

Zack van Allen, PhD, MBA

CURRICULUM VITAE

THESIS & TITLE

PhD	Modelling co-occurring and co-varying health behaviours: Applications of machine learning and network psychometrics. <i>University of Ottawa</i>
MA	An exploratory manipulation of openness to experience. <i>Carleton University</i>
BA	Is enacted extraversion a viable positive psychology intervention? <i>Carleton University</i>

FUNDING & GRANTS

van Allen, Z.M. Physical activity engagement & the intention-action gap in older adults. (\$140,000). Mitacs-Banting Discovery Postdoctoral Fellowship

van Allen, Z.M. Applications of complexity science and network analysis to health behaviour change. (\$105,000). Canadian Institute of Health Research Frederick Banting and Charles Best Canada Graduate Scholarships – Doctoral Research Award

Manual, D. G., Smini, S., Bennett, C., Fisher, S., Hennessy, D., Meza, R., Moher, D., Presseu, J., Rohgozar, A., Webber, L, **van Allen, Z. M.**, & Mytton, O. (\$320,536). Development of reporting guidelines for modelling studies of noncommunicable diseases. Canadian Institute of Health Research (CIHR)

Lavoie, K, Baydoun, M., Corace, K., Gershon, A., Joyal-Desmarais, K., Rash, J., Vallis, M., Belanger-Gravel, A., Deslauriers, F., Boucher, G., Liu, J., Saint-Charles, J., **van Allen, Z.M.**, Campbell, T., Drouin, S., O’Connor, S., Spivock, M., & Bacon, S.L. (\$952,426). Optimizing pandemic preparedness through ongoing assessment of public attitudes, intentions and behaviours in relation to COVID-19 prevention measures and their impacts: Extending the iCARE Study. Canadian Institute of Health Research (CIHR)

FIRST AUTHOR PEER-REVIEWED PUBLICATIONS (6)

- van Allen, Z. M.**, Orsholits, D., Boisgontier, M. P. (in press). Pre-stroke physical activity matters for functional limitations: A longitudinal control study of 12,860 participants. *Physical Therapy Journal*. <https://doi.org/10.1101/2023.09.14.23295576>
- van Allen, Z. M.**, Bacon, S., Bernard, P., Brown, H., Desroches, S., Kastner, M., ... Presseau, J. (2023). Clustering of health behaviours in Canadians: A multiple behaviour analysis of data from the Canadian Longitudinal Study on Aging. *Annals of Behavioural Medicine*. <https://doi.org/10.1093/abm/kaad008>
- van Allen, Z. M.**, Bacon, S., Bernard, P., Brown, H., Desroches, S., Kastner, M., ... Presseau, J. (2021). Clustering of healthy behaviours in Canadians - Protocol for a multiple behaviour analysis of data from the CLSA. *JMIR: Research Protocols*, 10(6), e24887. <https://doi.org/10.2196/24887>
- van Allen, Z.**, Dogba, M. J., Brent, M. H., Bach, C., Grimshaw, J. M., Ivers, N. M., ... & Presseau, J. (2020). Barriers to and enablers of attendance at diabetic retinopathy screening experienced by immigrants to Canada from multiple cultural and linguistic minority groups. *Diabetic Medicine*, e14429. <https://doi.org/10.1111/dme.14429>
- van Allen, Z. M.**, Walker, L., Streiner, T., & Zelenski, J. M. (2021). Enacted extraversion as a well-being enhancing strategy in everyday life: Testing across three, week-long interventions. *Collabra: Psychology*. 7 (1): 29931. DOI: 0.1525/collabra.29931
- van Allen, Z. M.**, & Zelenski, J. M. (2018). Testing trait state isomorphism in a new domain: An exploratory manipulation of openness to experience. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2018.01964>

CO-AUTHORED PEER-REVIEWED PUBLICATIONS (13)

1. Crawshaw, J., Presseau, J., **van Allen, Z.M.**, Carvalho, L. P., Jordison, K., English, S. W., ... Chassé, M. (2019). Exploring the experiences and perspectives of substitute decision-makers involved in decisions about deceased organ donation: A qualitative study protocol. *BMJ Open*. <http://dx.doi.org/10.1136/bmjopen-2019-034594>
2. Crawshaw, J., Konnyu, K., Castillo, G., **van Allen Z.M.**, Grimshaw, J., & Presseau, J. (2022). Behavioural determinants of COVID-19 vaccination acceptance among healthcare workers: A rapid review. *Public Health*, <https://doi.org/10.1016/j.puhe.2022.06.003>.
3. Dogba, J. M., Brent, M., Bach, C., Assad, S., Grimshaw, J., Ivers, N., ... Presseau, J. (2020). Identifying barriers and enablers to attending diabetic retinopathy screening in immigrants to Canada from ethnocultural minority groups: Protocol for a qualitative descriptive study. *JMIR: Research Protocols*, 9, e15109. <http://dx.doi.org/10.2196/15109>
4. Ebersole, C. R., Atherton, O. E., Belanger, A. L., Skulborstad, H. M., Allen, J. M., Banks, J. B., ... Nosek, B. A. (2016). Many Labs 3: Evaluating participant pool quality across the academic semester via replication. *Journal of Experimental Social Psychology*, 67, 68-82. <http://dx.doi.org/10.1016/j.jesp.2015.10.012>
5. Farajzadeh, A., Goubran, M., Fessler, L., Cheval, B., **van Allen, Z.M.**, & Boisgontier, M.P. (2023). Retraining the automatic reaction to physical activity and sedentary stimuli in adults 60 years of age or older: A cognitive-bias-modification protocol. *European Rehabilitation Journal*. <https://doi.org/10.52057/erj.v3i1.32>
6. Fontaine, G., Presseau, J., Bruneau, J., Patey, A. M., van Allen Z.M., Mortazhejri, S., Bordier Høj S., Hung, J. H. C., & Grimshaw, J. M. (2023) "Apparently, you can only be treated once": A qualitative study exploring perceptions of hepatitis C and access to treatment among people who inject drugs visiting a needle and syringe program. *International Journal of Drug Policy*
7. Lynch, T., Ryan, C., Hughes, C. M., Presseau, J., **van Allen, Z. M.**, Bradley, C. P., & Cadogan, C. A. (2020). Brief interventions targeting long-term benzodiazepine and Z-drug use in primary care: A systematic review and meta-analysis. *Addiction*, 115, 1618-1639. <https://doi.org/10.1111/add.14981>
8. Mangone, G., Capaldi, C. A., **van Allen, Z. M.**, & Luscuere, P. G. (2017). Bringing nature to work: Preferences and perceptions of constructed and natural workspaces. *Urban Forestry & Urban Greening*, 23, 1-12. <http://dx.doi.org/10.1016/j.ufug.2017.02.009>
9. Nealis, L., **van Allen, Z.M.**, & Zelenski, J. (2016). The role of affective valence and arousal in cognitive restoration. *Plos One*. <https://doi.org/10.1371/journal.pone.0147275>
10. Ruci, L., **van Allen, Z. M.**, & Zelenski, J. M. (2018). Pro-social personality traits, helping behaviour, and ego-depletion: Is helping really easier for the dispositionally pro-social? *Personality and Individual Differences*, 120, 32-39. <https://doi.org/10.1016/j.paid.2017.08.013>
11. Silva, C. C., Presseau, J., **van Allen, Z.M.**, Dinsmore, J., Schenk, P., Moreto, M., & Marques, M. M. (2024). Components of multiple health behavior change interventions for patients with chronic conditions: A systematic review and meta-regression of randomized trials. *Annals of Behavioural Medicine* kaae021, <https://doi.org/10.1093/abm/kaae021>
12. Wagenmakers, E.-J., Beek, T., Dijkhoff, L., Gronau, Q. F., Acosta, A., Adams, R. B., ... Zwaan, R. A. (2016). Registered Replication Report: Strack, Martin, & Stepper (1988). *Perspectives on Psychological Science*, 11, 917-928. <http://dx.doi.org/10.1177/1745691616674458>
13. Wilson, M., **van Allen, Z.M.**, Grimshaw, G., Brehaut, J., Durand, A., Francis, J., ... Presseau, J. (2023). Investigating motivational, volitional and non-reflective predictors of touching eyes, nose and mouth (T-zone) to reduce the spread of infectious disease: a prospective study. *British Journal of Health Psychology*. <https://doi.org/10.1111/bjhp.12660>

UNDER PEER REVIEW (2)

1. **van Allen, Z.M.**, & Presseau, J. (in press). A multiple behaviour temporal network analysis for health behaviours during COVID-19. *British Journal of Health Psychology*. <https://doi.org/10.31234/osf.io/kmubv>
2. **van Allen, Z. M.**, Dionne, N., & Boisgontier, M. (under review). Prospective classification of functional dependence: Insights from machine learning and 39,927 participants in the Canadian Longitudinal Study on Aging. *Physical Therapy Journal*. <https://medrxiv.org/cgi/content/short/2024.07.15.24310429v1>

IN PROGRESS (5)

1. Crawshaw, J., Squires, J., Palumbo, A., Patey, A.M., Francis, J., Varin, M.D., **van Allen, Z.M.**, Asad, S., McMillan, G., Vachon, B., Bond, C., Mallick, R., Grimshaw, J., & Presseau, J. (in progress). Action and/or coping planning for health behaviour change: a Cochrane systematic review of 266 randomized controlled trials.
2. Crawshaw, J., Presseau, J., Jordison, K., **van Allen, Z.M.**, Titova, P., Carvalho, L. P., & Chassé, M. (in progress). Exploring the experiences and perspectives of substitute decision-makers involved in decisions about deceased organ donation.
3. **van Allen, Z. M.**, Bacon, S., Bernard, P., Brown, H., Desroches, S., Kastner, M., ... Presseau, J. (in progress). Multiple health behaviours: Interconnectedness and heterogeneity from a network perspective in the iCARE and CLSA datasets.
4. **van Allen, Z. M.**, & Presseau, J. (in progress). A Narrative Review of Multiple Health Behaviour Change Theory and Methods
5. Silva, C. C., Presseau, J., **van Allen, Z.M.**, Dinsmore, J., Schenk, P., Moreto, M., & Marques, M. M. (in progress). Interventions aiming to change multiple healthcare professional behaviors: A systematic review.

SCIENTIFIC / GOVERNMENT REPORTS (NON-PEER REVIEWED) (8)

1. Crawshaw J, Konnyu, K., Castillo, G, **van Allen, Z. M.**, Grimshaw, JM, Presseau, J. Factors affecting COVID-19 vaccination acceptance and uptake among the general public: a living behavioural science evidence synthesis (v1.0, Apr 30th, 2021). Ottawa: Ottawa Hospital Research Institute, Apr 30, 2021.
2. Crawshaw J, Konnyu, K., Castillo, G, **van Allen, Z. M.**, Grimshaw, JM, Presseau, J. Factors affecting healthcare worker COVID-19 vaccination acceptance and uptake: a living behavioural science evidence synthesis (v3.0, June 18th, 2021). Ottawa: Ottawa Hospital Research Institute, June 18th, 2021.
3. Dogba, M. J., Brent, M., **van Allen, Z. M.**, Bach, C, Grimshaw, J., Ivers, N., ... Presseau, J. (2021). Identifying barriers and enablers to attending diabetic retinopathy screening in immigrants to Canada from ethnocultural minority groups. Phase II report: Co-developing intervention options for identified barriers and enablers to retinopathy screening. Diabetes Action Canada.
4. McMillan, G., Hussain, J., Abdullah, K., Chan, E., **van Allen, Z.M.**, Palumbo, A., Grenier, A.-D., Smith, M., Strain, K., & Presseau. (2023). What strategies support people to adopt behaviours in order to follow COVID-19 Public Health and Social Measures, McMaster Health Forum. Canada. Retrieved from <https://policycommons.net/artifacts/5431522/what-strategies-support-people-to-adopt-behaviours-in-order-to-follow-covid-19-public-health-and-social-measures/6197006/> on 13 Feb 2024. CID: 20.500.12592/sq3dxv.
5. McMillan, G., **van Allen, Z.M.**, & Presseau, J. (2022). Understanding the role of personal risk perceptions during the COVID-19 pandemic: a rapid behavioural science evidence synthesis, McMaster Health Forum. Canada. Retrieved from <https://policycommons.net/artifacts/3347145/understanding-the-role-of-personal-risk-perceptions-during-the-covid-19-pandemic/4146046/> on 13 Feb 2024. CID: 20.500.12592/g5n1rq.
6. Presseau, J., Shorr, R., **van Allen, Z.M.** (2024). COVID-19 vaccine mandates and their relationship with vaccination intention, psychological reactance, and trust: a rapid behavioural evidence synthesis. Ottawa: Ottawa Hospital Research Institute, March 11 2024). [PHAC and CIHR Funded]

7. Rankin, K. J., Williams, L. M., & **van Allen, Z.M.** (2017). Major-General and Rear-Admiral leader profiles: Development, validation, and implementation recommendations (Director General Military Personnel Research and Analysis Scientific Report DRDC 2017). Ottawa, ON: Defence Research and Development Canada.
8. Rankin, K. J., Williams, L. M., & **van Allen, Z.M.** (2017). Major-General and Rear-Admiral leader profiles: Professional development related results (Director General Military Personnel Research and Analysis Scientific Report DRDC 2017). Ottawa, ON: Defence Research and Development Canada.

CONFERENCE PRESENTATIONS (13)

1. Silva, C., Presseau, J., Dinsmore, J., **van Allen, Z.M.**, & Marques, M.M. (2023). A systematic review of multiple health behaviour change interventions in patients with chronic conditions. Poster Presentation at the 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, 2023, Phoenix, AZ.
2. Crawshaw, J., Squires, J., Palumbo, A., Patey, A.M., Francis, J., Varin, M.D., **van Allen, Z.M.**, Asad, S., McMillan, G., Vachon, B., Bond, C., Mallick, R., Grimshaw, J., & Presseau, J. (2023). Action and/or Coping Planning for Health Behaviour Change: a Cochrane Systematic Review of 266 Randomized Controlled Trials. Oral Presentation submitted to 17th International Congress on Behavioral Medicine (ICBM), Vancouver, B.C.
3. Fontaine, G., Presseau, J., Bruneau, J., Patey, A.M., **van Allen, Z.M.**, Mortazhejri, S., Høj, S.B., Boyer-Legault, G., Hung, C.J-H., & Grimshaw, J. (2023). Cognitive and emotional representations of hepatitis c, treatment and reinfection among people who inject drugs visiting a needle syringe program in Montreal, Canada: A qualitative study informed by the common-sense self-regulation model. CDDW-CLM, Halifax, N.S.
4. Crawshaw, J., Konnyu, K., Castillo, G, **van Allen, Z.M.**, Grimshaw, G., & Presseau, J. (2022). *Behavioural determinants of COVID-19 vaccination acceptance and uptake among healthcare workers: A rapid systematic review*. Poster presented to the Society of Behavioural Medicine's 43rd Annual Meeting & Scientific Sessions, Baltimore, MD.
5. **van Allen, Z. M.**, Bacon, S., Bernard, P., Brown, H., Desroches, S., Kastner, M., ... Presseau, J. (2022). Clustering of health behaviours in Canadians: A multiple behaviour analysis of data from the Canadian Longitudinal Study on Aging. 12-minute talk presented at the Canadian Psychological Association's 83rd Annual Convention, Calgary, AB.
6. Crawshaw, J., Presseau, J., Jordison, K., **van Allen, Z.M.**, Titova, P., Carvalho, L. P., & Chassé, M. (2021). *'Imagine 100lbs of bricks just hit you' – Exploring beliefs about end-of-life among substitute decision-makers in Canada using the Common-Sense Self-Regulation Model* [Conference presentation]. Annual Canadian Association for Health Services and Policy Research Annual Conference, Virtual Event
7. Crawshaw, J., Presseau, J., Jordison, K., **van Allen, Z.M.**, Titova, P., Carvalho, L. P., & Chassé, M. (2021). *Exploring the experiences and perspectives of substitute decision-makers involved in decisions about deceased organ donation* [Conference presentation]. 16th International Congress of Behavioural Medicine, Virtual Event
8. Crawshaw, J., Presseau, J., Jordison, K., **van Allen, Z.M.**, Titova, P., Carvalho, L. P., & Chassé, M. (2021). *Exploring beliefs about end-of-life among substitute decision makers using the Common-Sense Self-Regulation Model* [Conference presentation]. 35th Annual Conference of the European Health Psychology Society, Virtual Event.
9. Silva, C. C., **van Allen, Z. M.**, Presseau, J., & Marques, M. M. (2020). Scoping review of theories and classification systems of multiple behaviours and goals in behavioural science. 35th Annual Conference of the European Health Psychology Society
10. Dogba, M. J., Brent, M., Bach, C. , **van Allen, Z.M.**, Asad, S., Grimshaw, J., ... Presseau, J. (2019). Identifying barriers and enablers to attending diabetic retinopathy screening in immigrants from ethnocultural minority groups. Poster presented at the Diabetes Action Canada Annual Conference.

11. Lynch, T., Ryan, C., Hughes, C. M., Presseau, J., **van Allen, Z. M.**, Bradley, C. P., & Cadogan, C. A. (2018). Brief interventions targeting long-term benzodiazepine and Z-drug use in primary care: A systematic review and meta-analysis. Poster presented to the Health Services Research & Pharmacy Practice, Birmingham, U.K.
12. **van Allen, Z. M.**, & Zelenski, J. (2016). An exploratory manipulation of openness to experience. Poster session presented at the Association for Psychological Science's 28th Annual Convention, Chicago, IL.
13. **van Allen, Z. M.**, Streiner, T., & Zelenski, J. (2014). Is enacted extraversion a viable positive intervention? Poster session presented at the Canadian Psychological Association's 76th Annual Convention, Ottawa, ON.

INVITED TALKS (1)

1. **van Allen, Z. M.** (2022). Temporal network dynamic of multiple health behaviours during the COVID-19 pandemic. Invited talk delivered to the Montreal Behavioural Medicine Center. March 17th, 2022.

AWARDS AND SCHOLARSHIPS

2023-2025	Mitacs/Banting Postdoctoral Fellowship
2020-2023	Frederick Banting and Charles Best Canada Graduate Scholarship Doctoral Award, CIHR
2020-2023	Excellence Scholarship, University of Ottawa
2020	Queen Elizabeth II Graduate Scholarship in Science and Technology, University of Ottawa (Declined)
2019	Admissions Scholarship, University of Ottawa
2015, 2017	Dean of Graduate Studies Entrance Scholarship, Carleton University
2015, 2017	Graduate Scholarship, Carleton University
2010, 2012, 2013	Deans Honour List, Carleton University
2012	Carleton Academic Scholarship, Carleton University
2010	E. W. R Steacie Scholarship, Carleton University
2009	President Scholarship, Carleton University

TEACHING EXPERIENCE

2015 - 2017	Teaching Assistant, PSYC 3302, Positive Psychology
2016	Teaching Assistant, PSYC 2001, Intro to Research Methods
2015	Teaching Assistant, PSYC 2600, Intro to Personality
2014	Teaching Assistant, PSYC 1002, Intro to Psychology II
2014	Teaching Assistant, PSYC 4910, Project for BA/Bsc Honors

PROFESSIONAL AND RESEARCH EXPERIENCE

2023-2024	Clinical Research Associate, Ottawa Hospital Research Institute
2018-2023	Clinical Research Coordinator, Ottawa Hospital Research Institute
2017-2017	Research Coordinator, Department of Innovation in Medical Education (University of Ottawa)
2015-2017	Research Assistant, Department of National Defence
2014-2017	Research Assistant, Carleton University Happiness Laboratory
2015-2016	Workshop Facilitator, Enriched Support Program