

Joanne A. Rathbone, PhD

Postdoctoral Fellow, Australian National University

BPsychSc (Honours Class I)

PhD (Social Psychology)

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I am a social and health psychology researcher. I use theory-driven and applied methods to investigate social determinants of health and behaviour, with a particular focus on weight stigma, social identities, and intergroup relations. I completed my PhD in social psychology at the University of Queensland in November 2021. My thesis examined novel psychological and social determinants of weight stigma and discrimination and the implications for public and primary health care. I am currently a Postdoctoral Fellow at the Australian National University, an Honorary Fellow at the University of Queensland, and an Honorary Fellow with the Body Confident Collective.

Qualifications

- 2021 **Doctor of Philosophy** in social psychology at the University of Queensland, advisors Prof Jolanda Jetten and Assoc Prof Tegan Cruwys.
- 2017 **Bachelor of Psychological Science (Honours Class I)** at the University of Queensland, advisor Assoc Prof Tegan Cruwys.

Publications

Journal Articles

Published

1. **Rathbone, J. A.**, Jetten, J., & Cruwys, T. (in press). Perceived legitimacy of weight-based discrimination: Consequences for group identity, collective action, body satisfaction, and self-esteem. *Body Image*. [IF 6.41]
2. Dittman, C. K., & **Rathbone, J. A.** (2022). "I have to be the mum and dad for 4 weeks straight." Exploring the experiences and support needs of Australian parents and partners engaged in fly-in/fly-out work practices. *Journal of Family Issues*. [IF 1.49]
3. **Rathbone, J. A.**, Cruwys, T., & Jetten, J. (2021). Non-stigmatising alternatives to anti-obesity public health messages: Consequences for health behaviour and well-being. *Journal of Health Psychology*, 1-14. [IF 2.50]
4. Cruwys, T., Haslam, C., **Rathbone, J. A.**, Williams, E., Haslam, S. A., & Walter, Z. C. (2021). Groups 4 Health versus Cognitive Behaviour Therapy in young people with depression and loneliness: A randomized, phase 3, non-inferiority trial with 12 month follow-up. *British Journal of Psychiatry*, 1-8. [IF 7.23]
5. Cruwys, T., Haslam, C., **Rathbone, J. A.**, Williams, E., & Haslam, S. A. (2021). GROUPS 4 HEALTH protects against unanticipated threats to mental health: Evaluating two interventions during COVID-19 lockdown among young people with a history of depression and loneliness. *Journal of Affective Disorders*, 295, 316-322. [IF 4.50]
6. Cruwys, T., Greenaway, K. H., Ferris, L. J., **Rathbone, J. A.**, Saeri, A. K., Williams, E., Parker, S. L., Chang, M. X-L., Croft, N., Bingley, W., & Grace, L. (2021). When trust goes wrong: A social identity model of risk taking. *Journal of Personality and Social Psychology*. 120(1), 57-83. [IF 6.34]
7. Stevens, M., Cruwys, T., **Rathbone, J. A.**, Ferris, L., & Graupensperger, S. (2021). Predicting substance use at a youth mass gathering: The role of norms and the importance of their source. *Journal of Studies on Alcohol and Drugs*. [IF 2.62]

8. **Rathbone, J. A.**, Cruwys, T., Jetten, J., & Barlow, F. K. (2020). When stigma is the norm: How weight and social norms influence the healthcare we receive. *Journal of Applied Social Psychology*, 1-17. [IF 1.54]
9. Major, B., **Rathbone, J. A.**, Blodorn, A. B., & Hunger, J. M. (2020). The countervailing effects of weight stigma on weight-loss motivation and perceived capacity for weight control. *Personality and Social Psychology Bulletin*, 46(9), 1331-1343. [IF 2.97]
10. Cruwys, T., Haslam, C., Walter, Z. C., **Rathbone, J.**, & Williams, E. (2019). The Connecting Adolescents to Reduce Relapse (CARR) trial: Study protocol for a randomized controlled trial comparing the efficacy of Groups 4 Health and cognitive behaviour therapy in young people. *BMC Public Health*, 19(1), 788-797. [IF 2.69]

Under review

11. **Rathbone, J. A.**, Cruwys, T., Jetten, J., Banas, K., Smyth, L., & Murray, K. (invited resubmission). Pathologising obesity: Mixed implications for health care. *British Journal of Health Psychology*. [IF 2.47]
12. Cruwys, T., Haslam, C., Haslam, S. A., **Rathbone, J. A.**, & Donaldson, J. L. (manuscript under review). Acceptability and feasibility of an intervention to enhance social group belonging: Evidence from three trials of GROUPS 4 HEALTH. *Psychotherapy Research*. [IF 2.98]

In preparation

13. Ferris, L. J., Cruwys, T., **Rathbone, J. A.**, Stevens, M., & Jiang, Y. (manuscript in prep.). Safer Schoolies: Coordinated services at a youth leisure mass gathering. *Journal of Leisure Research*. [IF 2.56]
14. Grunewald, W., **Rathbone, J. A.**, & Hunger, J. M. (manuscript in prep.). Longitudinal associations between dimensions of weight stigma and disordered eating cognitions among a sample of low-income Latinx adults. *Body Image*. [IF 3.12]
15. **Rathbone, J. A.**, Cruwys, T., Stevens, M., & Ferris, L. (manuscript in prep.). An investigation of the self-reinforcing relationship between social identity and norm compliance among young people at a youth mass gathering.

Other Research Outputs

1. Cruwys, T., **Rathbone, J. A.**, Ferris, L., & Stevens, M. (2021). *The Psychology of Schoolies 2020: Sixth annual report on risk taking, wellbeing, and social connections among School Leavers*. Report commissioned by Department of Environment and Science, Queensland Government. The Australian National University.
2. Cruwys, T., **Rathbone, J. A.**, Ferris, L., & Stevens, M. (2020). *The Psychology of Schoolies 2019: Fifth annual report on risk taking, wellbeing, and social connections in attendees of Schoolies*. Report commissioned by Department of Child Safety, Youth and Women, Queensland Government. The Australian National University.
3. Cruwys, T., **Rathbone, J. A.**, & Ferris, L. (2019). *The Psychology of Schoolies 2018: Fourth annual report on risk taking, wellbeing, and social connections in attendees of Schoolies*. Report commissioned by Department of Child Safety, Youth and Women, Queensland Government. The Australian National University.

Research Funding

- 2021 Australian National University School of Medicine and Psychology Research Support Program 2022, CI1 Assoc Prof Tegan Cruwys, CI Assoc Prof Elizabeth Rieger, CI Assoc Prof Paul Dugdale, **CI Dr Joanne A Rathbone**, Project: A novel intervention to tackle the syndemic of obesity, weight stigma, loneliness, and mental ill-health, \$74,007.59.

Presentations

1. **Oral presentation** at the *2021 APS College of Health Psychologists Conference: Building health resilience during times of change* (November 2021). Examining the efficacy of non-stigmatising alternatives to framing public health messages.
2. **Oral presentation** at the *Appearance Matters 9 Conference*, Bath, UK (scheduled for July 2020, changed to virtual in 2021). Examining the efficacy of non-stigmatising alternatives to framing public health messages.
3. **Oral presentation** at the Health and Identity Lab (HAIL), Research School of Psychology, Australian National University (May 2021). How weight stigma and discrimination undermine identity, health, and well-being.
4. **Higher Degree Research (HDR) Day presentation** at the School of Psychology, University of Queensland (November 2020). When stigma is the norm: How weight and social norms influence the health care we receive.
5. **3 Minute Thesis** at the School of Psychology, University of Queensland (July 2020). Out with the old, in with the new! A new public health approach to obesity.
6. **Oral presentation** at the *International Conference on Social Identity and Health 5*, Nottingham, UK (scheduled for July 2020, postponed due to coronavirus pandemic). Examining the efficacy of non-stigmatising alternatives to framing public health messages.
7. **Blitz presentation** at the *19th General Meeting of the European Association of Social Psychology (EASP)*, Kraków, Poland (scheduled for June 2020, cancelled due to coronavirus pandemic). When stigma is the norm: How weight and social norms influence the health care we receive.
8. **Oral presentation** at the *Centre for Research in Social Psychology seminar series*, University of Queensland, Brisbane, Australia (October 2019). Anti-obesity or anti-stigma? The importance of framing in public health messages.
9. **Invited speaker** at the *Intergroup Relations lab*, University of California Santa Barbara, California USA (May 2019). How weight and social norms influence the health care we receive.
10. **Poster presentation** at the *Society for Personality and Social Psychology Conference*, Portland, Oregon USA (February 2019). Weight stigma among health professionals: Is it the norm and what does social identity have to do with it?
11. **Oral presentation** at the *Society of Australasian Social Psychologists Conference (SASP)*, Wellington, New Zealand (April 2018). What's the risk?

Knowledge Translation

Publications

1. **Rathbone, J. A.** & Cruwys, T. (2021). Risk-taking at mass gatherings: Who do we choose to take risks with? *Psychology Review Magazine*.
2. **Rathbone, J. A.**, Jetten, J., Barlow, F. K., & Russell, J. (2020). Rethinking the public health approach to obesity. *The Psychologist*, 33, pp. 48-51.

Media

1. Interview with 4ZZZ Brisbane radio *Know Idea* science show (7th April 2021). Discussed my research on alternative non-stigmatising ways of framing public health messages and the negative effects of weight-loss messages.

Employment History

Research

- 2021-ongoing **Postdoctoral Fellow**, Australian National University. *[Supervisor: Assoc Prof Tegan Cruwys]*
- 2020-2021 **Research Assistant** with SIGNify, University of Queensland. *[Supervisors: Dr Sarah Bentley, Dr Katharine Greenaway, Prof Catherine Haslam]*
- 2018-2020 **Trial Manager**, University of Queensland and Australian National University on the phase III Connecting Adolescents to Reduce Relapse (CARR) randomised controlled trial. *[Supervisors: Assoc Prof Tegan Cruwys and Prof Catherine Haslam]*
- 2016-2021 **Research Assistant**, The Psychology of Schoolies Project, University of Queensland and Australian National University. *[Supervisor: Assoc Prof Tegan Cruwys]*
- 2017-2018 **Research Assistant** at the Parenting and Family Support Centre (PFSC), UQ. This role involved working on a systematic review of existing interventions aimed at helping early childhood educators manage child behaviour. *[Supervisor: Dr Cassandra Dittman]*
- 2016-2017 **Summer Research Scholar** at the Centre for Youth Substance Abuse Research, University of Queensland. *[Supervisors: Prof Jason Connor, Dr Jason Coates]*
- 2015-2017 **Research Assistant (Volunteer)**, University of Queensland. *[Supervisors: Dr Cassandra Dittman, Assoc Prof Tegan Cruwys, Dr Nik Steffens, Dr Katharine Greenaway, Dr Alexander Saeri, Dr Laura Ferris]*

Teaching

- 2020 **Academic Tutor**, School of Public Health, University of Queensland. Course title: Understanding Health Behaviours. *[Course coordinator: Dr Lisa Buckley]*

Other Research Experience

- 2020 **Research Industry Placement**, Relationships Australia Queensland (RAQ). *[Supervisor: Joanne Finkelstein, Manager of Research]*
- 2019 **Lab visit** to Prof Brenda Major's Self and Social Identity Lab, University of California Santa Barbara.
- 2018 **SASP Summer School**, Australian National University Kioloa Coastal Campus, Australia *[Teachers: Prof Michael Platow and Prof Martha Augoustinos]*
- 2018 **EASP Summer School**, University of Zurich, Switzerland *[Teachers: Prof Karen Rook and Assoc Prof Dara Sorkin]*

Service

- 2018-2019 **Student Group Coordinator** of the Social Identity and Groups Network (SIGN), UQ. This was a group of Honours and PhD students in the SIGN research group that met monthly to discuss topics and issues associated with our research and the student experience. I, alongside a fellow PhD Candidate, coordinated the group for two consecutive years, which included organising workshops and meet-and-greets with visiting academics