

Zack van Allen, PhD, MBA

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Appointments

2024-present	Senior Research Associate, Department of Family Medicine, University of Ottawa
2023-2024	Research Fellow (Mitacs-Banting Postdoctoral Fellow), Health Sciences, University of Ottawa
2023-2024	Research Associate, Ottawa Hospital Research Institute
2018-2023	Research Coordinator, Ottawa Hospital Research Institute
2017-2018	Research Assistant, Department of Innovation in Medical Education, University of Ottawa
2015-2017	Research Assistant, Department of National Defence
2015-2016	Workshop Facilitator, Enriched Support Program
2014-2017	Research Assistant, Carleton University Happiness Laboratory

Education and Training

2023-2024	Postdoctoral Fellow, Health Sciences, University of Ottawa (Mitacs-Banting)
2019-2023	PhD, Psychology, University of Ottawa (CIHR Doctoral Scholarship) Dissertation: Modelling co-occurring and co-varying health behaviours: Applications of machine learning and network psychometrics.
2017-2019	MBA, Carleton University
2014-2016	MA, Psychology, Carleton University Thesis: An exploratory manipulation of openness to experience.
2009-2014	BA, Psychology, Carleton University Honours thesis: Is enacted extraversion a viable positive psychology intervention?

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
2012	Carleton Academic Scholarship, Carleton University
2010, 2012, 2013	Dean's Honour List, Carleton University
2010	E. W. R. Steacie Scholarship, Carleton University
2009	President Scholarship, Carleton University

Research Funding

Competitive Fellowships

- 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 Institutes of Health Research Frederick Banting and Charles Best Canada Graduate Scholarships - Doctoral Research Award.

Grants and Team Funding

1. Wilson, R. A., Cooper, L. K., Bosma, R. L., Poulin, P. A., Radhakrishnan, A. K., Shergill, Y., Bisson, E., Di Renna, T., Laloo, C., Mahar, A., McEwen, V., Olson, J., Pesseau, J., Rash, J., Snelgrove-Clarke, E., Stinson, J., Sud, A., Telner, D., Vesnaver, E., **van Allen, Z. M.**, & Poulin, P. A. (2025). EmPOWERing primary care settings to use digital health interventions for chronic pain (Catalyst Grant: Digital Health - Early to Mid-Career Research, Application No. 544245; CAD \$96,788, 1-year award). Canadian Institutes of Health Research.
2. Manual, D. G., Smini, S., Bennett, C., Fisher, S., Hennessy, D., Meza, R., Moher, D., Pesseau, J., Rohgozar, A., Webber, L., **van Allen, Z. M.**, & Mytton, O. (\$320,536). Development of reporting guidelines for modelling studies of noncommunicable diseases. Canadian Institutes of Health Research (CIHR).
3. 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 Institutes of Health Research (CIHR).
4. Radhakrishnan, A., Johnston, S., Trickovic, J., Chandrasena, C., Rash, J., & **van Allen, Z. M.** (\$15,000). COMPASS: Consensus on Medical Priorities and AI Solutions in primary care. TOH Seed Fund.
5. Radhakrishnan, A., Radhakrishnan, D., Rifai, T., El Emam, K., **van Allen, Z. M.**, Pilgram, L., Jacob, J., & Brudno, M. (\$135,000). AsthmaWISE: A multimodal conversational AI companion for delivering trustworthy support and education for asthma. CHAMO.
6. Montpetit, M., Archibald, D., Rourke, L., Rourke, J., Radhakrishnan, A., **van Allen, Z. M.**, Cao, C., Bayoumi, I., Li, P., Rowan-Legg, A., Kwok, B., & Leduc, D. (\$135,000). Modernizing the Rourke Baby Record: AI-enabled evidence synthesis for timely updates. TOHMAO.
7. Desrosiers, M.-I., Mansour, M., Poitras, S., Bouraleh, S. M., Massoui, S., Khzami, O., Grosjean, S., Johnston, S., Giroux, I., Dewar, M., Lalonde, M., **van Allen, Z. M.**, Do, K., Duckett, E., & Duquet, M. (\$186,120). De la formation à l'action: patients et proches aidants francophones au coeur de la co-conception d'outils utilisant l'intelligence artificielle en santé. Association médicale universitaire de Montfort (AMUM).

Publications

Peer-Reviewed Publications - First Author

1. **van Allen, Z. M.**, & Boisgontier, M. P. (2025). Prospective classification of functional dependence: Insights from machine learning and the Canadian Longitudinal Study on Aging. *Physiotherapy Canada*. <https://doi.org/10.3138/ptc-2024-0136>
2. **van Allen, Z. M.**, Orsholits, D., & Boisgontier, M. P. (2024). Prestroke physical activity matters for functional limitations: A longitudinal case-control study of 12,860 participants. *Physical Therapy*, 104(10), pzae094. <https://doi.org/10.1093/ptj/pzae094>
3. **van Allen, Z. M.**, & Pesseau, J. (2024). A multiple behaviour temporal network analysis for health behaviours during COVID-19. *British Journal of Health Psychology*, 29(4), 1049-1063. <https://doi.org/10.1111/bjhp.12750>
4. **van Allen, Z. M.**, Bacon, S., Bernard, P., Brown, H., Desroches, S., Kastner, M., ... Pesseau, J. (2023). Clustering of health behaviors in Canadians: A multiple behavior analysis of data from the Canadian Longitudinal Study on Aging. *Annals of Behavioral Medicine*, 57(8), 662-675. <https://doi.org/10.1093/abm/kaad008>
5. **van Allen, Z. M.**, Bacon, S., Bernard, P., Brown, H., Desroches, S., Kastner, M., ... Pesseau, J. (2021). Clustering of unhealthy behaviors: Protocol for a multiple behavior analysis of data from the Canadian Longitudinal Study on Aging. *JMIR Research Protocols*, 10(6), e24887. <https://doi.org/10.2196/24887>
6. **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. <https://doi.org/10.1525/collabra.29931>
7. **van Allen, Z. M.**, Dogba, M. J., Brent, M. H., Bach, C., Grimshaw, J. M., Ivers, N. M., ... Pesseau, J. (2021). Barriers to and enablers of attendance at diabetic retinopathy screening experienced by immigrants to Canada from multiple cultural and linguistic minority groups. *Diabetic Medicine*, 38(4), e14429. <https://doi.org/10.1111/dme.14429>
8. **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*, 9, 1964. <https://doi.org/10.3389/fpsyg.2018.01964>

Peer-Reviewed Publications - Co-Author

1. Silva, C. C., Marques, M. M., **van Allen, Z. M.**, Carvalho, M., Dinsmore, J., & Pesseau, J. (2026). Interventions aiming to change multiple healthcare professional behaviors: A systematic review. *Social Science & Medicine*, 391, 118760. <https://doi.org/10.1016/j.socscimed.2025.118760>
2. Etherington, C., Bennett, M., Upreti, A., **van Allen, Z. M.**, Labrecque, M., Rubini, K., ... Pesseau, J. (2025). Factors associated with plasma donation intention and behaviour: A systematic review and meta-analysis of the observational literature informed by the Theoretical Domains Framework. *Health Psychology Review*. <https://doi.org/10.1080/17437199.2025.2574443>
3. Goubran, M., **van Allen, Z. M.**, Bilodeau, M., & Boisgontier, M. P. (2025). Depressive symptoms and physical activity mediate the adverse effect of pain on functional dependence in patients with arthritis: Evidence from the Canadian Longitudinal Study on Aging. *Physical Therapy*, 105(11), pzf120. <https://doi.org/10.1093/ptj/pzf120>
4. Silva, C. C., Pesseau, J., **van Allen, Z. M.**, Dinsmore, J., Schenk, P., Moreto, M., & Marques, M. M. (2025). Components of multiple health behaviour change interventions for patients with chronic conditions: A systematic review and meta-regression of randomized trials. *Health Psychology Review*, 19(1), 200-255. <https://doi.org/10.1080/17437199.2024.2413871>
5. Silva, C. C., Pesseau, J., **van Allen, Z. M.**, Schenk, P. M., Moreto, M., Dinsmore, J., & Marques, M. M. (2024). Effectiveness of interventions for changing more than one behavior at a time to manage chronic conditions: A systematic review and meta-analysis. *Annals of Behavioral Medicine*, 58(6), 432-444. <https://doi.org/10.1093/abm/kaae021>
6. Fontaine, G., Pesseau, J., Bruneau, J., Etherington, C., Thomas, I. M., Hung, J.-H. C., **van Allen, Z. M.**, Patey, A. M., Kareem, A., Mortazhejri, S., Bordier Høj, S., Boyer-Legault, G., & Grimshaw, J. M. (2024). Using an intersectionality lens to explore barriers and enablers to hepatitis C point-of-care testing: A qualitative study among people who inject drugs and service providers. *International Journal for Equity in Health*, 23(1), 124. <https://doi.org/10.1186/s12939-024-02209-0>
7. 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>
8. Fontaine, G., Pesseau, 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*.
9. Wilson, M., **van Allen, Z. M.**, Grimshaw, G., Brehaut, J., Durand, A., Francis, J., ... Pesseau, 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>
10. Crawshaw, J., Konnyu, K., Castillo, G., **van Allen, Z. M.**, Grimshaw, J., & Pesseau, 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>
11. Dogba, J. M., Brent, M., Bach, C., Assad, S., Grimshaw, J., Ivers, N., ... Pesseau, 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. <https://doi.org/10.2196/15109>
12. Lynch, T., Ryan, C., Hughes, C. M., Pesseau, 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>
13. Crawshaw, J., Pesseau, 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*. <https://doi.org/10.1136/bmjopen-2019-034594>
14. 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>
15. 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. <https://doi.org/10.1016/j.ufug.2017.02.009>
16. 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. <https://doi.org/10.1016/j.jesp.2015.10.012>
17. Nealis, L., **van Allen, Z. M.**, & Zelenski, J. M. (2016). The role of affective valence and arousal in cognitive restoration. *PLOS ONE*. <https://doi.org/10.1371/journal.pone.0147275>

18. 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. <https://doi.org/10.1177/1745691616674458>

Other Scholarly Outputs

Preprints

1. van Allen, Z., Forgues-Martel, S., Venables, M. J., Ghanney, Y., Villeneuve, A., Dongmo, J., Ahmed, M., Archibald, D., & Jolin-Dahel, K. (2026). Can AI Match Human Experts? Evaluating LLM-Generated Feedback on Resident Scholarly Projects. medRxiv. <https://doi.org/10.64898/2026.03.04.26346878>

Manuscripts Under Review

1. Langmuir, T., Gibson, E., Fontaine, G., Smith, M., Alghamyan, A., Thompson, K., Zmytrovyeh, K., Wilson, M., McCleary, N., Patey, A., Mekki, K., Estey Noad, L., Buchan, J., Dubey, V., Reynolds-Taffe, C., McMillan, G., **van Allen, Z. M.**, Crawshaw, J., Grimshaw, J., Arnason, T., Brehaut, J., Michie, S., Brouwers, M., & Pesseau, J. (2026). Barriers and Enablers of COVID-19 Vaccination Among Black, Eastern European, and Low Socioeconomic Status Communities in Canada. Under review in the *British Journal of Health Psychology*.

Works in Progress

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., & Pesseau, J. (in progress). Action and/or coping planning for health behaviour change: A Cochrane systematic review of 266 randomized controlled trials.
2. Crawshaw, J., Pesseau, 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.

Digital Scholarship and Competitions

1. Kouadio, Y., & van Allen, Z. (2026). Universal Medical Ingestion Engine. Kaggle: MedGemma Impact Challenge competition entry. <https://www.kaggle.com/competitions/med-gemma-impact-challenge/writeups/universal-medical-ingestion-engine>

Scientific and Government Reports

1. Pesseau, 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]
2. McMillan, G., Hussain, J., Abdullah, K., Chan, E., **van Allen, Z. M.**, Palumbo, A., Grenier, A.-D., Smith, M., Strain, K., & Pesseau, J. (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.
3. McMillan, G., **van Allen, Z. M.**, & Pesseau, 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.
4. Crawshaw, J., Konnyu, K., Castillo, G., **van Allen, Z. M.**, Grimshaw, J. M., & Pesseau, J. (2021). Factors affecting COVID-19 vaccination acceptance and uptake among the general public: A living behavioural science evidence synthesis (v1.0, Apr 30, 2021). Ottawa: Ottawa Hospital Research Institute.
5. Crawshaw, J., Konnyu, K., Castillo, G., **van Allen, Z. M.**, Grimshaw, J. M., & Pesseau, J. (2021). Factors affecting healthcare worker COVID-19 vaccination acceptance and uptake: A living behavioural science evidence synthesis (v3.0, June 18, 2021). Ottawa: Ottawa Hospital Research Institute.
6. Dogba, M. J., Brent, M., **van Allen, Z. M.**, Bach, C., Grimshaw, J., Ivers, N., ... Pesseau, 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.
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.

Presentations

Invited Talks

1. **van Allen, Z. M.**, & Daly, B. (2025). Artificial intelligence in elderly care: Looking to the future. Invited talk delivered to the 16th Annual Care of the Elderly Conference, McMaster University. June 4, 2025.
2. Jolin-Dahl, K., & **van Allen, Z. M.** (2025). Artificial intelligence in primary care: Envisioning the future integration of AI in family medicine. Invited talk delivered to the Faculty Retreat of the Department of Family Medicine. April 27, 2025.
3. **van Allen, Z. M.** (2024). The impact of physical activity pre-stroke and the insights from machine learning on functional dependence. Invited webinar presented in the Centre of Excellence Webinar Series, Perley Health. September 24, 2024.
4. **van Allen, Z. M.** (2022). Temporal network dynamics of multiple health behaviours during the COVID-19 pandemic. Invited talk delivered to the Montreal Behavioural Medicine Centre. March 17, 2022.

Conference Presentations

1. Silva, C., Pesseau, 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, 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., & Pesseau, J. (2023). Action and/or coping planning for health behaviour change: A Cochrane systematic review of 266 randomized controlled trials. Oral presentation submitted to the 17th International Congress of Behavioral Medicine, Vancouver, BC.
3. Fontaine, G., Pesseau, 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, NS.
4. Crawshaw, J., Konnyu, K., Castillo, G., **van Allen, Z. M.**, Grimshaw, G., & Pesseau, J. (2022). Behavioural determinants of COVID-19 vaccination acceptance and uptake among healthcare workers: A rapid systematic review. Poster presented to the Society of Behavioral Medicine's 43rd Annual Meeting & Scientific Sessions, Baltimore, MD.
5. **van Allen, Z. M.**, Bacon, S., Bernard, P., Brown, H., Desroches, S., Kastner, M., ... Pesseau, 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., Pesseau, 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]. Canadian Association for Health Services and Policy Research Annual Conference, virtual event.
7. Crawshaw, J., Pesseau, 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., Pesseau, 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.**, Pesseau, 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., ... Pesseau, 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., Pesseau, 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 Health Services Research & Pharmacy Practice, Birmingham, UK.
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.

Teaching Experience

2015-2017 Teaching Assistant, PSYC 3302: Positive Psychology
2016 Teaching Assistant, PSYC 2001: Introduction to Research Methods
2015 Teaching Assistant, PSYC 2600: Introduction to Personality
2014 Teaching Assistant, PSYC 1002: Introduction to Psychology II
2014 Teaching Assistant, PSYC 4910: Project for BA/BSc Honours

Supervision and Mentorship

2024-2025 Co-supervision and methodological mentorship for a PhD student project during postdoctoral fellowship

Provided support in research methodology, statistics, and manuscript development for peer-reviewed submission. Associated publication: Goubran, M., **van Allen, Z. M.**, Bilodeau, M., & Boisgontier, M. P. (2025). Depressive symptoms and physical activity mediate the adverse effect of pain on functional dependence in patients with arthritis: Evidence from the Canadian Longitudinal Study on Aging. *Physical Therapy*, 105(11), pzaf120. <https://doi.org/10.1093/ptj/pzaf120>

Academic and Professional Service

Committees and Panels

2025-2026 Grant Review Committee Member, Savoir Montfort Grant Program, Institut du Savoir Montfort
2025 Planning Committee Member, Ottawa Symposium for AI in Health Research

Peer Review and Editorial Activities

Ad hoc reviewer, *The Quantitative Methods for Psychology (TQMP)*
Reviewer, *Peer Community In Health & Movement Sciences*