

Joanne A. Rathbone, PhD

Research Fellow, The Australian National University

BPsychSc (Honours Class I)

PhD (Social Psychology)

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I am a social psychologist, with expertise in stigma and social identity. I use theory-driven and applied methods to investigate social determinants of health and behaviour. I completed my PhD at the University of Queensland in November 2021. I am currently a Research Fellow and the ACT Wellbeing Framework Academic Lead at the Australian National University, and an Honorary Fellow at the University of Queensland.

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

Note: *Co-first author

Published

1. **Rathbone, J. A.**, Smyth, L., Cruwys, T. (2024). A mixed-methods investigation of weight bias reduction in medical students. *Fat Studies* 13(3), 319-337. [IF 1.0]
2. Cruwys, T., Selwyn, J., **Rathbone, J. A.**, & Frings, D. (2024). Discrimination and social identity processes predict impairment and dysfunction among heavy drinkers. *Social Science & Medicine*, 343, 116549. [IF 5.4]
3. Hill, B., de la Piedad Garcia, X., **Rathbone, J. A.**, Malik, Z., Holmes-Truscott, E., Lawrence, B. J., Kite, J., Cooper, K., Broady, T. R., & Dixon, J. (2024). Supporting healthcare professionals to reduce weight stigma. *Australian Journal of General Practice*, 53(9), 682-685. [IF 2.1]
4. West, M. L., **Rathbone, J. A.***, Bilal, M., & Sharp, G. (2024). Discussing weight with patients in primary care: A mixed methods experimental study. *Journal of General Internal Medicine*, 1-9. [IF 5.7]
5. **Rathbone, J. A.**, Cruwys, T., Stevens, M., Ferris, L, & Reynolds, K. J. (2023). The reciprocal relationship between social identity and adherence to group norms. *British Journal of Social Psychology*, 62(3), 1346-1362. [IF 5.4]
6. **Rathbone, J. A.**, Cruwys, T., Jetten, J., Banas, K., Smyth, L., & Murray, K. (2023). How conceptualizing obesity as a disease affects beliefs about weight, and associated weight stigma and clinical decision-making in health care. *British Journal of Health Psychology*, 28(2), 291-305. [IF 7.9]
7. **Rathbone, J. A.**, Cruwys, T., Jetten, J., & Barlow, F. K. (2023). When stigma is the norm: How weight and social norms influence the healthcare we receive. *Journal of Applied Social Psychology*, 53(3), 185-201. [IF 2.5]

8. Cruwys, T., Fong, P., Evans, O., & **Rathbone, J. A.** (2022). A community-led intervention to build neighbourhood identification predicts better wellbeing following prolonged COVID-19 lockdowns. *Frontiers in Psychology: Personality and Social Psychology*, 13, Article 1030637. [IF 3.8]
9. Ferris, L. J., Cruwys, T., **Rathbone, J. A.**, Stevens, M., & Jiang, Y. (2022). Managing youth leisure mass gatherings: A coordinated service response for 'Safer Schoolies'. *Leisure Studies*, 42(5), 769-787. [IF 2.5]
10. **Rathbone, J. A.**, Stevens, M., Cruwys, T., & Ferris, L. J. (2022). Covid-safe behaviour before, during, and after a youth mass gathering event: A longitudinal cohort study. *BMJ Open*, 12(7), e058239. [IF 2.9]
11. Cruwys, T., Haslam, C., Haslam, S. A., **Rathbone, J. A.**, & Donaldson, J. L. (2022). Acceptability and feasibility of an intervention to enhance social group belonging: Evidence from three trials of GROUPS 4 HEALTH. *Behavior Therapy*, 53(6), 1233-1249. [IF 3.7]
12. **Rathbone, J. A.**, Jetten, J., & Cruwys, T. (2022). Perceived legitimacy of weight-based discrimination: Consequences for group identity, collective action, body satisfaction, and self-esteem. *Body Image*, 41, 156-162. [IF 5.2]
13. **Rathbone, J. A.**, Cruwys, T., & Jetten, J. (2022). Non-stigmatising alternatives to anti-obesity public health messages: Consequences for health behaviour and well-being. *Journal of Health Psychology*, 27(7), 1601-1614. [IF 3.2]
14. 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 1.7]
15. Cruwys, T., Haslam, C., **Rathbone, J. A.**, Williams, E., Haslam, S. A., & Walter, Z. C. (2022). Groups 4 Health versus cognitive-behavioural therapy in young people with depression and loneliness: A randomised, phase 3, non-inferiority trial with 12-month follow-up. *British Journal of Psychiatry*, 220(3), 140-147. [IF 10.7]
16. 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 6.6]
17. 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 7.6]
18. 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*, 82(3), 320-329. [IF 3.4]
19. 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 4.0]
20. 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 4.5]

Under Review and Preprints

21. Donaldson, J. L., Robertson, A., Cruwys, T., Rathbone, J. A., Haslam, C., Chen, J., & Dawel, A. (invited resubmission). Groups 4 Health improves mental health and wellbeing in people with elevated social anxiety: Evidence from a single-arm clinical trial. *British Journal of Clinical Psychology*. [IF 3.8]

22. Ferris, L. J., Kang, J., **Rathbone, J. A.**, Cruwys, T., Stevens, M., Donaldson, J., Ranse, J., & Barlow, F. K. (invited resubmission). Vaccine uptake and non-pharmaceutical adherence at a youth mass gathering event: A longitudinal field cohort study. *Travel Medicine and Infectious Disease*. [IF 6.3]
23. **Rathbone, J. A.**, Cruwys, T., Western, K. A. B., Donaldson, J. L., Haslam, C., Rieger, E., Tito Wheatland, F., & Dugdale, P. (invited resubmission). A controlled trial of an intervention to tackle loneliness, ineffective social support, and mental ill-health among people with higher weight. *Health Expectations*. [IF 3.0]
24. Foran, A. M., Cruwys, T., **Rathbone, J. A.**, Ferris, L. J., Jetten, J., McMahon, G., Manunta, E., Whelan, É., & Muldoon, O. (invited resubmission). Multiple group membership and trust protect against distress in the context of unwanted sexual experiences at a youth mass gathering. *Journal of Interpersonal Violence*. [IF 2.6]
25. de la Piedad Garcia, X., Holmes-Truscott, E., Hill, B., Kite, J., **Rathbone, J. A.**, Malik, Z., Lawrence, B., Garner, M., Dixon, J., Wilson, A., Broady, T., Manocha, R., & Petre, T. (manuscript under review). Development and testing of the Weight Attitudes in Healthcare Questionnaire (WAH-Q). *Stigma and Health*. [IF 3.0]
26. Sharp, G., **Rathbone, J. A.**, West, M. L., Low, B., Bilal, M., & Fernando, A. N. (manuscript under review). Supporting weight focused discussions in primary care: A qualitative exploration of barriers and facilitators. *Australian Journal of General Practice*. [2.1]
27. **Rathbone, J. A.**, Cruwys, T., Jetten, J., & Barlow, F. K. (manuscript under review). Reducing weight-based rejection: Identifying facilitators and barriers to positive social change using the social identity approach. *Psychological Review*. [IF 5.1] - Preprint published in PsyArXiv, doi: 10.31234/osf.io/5gnve

Other Research Outputs

1. **Rathbone, J. A.**, Quayle, A., Cruwys, T., & Hardacre, S. L. (2024). *'Any Body, Any Time': An evaluation of the Anytime Fitness campaign*. Report commissioned by Anytime Australia Pty Ltd. The Australian National University
2. **Rathbone, J. A.**, Cruwys, T., Donaldson, J. L., Ferris, L., & Stevens, M. (2022). *The Psychology of Schoolies 2021: Seventh 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.
3. 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.
4. Cruwys, T., Fong, P., & **Rathbone, J. A.** (2021). *Neighbour Day Evaluation 2021: Creating connection to community*. Report commissioned by Relationships Australia. The Australian National University.
5. 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.
6. 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

- 2023 Australian National University Smithson Psychology Micro-Grant Scheme 2023, **CI Dr Joanne A Rathbone**, Project: Understanding social barriers to support, help-seeking, and recovery for people experiencing eating disorder symptoms, \$9,604.00.
- 2023 Australian National University – Anytime Fitness Research Partnership, **CI1 Dr Joanne A Rathbone**, CI Assoc Prof Tegan Cruwys, CI Dr Stephanie Hardacre, and CI Dr Anika Quayle, Project: An evaluation of the ‘Any Body, Any Time’ campaign, \$24,050.00.
- 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.
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Presentations

1. **Invited oral presentation** as guest speaker at an ACT Government Directorate of Education REDCO Network Meeting (June 2024). Inclusive messaging: Why it is important, when it has benefits, and for whom.
2. **Invited oral presentation** at the *ANZAED 2024 Think Tank*, Melbourne (June 2024). The Social Cure: the role of social connection in recovery from mental illness and eating disorders.
3. **Oral presentation** at the *Society of Australasian Social Psychologists Conference (SASP)*, Noosa (November 2023). Supporting the mental health and wellbeing of people of a higher weight: A pilot trial of Groups 4 Health.
4. **Oral presentation** at the *Australian and New Zealand Academic for Eating Disorders (ANZAED)*, Gold Coast (August 2023). Supporting the mental health and wellbeing of people of a higher weight: A pilot trial of Groups 4 Health.
5. **Blitz presentation** at the *Society of Australasian Social Psychologists Conference (SASP)*, Adelaide (November 2022). The reciprocal relationship between social identity and adherence to group norms.
6. **Oral presentation** of findings from the Psychology of Schoolies 2021 project to the Safer Schoolies Initiative, Queensland Government Department of Environment and Science (July 2022).
7. **Oral presentation** at the *International Conference on Social Identity and Health 5*, Nottingham, UK (June 2022). The consequences of perceiving weight-based discrimination as legitimate.
8. **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.
9. **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.
10. **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.
11. **Invited speaker** at the University of Glasgow, UK (January 2021). Understanding the consequences of classifying obesity as a disease.
12. **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.

13. **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.
14. **Blitz presentation** at the *International Conference on Social Identity and Health 5 Taster Event*, Nottingham, UK (scheduled for July 2020, postponed due to coronavirus pandemic, taster event held online in 2021). Examining the efficacy of non-stigmatising alternatives to framing public health messages.
15. **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.
16. **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.
17. **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.
18. **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?
19. **Oral presentation** at the *Society of Australasian Social Psychologists Conference (SASP)*, Wellington, New Zealand (April 2018). What's the risk?

Outreach and Policy Engagement

Publications

1. Barbara Corpari (as told to her by Associate Professor Tegan Cruwys and **Dr Joanne Rathbone**). (2022). The world's best evidence-based loneliness intervention. *Research Australia INSPIRE Issue 26: Clinical Researchers and the Healthcare System*.
https://issuu.com/researchaustralia/docs/ra0068_inspire_dec22_web_r1_final
2. **Rathbone, J. A.** & Cruwys, T. (2021). Risk-taking at mass gatherings: Who do we choose to take risks with? *Psychology Review Magazine*.
3. **Rathbone, J. A.**, Jetten, J., Barlow, F. K., & Russell, J. (2020). Rethinking the public health approach to obesity. *The Psychologist*, 33, pp. 48-51.
<https://www.bps.org.uk/psychologist/rethinking-public-health-approach-obesity>

Policy Engagement

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| 2023 | Led a feedback submission on behalf of The Obesity Collective in response to the Draft National Stigma and Discrimination Reduction Strategy, https://theobesitycollective.org.au/2023/03/feedback-submission-draft-national-stigma-and-discrimination-reduction-strategy/ |
| 2023 | Led a response submission on behalf of The Obesity Collective in response to an article published by The Conversation, https://theobesitycollective.org.au/2023/07/response-to-the-conversation-should-gps-bring-up-a-patients-weight-in-consultations-about-other-matters-we-asked-5-experts/ |
| 2022 | Invited speaker at the <i>Mental Health Australia Members Policy Hub on Social Participation</i> (April 2022). Presented evidence for the benefits of social connection for our mental health. |

Media

- 2023 Interview for ANU student on conceptualising obesity as a disease, related to paper published in BJHP (Rathbone et al., 2022).
- 2022 Interview for University of Canberra student on Groups 4 Health for people of a higher weight.
- 2021 Interview for 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.

Other

- 2022 Panel member for the ANU College of Science and College of Health and Medicine's World Mental Health Day Webinar (October 2022). Emerging discoveries in mental health: How we see ourselves, our bodies, and our social networks.
- 2022 Represented the ANU Research School of Psychology at the 2022 ANU Open Day.

Teaching and Supervision

Research Supervision

I am currently the primary supervisor for one PhD Clinical Psychology student at the ANU.

Including current students, I have also supervised 1 Master of Clinical Psychology student (ANU), 8 MChD Population Health Project students (ANU), 1 MChD Research Project student (ANU), 3 Psychology Honours students (ANU, 1x H1 and 2x H2A), 2 PhB students (ANU, both HDs), and 2 Science Interns (ANU).

Teaching and Content Development

- 2023 **Groups 4 Health Facilitator Training**, School of Medicine and Psychology, Australian National University, co-delivered to Canberra Health Services clinical staff at Canberra Hospital.
- 2022-23 **Guest Lecture and Course Content Development**, School of Medicine and Psychology, Australian National University. Topic: Eating Behaviour, part of third-year Health Psychology course. [Course convener: Dr Mark Stevens]
- 2022 **Groups 4 Health Facilitator Training**, Research School of Psychology, Australian National University, delivered to Master of Clinical Psychology and Master of Professional Psychology students.
- 2021 **Doctor of Medicine and Surgery Professional Practice Course Content Development**, ANU Medical School, Australian National University. [Course convener: Dr Lillian Smyth]
- 2020 **Academic Tutor**, School of Public Health, University of Queensland. Course title: Understanding Health Behaviours. [Course coordinator: Dr Lisa Buckley]

Service

Peer-review

I have peer-reviewed 17 manuscripts for the following journals: *International Journal of Obesity*, *Obesity Reviews*, *British Journal of Social Psychology*, *Journal of Health Psychology*, *Stigma and Health*, *Social Science Journal*, *Fat Studies*, *Social Issues and Policy Review*, *Public Health*, *Peer Community In Registered Reports*, *Journal of Community and Applied Social Psychology*, *Family Practice*.

- 2022-23 External Assessor for the 2023 VicHealth Postdoctoral Research Fellowship Program
2022 Peer-reviewed grant applications for the Australian Eating Disorders Research & Translation Centre's IgnitED Funding Scheme.

Service Roles

- 2023-24 **School of Medicine and Psychology Seminar Series co-convener**, Australian National University.
2018-19 **Co-convener** of the Social Identity and Groups Network (SIGN) Student Group, University of Queensland.

Awards

- 2021 Society of Australasian Social Psychologists (SASP) Outstanding Postgraduate Research Award Finalist.

Employment and Honorary Positions

- 2024- **Research Fellow, ACT Wellbeing Framework Academic Lead**, Australian National University. *[Supervisors: Prof Tegan Cruwys, Prof Kate Reynolds]*
2021-2023 **Postdoctoral Fellow**, Australian National University. *[Supervisor: Prof Tegan Cruwys]*
2021- **Honorary Fellow**, University of Queensland.
2022- **Academic Member** of The Obesity Collective Stigma Expert Group.
2020-21 **Research Assistant** with SIGNify, University of Queensland. *[Supervisors: Dr Sarah Bentley, A/Prof Katharine Greenaway, Prof Catherine Haslam]*
2018-20 **Phase III RCT Manager**, University of Queensland and Australian National University. *[Supervisors: Prof Tegan Cruwys, Prof Catherine Haslam]*
2016-21 **Research Assistant**, The Psychology of Schoolies Project, University of Queensland and Australian National University. *[Supervisor: Prof Tegan Cruwys]*
2017-18 **Research Assistant** at the Parenting and Family Support Centre (PFSC), University of Queensland. *[Supervisor: Dr Cassandra Dittman]*
2016-17 **Summer Research Scholar** at the Centre for Youth Substance Abuse Research, University of Queensland. *[Supervisors: Prof Jason Connor, Dr Jason Coates]*
2015-17 **Research Assistant (Volunteer)**, University of Queensland. *[Supervisors: Dr Cassandra Dittman, Prof Tegan Cruwys, A/Prof Nik Steffens, A/Prof Katharine Greenaway, Dr Alexander Saeri, Dr Laura Ferris]*

Professional Memberships

I am currently a member of the Society of Australasian Social Psychologists and the Australia and New Zealand Academy for Eating Disorders.

Other Research Experience

- 2020 **Research Industry Placement**, Relationships Australia Queensland. *[Supervisor: Joanne Finkelstein, Manager of Research]*

- 2019 **Invited 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*]