair). Presented at the American Psychological Association Conference, Honolulu, HI.
54. Barnett, J., Maddock, J., & **Nigg, C.** (July, 2004). A Longitudinal Examination of Smoker Quit Patterns in a Naturalistic Sample. Poster presented at the American Psychological Association Conference, Honolulu, HI.
 55. Maddock, J.E., **Nigg, C.R.**, Pressler V., Jackson S., Wood, B. & Miller, F.D. (April, 2004). Using tobacco settlement funds to rebuild a school of public health. Presented at the STEP UP to Tobacco Control Meeting, St. Louis, MO.
 56. Takeuchi, L., **Nigg, C.**, & Maddock, J. (January 2004). Evaluating the Hawaii Department of Education's Health Standards' and PE Standards' Teacher Training: The Process. Paper presented at the Hawaii International Conference on Education, Honolulu, HI
 57. Barnett, J. D., Maddock, J. E., & **Nigg, C. R.** (May, 2003). Psychosocial correlates of tobacco use, physical activity, and nutrition among residents of Hawai'i. Paper presented at the 2003 Global Public Health Conference, Honolulu, HI.
 58. **Nigg, C.**, Hellsten, L., Yahata, D., Maddock, J., Yamauchi, J. & Rubio, L. (December 2002). An Evaluation of a Standards-Based Health Education Workshop Series. Paper presented at the Hawaii International Education Conference, Honolulu, HI.
 59. Hellsten, L., **Nigg, C.**, Yahata, D., Maddock, J., Yamauchi, J. & Rubio, L. (December 2002). An Evaluation of a Conference Aimed at Training Teachers to Teach Standards-Based Physical Education. Poster presented at the Hawaii International Education Conference, Honolulu, HI.
 60. **Nigg, C. R.** (October 2002). Using the Logic Model for Evaluation. Concurrent Session at Food Stamp Nutrition Education Project Conference, Honolulu, HI.
 61. Yamauchi, J., Maddock, J., **Nigg, C. R.**, Smith, C., & Katz, N. (June 2002). Exercise Honolulu and the relationship between Exercise and General Health. Poster presented at Global Public Health Conference, Honolulu, HI.
 62. **Nigg, C. R.**, & Maddock, J. (December, 2001). Evaluation design of a statewide physical activity campaign. Poster presented at Whistler 2001: Communicating Physical Activity and Health Messages – Science into Practice, Whistler, BC, Canada.
 63. Jones, N. D., DellaCorte, M. R., **Nigg, C. R.**, & Clark, P. G. (December, 2000). SENIORcise: An Exercise Intervention in Older Adults. Poster presented at ASHP Midyear Clinical meeting, Orlando, FL.
 64. Boening, A. J., **Nigg, C. R.**, Owens, N. J., Clark, P.G. (November, 2000). Associating Medication Use with Quality of Life in the Elderly. 128th American Public Health Association Annual Meeting and Exposition. Boston, MA. (*APHA Gerontological Health Section Retirement Research Foundation Masters Student Research Award*).
 65. **Nigg, C.R.**, (November, 2000). Do Sport Participation Motivations add to the Transtheoretical Model of Exercise Behavior Change? Chair and symposium presenter at NEACSM: Can We Improve the Theories of Exercise Behavior? Providence, RI.
 66. Greene, G.W., Clark, P., Prochaska, J.O., Riebe D., & **Nigg, C.R.** (September, 2000). Stage-based health promotion with the elderly. NCI, 2nd meeting of the HPRB Nutrition Behavior Grantees. Washington, DC.
 67. Burbank, P., Padula, C., Clark, P., Dufresne, R., English, C., Fey-Yensan, N., Greene, G., Luisi, A., **Nigg, C.**, Owens, N., Prochaska, J., Riebe, D., Ruggiero, L., & Rossi, J. (March 2000). Stage-based health promotion with the elderly. Poster presented at Eastern Nursing Research Society. Newport, RI.
 68. Estabrooks, P.A. & **Nigg, C.R.** (March, 1999). Validation of the stages of change for mild, moderate and strenuous physical activity. Poster presented at the Society of Behavioral Medicine (SBM). San Diego, CA.
 69. **Nigg, C.R.**, Rossi, J.S., Norman G.J. & Benisovich, S.V. (October, 1998). The physical self-concept: Empirical examination of the theoretical structure. Paper presented at the

Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS).
Fredericton, NB.

70. **Nigg, C.R.** Is the Transtheoretical Model transtheoretical? (October, 1998). Symposium presented at SCAPPS: Theoretical Approaches to Exercise Behavior Change: Exploring Initiation and Adherence from Description to Prediction. Exploring Conceptual Distinction and Overlap in Theoretical Approaches to Exercise Behavior. Fredericton, NB.
71. Benisovich, S.V., Rossi, J.S., Norman, G.J., and **Nigg, C.R.** (March, 1998). A multidimensional approach to exercise self-efficacy: Relationship with exercise behavior and attitudes towards exercise. Paper presented at the annual meeting of the New England Psychological Association. Boston, MA.
72. **Nigg, C.R.** (October, 1997). Simplifying the transtheoretical model for adolescent exercise behavior: An exploratory analysis. Paper presented at SCAPPS. Niagara Falls, ON.
73. **Nigg, C.R.**, Norman, G.J., Prochaska, J.O., Riebe, D. & Stillwell, K.M. (October, 1997). Adopting and maintaining physical activity in a clinic based weight management program. Paper presented at Physical Activity Interventions (PAI), The Cooper Institute Conference Series, American College of Sports Medicine Specialty Conference, Dallas, TX.
74. Norman, G.J., **Nigg, C.R.**, Prochaska, J.O., Benisovich, S.V. & Rossi, J.S. (October, 1997). Using the transtheoretical model to create integrative, individualized, and interactive physical activity interventions. Paper presented at PAI, The Cooper Institute Conference Series, American College of Sports Medicine Specialty Conference, Dallas, TX.
75. Estabrooks, P.A., Courneya, K.S. & **Nigg, C.R.** (June, 1997). Does fitness testing plus relapse prevention training increase exercise participation better than fitness testing alone? Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver Colorado.
76. Courneya, K.S. Estabrooks, P.A. & **Nigg, C.R.** (April, 1997). A reinforcement strategy for fitness facility attendance. Poster presented at SBM. San Francisco, CA.
77. Courneya, K.S., **Nigg, C.R.** & Estabrooks, P.A. (April, 1997). Predicting changes in exercise stage over a 3-year period. Poster presented at SBM. San Francisco, CA.
78. **Nigg, C.R.** (Aug. 1996). Using simple behaviour modification to motivate attendance at a fitness center. Presented to the Fitness and Lifestyle Centre, University of Calgary. Calgary, AB.
79. **Nigg, C.R.** & Courneya, K.S. (June, 1996). Application of the Transtheoretical Model to adolescent exercise behavior. Paper presented at the joint Conference of NASPSPA and SCAPPS. Muskoka, ON.
80. **Nigg, C.R.**, Courneya, K.S. & Estabrooks, P.A. (June, 1996). Differential self-monitoring and self-reported fitness club attendance. Poster presented at the joint Conference of NASPSPA and SCAPPS. Muskoka, ON.
81. Estabrooks, P.A., Courneya, K.S. & **Nigg, C.R.** (October, 1995). Is stimulus control on its own sufficient for increasing attendance at a fitness facility? Paper presented at the SCAPPS Conference. Vancouver, BC.

82. **Nigg, C.R.**, Courneya, K.S. & Estabrooks, P.A. (October, 1995). Applying the decision balance sheet to exercise. Paper presented at the SCAPPS Conference. Vancouver, BC.

Other Scholarly Products:

1. SportStuDisMoveYou – 5 Videos each to promote physical activity, sedentary behavior and healthy nutrition during COVID19 Stay-at-Home.
<https://www.youtube.com/channel/UC9wvza0GKHLxitSY6jOOjUQ>
2. Strategies TO Prevent (STOP) Substance Abuse – Adolescent Substance Abuse Prevention Website. <https://substanceabusehawaii.weebly.com/>
3. Fun 5 Training DVD – a 40 minute staff training DVD to promote physical activity and healthy nutrition in elementary school children.
4. Fun 5 Video Brochure – a 3 minute DVD highlighting Fun 5 – a physical activity and nutrition program for elementary school children.