



Alexis RUFFAULT

[Contact info here]

Research interests

I am particularly interested in behavior change and innovative interventions. My PhD thesis (Université Paris Descartes, France) focused on the role of mindfulness and emotion regulation skills in the context of health behaviors (mainly dietary and physical activity behaviors). My missions at the French Institute of Sports include conducting research on injury and athletes' lifestyle. Rich of complementary experiences in sport psychology; I am also interested in mental preparation, eye tracking, and decision making in elite sports.

DOCTOR (PH.D.) IN PSYCHOLOGY | SPORT AND HEALTH PSYCHOLOGIST

PROFESSIONAL PROFILES



www.researchgate.net/profile/Alexis_Ruffault

orcid.org/0000-0001-6610-4169

scholar.google.fr/citations?user=ekbrvhyaaaaj&hl=fr

SPECIAL SKILLS

COMPUTER SKILLS

Office automation: OS Mac, Linux, Windows, Microsoft Office, LaTeX

Statistical analyses: R, G*Power, SPSS; meta-analysis, structural equation modelling, single case designs

Other: Virtual reality

LANGUAGES

French (mother tongue)

English (fluent)

German (notions)

SPORTS

Accredited as mental trainer (SFPS)

Rugby player since 1997 (Elite section in lycée Lakanal from 2005 to 2008)

Rugby referee since 2005 (federal level since 2009)

QUALIFICATIONS

- 2018** Qualification aux fonctions de maître de conférence universitaire (Conseil National des Universités, France)
Section 16 (Psychologie) - Numéro : 18216308668
Section 74 (STAPS) - Numéro 18274308668
- 2014 - 2017** PhD in Psychology, **Université Paris Descartes**, Paris, France
Thesis: *Mindfulness and obesity*, under the supervision of C. Flahault
Funding: Doctoral contract (3 years, Université Paris Descartes), Fondation Nestlé France (67,000€), Département Hospitalo-Universitaire "Autoimmune and hormonal diseases" (DHU AUTHORS; 10,000€)
- 2012 - 2014** Master Degree (MSc) in Health Psychology, **Université Paris Descartes**, Paris, France
Second year dissertation: *Mindfulness- and Acceptance-based interventions (MABI) for weight loss and reduction of impulsive eating in obese patients: a systematic review and meta-analysis*, under the supervision of C. Flahault (published)
First year dissertation: *Mindfulness: the effects of physical activity on anxiety and depression*, under the supervision of C. Flahault (published)
- 2008 - 2012** Bachelor in Science (BSc), Psychology, **Université Paris Descartes**, Paris, France
Third year dissertation: *Physical activity, aging, and attentional switching*, under the supervision of Pr. A-M Ergis (presented in national congress)
- 2008** High school diploma, scientific section, biology specialty, Lycée Lakanal in Sceaux (France)

ACADEMIC POSITIONS

- Jun 2018 - ...** Research Fellow, "Sport, Expertise, Performance" laboratory (EA 7370), **French Institute of Sport (INSEP)**, Paris, France
Missions: Conducting applied research in health psychology with elite athletes (injury prevention, rehabilitation, performance optimization, healthy lifestyle)
- 2017 - 2018** Post-doctoral Fellow, Health Psychology Department, **Université de Liège**, Liège, Belgium
Research project: Investigating decision-making processes for daily physically active behaviors using virtual reality simulation

NON-ACADEMIC POSITIONS

Aug-Dec 2011 Human Resources, **Office National d'Études et de Recherches Aéronautiques (ONERA)**, Palaiseau, France
Mission: Construction and validation of an adapted questionnaire assessing psychosocial risks at work

SCIENTIFIC ACTIVITIES

RESPONSIBILITIES

- Member of the managing council of the Fédération Européenne de Psychologie du Sport et des Activités Corporelles (FEPSAC) [2019-...]
- Representative of the French Society of Sport Psychology (SFPS) in the administrative committee (associated organizations) of the French Society of Psychology (SFP) [2018-...]
- Treasurer of the French Society of Sport Psychology (SFPS) [2017-2023]
- Doctoral candidates' representative at the doctoral school (ED 261) [2016-2017]
- France representative in the European Network of Young Specialists in Sport Psychology (ENYSSP) [2015-2017]
- Student representative assistant in the French Society of Sport Psychology (SFPS) [2014-2017]

ORGANIZATION OF SCIENTIFIC EVENTS

- President of the scientific committee of the 2019 SFPS congress (Angers, France)
- Symposium on elite sport at the conference of the French Society of Sport Psychology (SFPS) [Angers, 2019]
- Symposium on health behavior change at the conference of the French-speaking Association of Health Psychology (AFPSA) [Metz, 2018]

MEMBERSHIP OF LEARNED SOCIETIES

- Fédération Européenne de Psychologie du Sport et des Activités Corporelles (FEPSAC)
- European Health Psychology Society (EHPS)
- Société Française de Psychologie du Sport (SFPS) [*French Society of Sport Psychology*]
- Association Francophone de Psychologie de la Santé (AFPSA) [*French Association of Health Psychology*]
- Société Française de Psychologie (SFP) [*French Society of Psychology*]

REPRESENTATION IN OTHER STRUCTURES

- Associate member of the Université de Liège (Belgium)
- Associate member of the Laboratory of Psychopathology and Health Processes (LPPS, EA 4057), Université Paris Descartes (France) [2017-2019]
- Member of the "research on concussion" consortium, Paris, France [2019-2020]
- Member of the "concussion expert group" of the National Rugby League (LNR) [2019]
- Member of the EHPS Special Interest Group (SIG) on Digital Health and Computer-tailoring [2019-2021]

PEER-REVIEWER

- **Sport Science:** *Frontiers* (3, *Frontiers*), *Journal of Applied Sport Psychology* (1, Taylor and Francis), *European Journal of Sports Science* (1, Taylor and Francis), *STAPS* (2), *Mindeval* (book), SFPS congresses
- **Health Psychology:** *Health Psychology* (2, APA), *Health Psychology Review* (1, Taylor and Francis), *Psychology & Health* (1, Taylor and Francis), *Stress & Health* (1, Wiley), *Practical Health Psychology* blog (EHPS)
- **Psychology (general):** *Mindfulness* (3, Springer), *New Ideas in Psychology* (1, Elsevier), *Routledge Psychology Press* (book proposal)
- **Medicine:** *Nutrition* (1, Elsevier), *Journal of Contextual Behavioral Science* (1, Elsevier)

RESEARCH GRANTS, DISTINCTIONS, AND HONORS

- 2020 - 2024** **National Agency of Research (ANR)** "High performance in sport", 1,800,000€ for: FULGUR (PI: Gaël Guilhem).
Role: Head of workpackage 3 "*Sprint-related muscle injuries prevention through a global multifactorial individualized approach*"
- 2020 - 2024** **National Agency of Research (ANR)** "High performance in sport", 1,300,000€ for: DDAY (PI: Laurent Bosquet).
Role: Head of workpackage 5 "*Recovery strategies during tapering phases in swimming: Social-cognitive determinants and individualized theory-based interventions*"
- 2020** PhD thesis award, **University of Paris, Institute of Psychology**, for the PhD thesis "Le rôle de la pleine conscience dans l'accompagnement de patients obèses : Quand, pourquoi et comment intervenir ?" [*The role of mindfulness in psychological care of obese patients: When, why, and how to plan interventions?*]
- 2018** Jean Trémolières Award, First Price, **Institut Benjamin Delessert**, 3,000€ for the PhD thesis "Le rôle de la pleine conscience dans l'accompagnement de patients obèses : Quand, pourquoi et comment intervenir ?" [*The role of mindfulness in psychological care of obese patients: When, why, and how to plan interventions?*]

- 2017** Scientific Communication Award, First Price, **French Association of Obesity Study and Research** for:
Ruffault, A., Barsamian, C., Vaugeois, F., Lurbe i Puerto, K., Le Quentrec-Creven, G., Flahault, C., Naudé, A. J., Ferrand, M., Czernichow, S., & Carette, C. (2017, january). *Liens entre traumatisme psychologique et réponse à la chirurgie bariatrique en termes de perte de poids et de comportement alimentaire*. Poster presented at the 33rd Annual Conference of the French Association of Obesity Study and Research (AFERO, 2017), Toulouse, France. [Associations of psychological trauma and bariatric surgery outcomes: Weight loss and eating behaviors]
- 2016** **Département Hospitalo-Universitaire "Autoimmune and hormonal diseases" (DHU AUTHORS)**, 10,000€ for
"Etude de l'influence de la "pleine conscience" sur l'impulsivité alimentaire, la motivation à l'activité physique et la perte de poids chez le patient obèse : essai contrôlé randomisé MINDOB" [The effects of mindfulness on impulsive eating, motivation toward exercise, and weight loss in obese patients: The MINDOB randomized controlled trial], principal investigator
- 2015 - 2017** **Fondation Nestlé France**, 67,000€ for *"Etude de l'influence de la "pleine conscience" sur l'impulsivité alimentaire, la motivation à l'activité physique et la perte de poids chez le patient obèse : essai contrôlé randomisé MINDOB"* [The effects of mindfulness on impulsive eating, motivation toward exercise, and weight loss in obese patients: The MINDOB randomized controlled trial], principal investigator
- 2015** Young Researcher Award, First Price, **French Society of Sport Psychology** for:
Ruffault, A., Ferrand, M., Erichot, N., Bernier, M., Boujut, E., & Flahault, C. (2015, april). *Les interventions basées sur la pleine conscience auprès de patients obèses : revue systématique des effets sur les variables de l'activité physique*. Poster presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2015). Aix-en-Provence, France. [Mindfulness-based interventions in obese patients: Systematic review of the effects on physical activity]

TEACHING EXPERIENCES

- 2020-...** Master, Sports Sciences, **Université de Bretagne Occidentale**, Brest, France
 External supervisor for 4 dissertations "psychological aspects of sport injuries"
- 2019-...** Bachelor, Sports Sciences, **French Institute of Sport**, Paris, France
 Several teachings: Behavior change, Performance optimization
- 2018-...** Master, Sports Sciences, **French Institute of Sport**, Paris, France
 Several teachings: Injury prevention, Performance optimization
- 2017-...** Master, Sports Sciences, **Université de Bretagne Occidentale**, Brest, France
Courses: Health behavior change theories and techniques: Application to physical activity
- 2017-...** Master, Sports Sciences, **Université Catholique de l'Ouest**, Angers, France
Courses: Initiation to statistical analyses with R, Injury prevention
- 2017** Master, Sports Sciences, **Université Catholique de l'Ouest**, Angers, France
 External supervisor for 3 dissertations "adapted physical activity"
- 2016** DU "Gestion du stress et relation de soin" [*Stress management and health care*], **Faculté de Médecine Pierre et Marie Curie**, Paris, France
Courses: "Mindfulness and physical activity"
- 2014 - 2017** Bachelor, Psychology, **Université Paris Descartes**, Paris, France
Courses: "Scientific English for Psychologists"
- 2014 - 2017** Master "Psychologie de la santé" [*health psychology*], **Université Paris Descartes**, Paris, France
Courses: "Research interventions in health psychology", and "Mindfulness-based interventions in health psychology"
- 2014** DU "Promotion de la santé, prescription, éducation thérapeutique et APS" [*health promotion, prescription, therapeutic education, and physical activities*], **Faculté de Médecine Pierre et Marie Curie & Université Paris Descartes**, Paris, France
Courses: "Psychology and motivation: theoretical background and motivational interviewing practice"
- 2014** Master "Sport, Expertise, Performance de Haut Niveau" [*sport, expertise, elite performance*], **French Institute of Sport (INSEP) & Université Paris Descartes**, Paris, France
Courses: Coach activity - "Communicate in training and in competition" and "Group management and group cohesion"

PH.D. STUDENTS

Mildred Loiseau-Taupin (co-supervisor). Stress and visual attention in elite sport.

MASTER STUDENTS

At the French Institute of Sport (INSEP): Chloé Socquet-Dagoreau (Psychology 2021), Julie Kuenst (Psychology 2021), Coline Regnauld (Psychology 2020), Elodie Delaunay (Sport science 2019), Adrien Gautier (Sport science 2019), Mathieu Ballon (Sport science 2019), Gabrielle Denis (Sport science 2019), Josias Nayaga (Sport science 2019), Julie Chauvet (Psychology 2019)
In other Universities: Alison Peniguel (Best Sport science 2021), Insaf Zitouny (Brest Sport science 2021), Amy Le Perron (Brest Sport science 2019, 2020), Javier Botet Y Escriba (Brest Sport science 2019)

INTERNSHIPS

- 2013 - 2014** Psychologist intern (300h), Nutrition Department, **Ambroise Paré Hospital**, Boulogne-Billancourt, France
Research protocol: mindfulness training for obese patients to reduce impulsive eating
Clinical activities: patients interviews, therapeutic education workshops, staff meetings
- 2012 - 2014** Intern, Research Department, **French Institute of Sport (INSEP)**, Paris, France
Research protocols: sedentarity in students (links between mindfulness and motivation toward exercise), and visual strategies in golf
Clinical activities: optimization of video trainings to increase decision making in combat sports (Taekwondo national team), participation in the French Society of Sport Psychology congresses, training in mental preparation (cognitive-behavioral approach)
- 2012 - 2013** Psychologist intern (300h), Children Day Care, **Sainte-Anne Hospital**, Paris, France
Clinical activities: psychological appraisals, accompaniment of the children, participation in sports and physical activities with the children (judo, swimming...)
- Feb-Apr 2012** Intern, "Vision, Action, Cognition" Lab, **Université Paris Descartes**, Paris, France
Research protocol: inhibitory processes and oculomotor control of elite athletes
- Jan-Jun 2012** Intern, Regional Committee, **French Federation "Sport for all" (FFEPMM)**, Paris, France
Research protocols: physical condition measurement in children with intellectual deficiency
Clinical activities: interventions in the welcoming structures for children with intellectual deficiency, redaction of research rapport and creation of communication tools
- 2010 - 2011** Intern, Research Department, **French Institute of Sport (INSEP)**, Paris, France
Research protocols: attention in elite athletes (mindfulness), and decision making in elite athletes
Other activities: participation in the French Society of Sport Psychology congress

LIST OF PUBLICATIONS

JOURNAL ARTICLES

- Ruffault, A., Rives-Lange, C., Dorard, G., Lemogne, C., Ferrand, M., Naudé, A. J., Czernichow, S., Barsamian, C., Flahault, C., & Carette, C. (submitted). Psycho-affective and eating difficulties of patients with obesity: An emotion regulation perspective.
- Teillol, M., Ruffault, A., Hanon, C., & Edouard, P. (2021). Les intentions du sportif durant son effort au moment de la survenue d'une lésion musculaire des ischiojambiers : étude qualitative. *Journal de Traumatologie Du Sport*. doi:10.1016/j.jts.2021.04.005 [Athlete's intentions during his effort at the time of a hamstring injury occurrence : A qualitative study]
- Ruffault, A., Bernier, M., Fournier, J. F., & Hauw, N. (2020). Anxiety and motivation to return to sport during the French Covid-19 lockdown. *Frontiers in Psychology: Movement Science and Sport Psychology*. doi:10.3389/fpsyg.2020.610882
- Delaunay, E., Zamia, S., Bouthier, S., & Ruffault, A. (in press). Mental skills training in young elite rugby players: Impact on mental skills, motivation, stress, recovery, and injury / Préparation mentale en pôle espoirs rugby : Impact sur les habiletés mentales, la motivation, le stress, la récupération et les blessures. *Movement & Sport Sciences / Science & Motricité*. doi:10.1051/sm/2020013
- Sorg, M., Ruffault, A., Martin, S., Hanon, C., Jacquet, L., Verhagen, E., & Edouard, P. (2020). Étude sur la perception des blessures par les athlètes et leurs influences sur la réalisation de mesures de prévention des blessures en athlétisme. *Journal de Traumatologie Du Sport*, 37(4), 193-200. doi:10.1016/j.jts.2020.09.004 [Analysis of the perception of injuries by athletes and their influences on the implementation of measures to prevent injuries in athletics]
- Gao-Galibert, S., Dematte, E., Slawinski, J., Fournier, J., Ruffault, A., Gay, M. C., Bensmail, D., Heinzlef, O., & de Marco, G. (2020). État des connaissances sur l'apport de l'activité physique dans la SEP et méthodes d'interventions psychologiques : Passé, présent, futur. *Neurologies*, 224(23), 152-161. [State of the art on physical activity, multiple sclerosis, and psychological interventions: Past, present, and futur]
- Turgon, R., Ruffault, A., Juneau, C., Blatier, C., & Shankland, R. (2019). Eating disorders treatment: A systematic review and meta-analysis of the efficacy of mindfulness based programs. *Mindfulness*, 10(11), 2225-2244. doi:10.1007/s12671-019-01216-5 [IF=3.000]
- Ruffault, A., Czernichow, S., Lurbe i Puerto, K., Fournier, J. F., Carette, C., & Flahault, C. (2019). Mindfulness-based intervention among patients with obesity and binge eating disorder: Preliminary results of the MindOb randomized controlled trial / Intervention

basée sur la pleine conscience auprès de patients souffrant d'obésité et de trouble de binge eating : Résultats préliminaires de l'essai contrôlé randomisé MindOb. *Journal of Behavioral and Cognitive Therapy / Journal de Thérapie Comportementale et Cognitive*, 29 (1), 3-26. doi:10.1016/j.jtcc.2018.09.001

Ruffault, A., Vaugeois, F., Barsamian, C., Lurbe i Puerto, K., Le Quentrec-Creven, G., Flahault, C., Naudé, A. J., Ferrand, M., Rives-Lange, C., Czernichow, S., & Carette, C. (2018). Associations of lifetime traumatic experience with dysfunctional eating patterns and post-surgery weight-loss in adults with obesity: A retrospective study. *Stress & Health*, 34(3), 446-456. doi:10.1002/smi.2807 [IF=2.114]

Husky, M. M., Mazure, C., **Ruffault, A.**, Flahault, C., & Kovess-Masfety, V. (2018). Differential associations between overweight and obesity and psychiatric disorders men and women in France. *Journal of Women's Health*, 27(2), 183-190. doi:10.1089/jwh.2016.6248 [IF=2.032]

Ruffault, A., Czernichow, S., Hagger, M. S., Ferrand, M., Erichot, N., Boujut, E., & Flahault, C. (2017). The effects of mindfulness training on weight-loss and health-related behaviors in adults with overweight and obesity: A systematic review and meta-analysis. *Obesity Research & Clinical Practice*, 11(5), 90-111. doi:10.1016/j.orcp.2016.09.002 [IF=2.094]

Ruffault, A., Bernier, M., Thiénot, E., Fournier, J. F., & Flahault, C. (2017). Exploring the links between mindfulness skills, physical activity, signs of anxiety, and signs of depression among non-clinical participants / Exploration des liens entre les capacités de pleine conscience, l'activité physique, les signes d'anxiété et les signes de dépression auprès d'individus sains. *Journal of Behavioral and Cognitive Therapy / Journal de Thérapie Comportementale et Cognitive*, 27(1), 16-24. doi:10.1016/j.jtcc.2016.09.003

Ruffault, A., Carette, C., Lurbe i Puerto, K., Juge, N., Beauchet, A., Benoliel, J. J., Lacorte, J. M., Fournier, J. F., Czernichow, S., & Flahault, C. (2016). Randomized controlled trial of a 12-month computerized mindfulness-based intervention for obese patients with binge eating disorder: The MindOb study protocol. *Contemporary Clinical Trials*, 49, 126-133. doi:10.1016/j.cct.2016.06.012 [IF=2.028]

Ruffault, A., Bernier, M., Juge, N., & Fournier, J. F. (2016). Mindfulness may moderate the relationship between intrinsic motivation and physical activity: A cross-sectional study. *Mindfulness*, 7(2), 445-452. doi:10.1007/s12671-015-0467-7 [IF=3.692]

Ruffault, A., Grégoire, S., Hendrickson, K., & Flahault, C. (2016). Cognitive behavioral therapy with daily mindfulness training: A case report of comorbid binge eating and bipolar disorders. *Mindfulness*, 7(2), 573-576. doi:10.1007/s12671-015-0446-z [IF=3.692]

Milazzo, N., Farrow, D., **Ruffault, A.**, & Fournier, J. (2016). Do karate fighters use situational probability information to improve decision-making performance during on-mat tasks? *Journal of Sports Sciences*, 34(16), 1547-1556. doi:10.1080/02640414.2015.1122824 [IF=2.246]

Ferrand, M., **Ruffault, A.**, Tytelman, X., Flahault, C., & Negovanska, V. (2015). A cognitive and virtual reality treatment program for the fear of flying. *Aerospace Medicine and Human Performance*, 86(8), 723-727. doi:10.3357/AMHP.4211.2015 [IF=0.782]

CONFERENCE PROCEEDINGS

Dematte, E., Slawinski, J., Fournier, J. F., **Ruffault, A.**, Bensmail, D., Heinzlef, O. & de Marco, G. (2018). Effets de deux soutiens motivationnels sur l'augmentation de l'activité physique chez des patients atteints de SEP : Etude préliminaire. *Science & Sports*, 33(S1), S22. doi: 10.1016/j.scispo.2018.03.029. [Effect of two motivational supports on physical activity in patients with multiple sclerosis: Preliminary study]

Ruffault, A., Barsamian, C., Vaugeois, F., Lurbe i Puerto, K., Le Quentrec-Creven, G., Flahault, C., Naudé, A. J., Ferrand, M., Czernichow, S. & Carette, C. (2017). Associations of lifetime trauma exposure and bariatric surgery outcomes in adults with obesity. *European Health Psychologist*, 19(S), 1179.

Ruffault, A., Barsamian, C., Vaugeois, F., Lurbe i Puerto, K., Le Quentrec-Creven, G., Flahault, C., Naudé, A. J., Ferrand, M., Czernichow, S., & Carette, C. (2016). Liens entre traumatisme psychologique et réponse à la chirurgie bariatrique en termes de perte de poids et de comportement alimentaire. *Obésité*, 11(4), 256-278. doi:10.1007/s11690-016-0544-7. [Associations of psychological trauma and bariatric surgery outcomes: Weight loss and eating behaviors]

Ruffault, A., Carette, C., Lurbe i Puerto, K., Juge, N., Beauchet, A., Benoliel, J. J., Lacorte, J. M., Fournier, J. F., Czernichow, S., & Flahault, C. (2016). Réduire l'impulsivité alimentaire et améliorer la motivation à pratiquer des activités physiques auprès de patients obèses avec trouble de Binge Eating par un entraînement à la pleine conscience à distance : Essai contrôlé randomisé MindOb. *Obésité*, 11(4), 256-278. doi:10.1007/s11690-016-0544-7. [Decreasing impulsive eating and increasing motivation to exercise of obese binge eaters using computerized mindfulness training: MindOb randomized controlled trial]

Ruffault, A., Czernichow, S., Carette, C., Barsamian, C., Bretault, M., & Flahault, C. (2016). Examination of Binge Eating Disorder criteria in an obese patient population in Paris area. *European Health Psychologist*, 18(S), 881.

Krieger, A. E., Vansimaey, C., **Ruffault, A.**, Mishchenko, M., & Michard, C. (2016). Sexuality in patients with autism: How do educational and paramedical staff deal with it? *European Health Psychologist*, 18(S), 955.

Ruffault, A., Czernichow, S., Beauchet, A., Juge, N., Fournier, J. F., Carette, C., Boujut, E., & Flahault, C. (2015). MINDOB: a computerized mindfulness-based intervention for obese individuals. *European Health Psychologist*, 17(S), 730.

BOOK CHAPTERS

- Ruffault, A.**, Wynants, J., & Etienne, A. M. (2020). Favoriser l'adoption de comportements actifs en simulation virtuelle: Etat de l'art et premiers résultats. In L. Muller, V. Laguette, & L. Dany (Eds.), *Pratiques et interventions en psychologie de la santé* (pp. 7–24). Editions des archives contemporaines. <https://eac.ac/articles/3182> [*Promoting physical activity behaviors in virtual simulations: state of the art and first results*]
- Gay, M. C., Berle, N., Cassedanne, F., Lagadec, A., Bensmail, D., Bruckert, L., De Marco, G., Dematte, E., Fournier, J., Heinzlef, O., **Ruffault, A.**, & Slawinski, J. (2020). La sclérose en plaques: Des difficultés diagnostiques aux interventions psychosociales. In L. Muller, V. Laguette, & L. Dany (Eds.), *Pratiques et interventions en psychologie de la santé* (pp. 165–181). Editions des archives contemporaines. <https://eac.ac/articles/3194> [*Multiple sclerosis: from difficulties in diagnostic to psychosocial interventions*]
- Ruffault, A.**, Décamps, G., & Bernier, M. (2016). Pleine conscience et pratique des activités physiques. In: E. Fall (dir.). *Introduction à la pleine conscience*. Paris, France : Dunod. [*Mindfulness and physical activities*]
- Ruffault, A.** & Flahault, C. (2015). La préparation mentale en dressage. In: S. Duperdu & M. Gautier (dir.). *Dressage et compétition : Progresser, optimiser, gagner*. Panazol, France : Lavauzelle. [*Mental training for horse-breaking*]

SYMPOSIA

- Ruffault, A.** & Fournier, J. (2019, june). *Performance et santé des sportifs de haut-niveau*. Symposium presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2019). Angers, France. [*Performance and health of elite athletes*]

ORAL COMMUNICATIONS

- Ruffault, A.**, Barsamian, C., Lucas-Martini, L., Josipowicz, D., Rives-Lange, C., Carette, C., Czernichow, S., & Dorard, G. (2021, June). *Caractérisation des accès hyperphagiques : Régulation des émotions, impulsivité et styles alimentaires*. Oral communication presented at the XIème congrès de l'Association Francophone de Psychologie de la Santé (AFPSA), Paris, France. [*Characteristics of binge eating episodes: emotion regulation, impulsivity, and eating processes*]
- Jeanne, C., Etienne, A. M., Bossard, C., & **Ruffault, A.** (2021, June). *Prise de décision naturaliste et comportements actifs au quotidien : résultats préliminaires*. Oral communication presented at the XIème congrès de l'Association Francophone de Psychologie de la Santé (AFPSA), Paris, France. [*Naturalistic decision making and daily active behaviors: preliminary results*]
- Loiseau Taupin, M., **Ruffault, A.**, Delabarre, L., Slawinski, J., & Bayle, D. (2020, October). *Effects of physical fatigue on visual perception in badminton: a preliminary study*. Oral presentation at the XXVth Congress of the European College of Sport Science (ECSS), Online event.
- Ruffault, A.**, Joncheray, H., Fournier, J., & Guilhem, G. (2019, november). *Socio-cognitive determinants of behaviors preventing injuries in competitive athletes: A cross-sectional study*. Oral communication presented at the 6th congress of the European College of Sports and Exercise Physicians (ECOSEP, 2019). Paris, France.
- Brocherie, F., Filliard, J. R., **Ruffault, A.**, Aloulou, A., Joncheray, H., Guilhem, G., & Le Garrec, S. (2019, november). *Scientific support in a multi-stage marathon competition*. Oral communication presented at the 6th congress of the European College of Sports and Exercise Physicians (ECOSEP, 2019). Paris, France.
- Chauvet, J., Malherbe, A., & **Ruffault, A.** (2019, june). *Création d'une boîte à outils des techniques d'intervention en préparation mentale : première étapes*. Oral communication presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2019). Angers, France. [*Creating a toolbox for mental skills training: first steps*]
- Delaunay, E., & **Ruffault, A.** (2019, june). *Impact de la fixation d'objectifs et de la focalisation attentionnelle sur la survenue des blessures chez des rugbymen espoirs*. Oral communication presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2019). Angers, France. [*Impact of goal setting and attentional focus on injuries in young elite rugby players*]
- Gautier, A., & **Ruffault, A.** (2019, june). *Impact de l'anxiété trait et des compétences émotionnelles sur la blessure en contexte sportif*. Oral communication presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2019). Angers, France. [*Associations of anxiety and emotional competencies with sport injury*]
- Ruffault, A.**, Cloes, M., Schyns, M., Bouchard, S., Fournier, J., Bossard, C., Valembos, Q., Czernichow, S., & Etienne, A. M. (2019, may). *Experimental study of decision-making processes in the adoption of active transportation in virtual simulation*. Oral communication at the Belgium Association for Psychological Science (BAPS, 2019), Liège, Belgium.
- Ruffault, A.**, Cloes, M., Schyns, M., Bouchard, S., Fournier, J., Bossard, C., Valembos, Q., Czernichow, S., & Etienne, A. M. (2018, june). *Étude expérimentale des processus décisionnels dans l'adoption de comportements actifs en simulation virtuelle*. Oral communication at the Xème congrès de l'Association Francophone de Psychologie de la Santé (AFPSA, 2018), Metz, France. [*Experimental study of decision-making processes in the adoption of active transportation in virtual simulation*]

- Ruffault, A., & Flahault, C.** (2017, june). *Le rôle de la pleine conscience dans l'accompagnement de patients obèses : Quand, pourquoi et comment intervenir ?* Oral communication at the 8èmes Journées Doctorales de l'Association Francophone de Psychologie de la Santé (AFPSA, 2017), Dijon, France. [*The role of mindfulness in psychological care of obese patients: When, why, and how to plan interventions?*]
- Ruffault, A., Czernichow, S., Carette, C., Bernier, M., Boujut, E., & Flahault, C.** (2016, december). *Les effets d'un entraînement à la pleine conscience sur le changement d'activité physique des individus en surpoids et obèses : revue systématique et méta-analyse.* Oral communication at the IXème congrès de l'Association Francophone de Psychologie de la Santé (AFPSA, 2016), Lyon, France. [*The effects of mindfulness training on physical activity changes of overweight and obese individuals: systematic review and meta-analysis*]
- Ruffault, A., Czernichow, S., Ferrand, M., Erichot, N., Hagger, M., Boujut, E., & Flahault, C.** (2015, june). *Mindfulness- and Acceptance-based interventions (MABIs) for weight loss and reduction of impulsive eating in obese individuals: A systematic review and meta-analysis.* Oral communication at the Mindfulness and Compassion Conference of the Consciousness, Mindfulness, Compassion International Association (CMC, 2015), San Francisco, USA.
- Ferrand, M., Tytelman, X., Ruffault, A., Flahault, C., & Negovanska, V.** (2014, december). *Efficacité d'une prise en charge pluridisciplinaire de la phobie de l'avion.* Oral communication at the 42nd Cognitive Behavioural Therapy annual congress of the French Association of Cognitive Behavioural Therapy (AFTCC, 2014), Paris, France. [*Effectiveness of a pluridisciplinary program for the treatment of aerophobia*]
- Vandaele, M., Ferrand, M., Maji, S., & Ruffault, A.** (2014, july). *Therapeutic Patient Education (TPE) in bariatric surgery patients: A methodology.* Oral communication at the International Conference on Excellence in Education of the International Centre for Innovation in Education (ICIE, 2014), Paris, France.
- Ruffault, A. & Clair, C.** (2014, july). *Self-Determination Theory (SDT) in aging: A literature review.* Oral communication at the International Conference on Excellence in Education of the International Centre for Innovation in Education (ICIE, 2014), Paris, France.
- Ruffault, A., Guichard, A., Mann, D. L., & Fournier, J. F.** (2014, july). *Quiet Eye and Choking: Online Control Does Not Break Down at the Point of Performance Failure.* Oral communication presented at the 19th annual Congress of the European College of Sport Science (ECSS, 2014), Amsterdam, The Netherlands.
- Ruffault, A., Bernier, M., Juge, N., & Fournier, J. F.** (2014, may). *Sedentarity in students: the links between mindfulness and motivational regulation toward exercise.* Oral communication presented at the SFPS' 5th international congress of sports psychology (SFPS, 2014), Nice, France.

POSTERS

- Hanras, E., Ruffault, A., Rives-Lange, C., Barsamian, C., Carette, C., Czernichow, S., & Dorard, G.** (2021, June). *Obésité et Binge Eating Disorder : le rôle des émotions.* Poster presented at the XIème congrès de l'Association Francophone de Psychologie de la Santé (AFPSA), Paris, France. [*Obesity and Binge Eating Disorder: the role of emotions*]
- Ruffault, A., & Gautier, A.** (2020, October). *Trait anxiety, emotional competencies, and sport injury: A cross-sectional study among competitive athletes.* Poster presented at the XXVth Congress of the European College of Sport Science (ECSS), Online event.
- Ruffault, A., Joncheray, H., Fournier, J. F., & Guilhem, G.** (2019, September). *Preventing sport injuries: The potential use of two behavior change theories.* Poster presented at the 33rd annual conference of the European Health Psychology Society (EHPS), Dubrovnik, Croatia
- Ruffault, A., Cloes, M., Schyns, M., Bouchard, S., Fournier, J., Bossard, C., Valembos, Q., Czernichow, S., & Etienne, A. M.** (2018, august). *Experimental investigation of decision-making processes in daily physically active behaviors using a virtual reality set-up.* Poster presented at the 32nd annual conference of the European Health Psychology Society (EHPS), Galway, Ireland.
- Bolat, F., Wagener, A., Etienne, A. M., & Ruffault, A.** (2018, april). *Êtes-vous une personne active ou passive ? La réalité virtuelle pour identifier les facteurs en jeu dans cette prise de décision comportementale.* Poster presented at the Scientific Day of the French-speaking Association of Health Psychology (AFPSA), Liège, Belgium. [*Are active or passive? Virtual reality to identify the factors implicated in behavioral decision making*]
- Hinderlich, M., Wagener, A., Etienne, A. M., & Ruffault, A.** (2018, april). *Quels sont nos choix par rapport à nos activités physiques quotidiennes ?* Poster presented at the Scientific Day of the French-speaking Association of Health Psychology (AFPSA), Liège, Belgium. [*What are the choices related to daily physical activity?*]
- Menghi, S., Wagener, A., Etienne, A. M., & Ruffault, A.** (2018, april). *Notre décision d'adopter un comportement actif peut-elle être influencée par des incitateurs ?* Poster presented at the Scientific Day of the French-speaking Association of Health Psychology (AFPSA), Liège, Belgium. [*Do facilitators impact the decisions made when it comes to daily physical activity?*]
- Miesse, F., Wagener, A., Etienne, A. M., & Ruffault, A.** (2018, april). *Escaliers ou ascenseur ? Utilisation de la réalité virtuelle pour identifier les déterminants qui influencent notre décision.* Poster presented at the Scientific Day of the French-speaking

- Association of Health Psychology (AFPSA), Liège, Belgium. [*Stairs or elevator? Use of virtual reality to identify the determinants of our decisions*]
- Vangramberen, A., Wagener, A., Etienne, A. M., & **Ruffault, A.** (2018, april). *Le self-control prédit-il la marche au quotidien ?* Poster presented at the Scientific Day of the French-speaking Association of Health Psychology (AFPSA), Liège, Belgium. [*Does self-control predict daily walking activity?*]
- Wynants, J., Etienne, A. M., & **Ruffault, A.** (2018, april). *Comparaison des déterminants psychologiques dans le processus de changement de comportement par l'activité physique chez les personnes en excès de poids et les personnes de poids normal.* Poster presented at the Scientific Day of the French-speaking Association of Health Psychology (AFPSA), Liège, Belgium. [*Comparison of behavior change processes for physical activity in individuals with excess weight and normal weight*]
- Ruffault, A.**, Barsamian, C., Vaugeois, F., Lurbe i Puerto, K., Le Quentrec-Creven, G., Flahault, C., Naudé, A. J., Ferrand, M., Czernichow, S. & Carette, C. (2017, august). *Associations of lifetime trauma exposure and bariatric surgery outcomes in adults with obesity.* Poster presented at the 31st conference of the European Health Psychology Society (EHPS, 2017), Padova, Italy.
- Ruffault, A.**, Barsamian, C., Vaugeois, F., Lurbe i Puerto, K., Le Quentrec-Creven, G., Flahault, C., Naudé, A. J., Ferrand, M., Czernichow, S., & Carette, C. (2017, january). *Liens entre traumatisme psychologique et réponse à la chirurgie bariatrique en termes de perte de poids et de comportement alimentaire.* Poster presented at the 33rd Annual Conference of the French Association of Obesity Study and Research (AFERO, 2017), Toulouse, France. [*Associations of psychological trauma and bariatric surgery outcomes: Weight loss and eating behaviors*]
- Ruffault, A.**, Carette, C., Lurbe i Puerto, K., Juge, N., Beauchet, A., Benoliel, J. J., Lacorte, J. M., Fournier, J. F., Czernichow, S., & Flahault, C. (2017, january). *Réduire l'impulsivité alimentaire et améliorer la motivation à pratiquer des activités physiques auprès de patients obèses avec trouble de Binge Eating par un entraînement à la pleine conscience à distance : Essai contrôlé randomisé MindOb.* Poster presented at the 33rd Annual Conference of the French Association of Obesity Study and Research (AFERO, 2017), Toulouse, France. [*Decreasing impulsive eating and increasing motivation to exercise of obese binge eaters using computerized mindfulness training: MindOb randomized controlled trial*]
- Ruffault, A.**, Czernichow, S., Carette, C., Barsamian, C., Bretault, M., & Flahault, C. (2016, august). *Examination of Binge Eating Disorder criteria in an obese patient population in Paris area.* Poster presented at the 30th Annual Conference of the European Health Psychology Society (EHPS, 2016), Aberdeen, UK.
- Krieger, A. E., Vansimaey, C., **Ruffault, A.**, Mishchenko, M., & Michard, C. (2016, august). *Sexuality in patients with autism: How do educational and paramedical staff deal with it?* Poster presented at the 30th Annual Conference of the European Health Psychology Society (EHPS, 2016), Aberdeen, UK.
- Ruffault, A.**, Shankland, R. K., Strub, L., & Tessier, D. (2016, may). *Randomized controlled trial testing the effect of autonomy-supportive guidelines for autonomous practice in a Mindfulness Based Coping with University Life (MBCUL) program among university students.* Poster presented at the 2nd international conference on mindfulness of the Consciousness, Mindfulness, Compassion International Association (CMC, 2016), Rome, Italy.
- Ruffault, A.**, & Bernier, M. (2015, october). *Integrating mindfulness into physical activity programs: Practical challenges and guidelines for teaching mindful exercise.* Poster presented at the XIth Workshop of the European Network of Young Specialists in Sport Psychology (ENYSSP, 2015). Girona, Spain.
- Ruffault, A.**, Czernichow, S., Beauchet, A., Juge, N., Fournier, J. F., Carette, C., Boujut, E., & Flahault, C. (2015, september). *MINDOB: A computerized mindfulness-based intervention for obese individuals.* Poster presented at the 29th Annual Conference of the European Health Psychology Society (EHPS, 2015). Limassol, Cyprus.
- Ruffault, A.**, Ferrand, M., Erichot, N., Bernier, M., Boujut, E., & Flahault, C. (2015, april). *Les interventions basées sur la pleine conscience auprès de patients obèses : revue systématique des effets sur les variables de l'activité physique.* Poster presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2015). Aix-en-Provence, France. [*Mindfulness-based interventions in obese patients: Systematic review of the effects on physical activity*]
- Baeza-Velasco, C. & **Ruffault, A.** (2015, april). *Hypermobilité articulaire (HMA) en sport : risque de blessures et d'anxiété pathologique ?* Poster presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2015). Aix-en-Provence, France. [*Hypermobility in sport: Risks for lesions and clinical anxiety?*]
- Ruffault, A.**, Boujut, E., Husky, M., & Flahault, C. (2014, december). *Biais dans les études interventionnelles basées sur la pleine conscience auprès d'individus obèses.* Poster presented at the scientific day of the University Institute Paris Descartes of Psychology (IUPDP, 2014), Boulogne-Billancourt, France. [*Biases in mindfulness-based interventional studies in obese individuals*]
- Ruffault, A.**, Fournier, J. F., Czernichow, S., Juge, N., Vavelin, A., Beauchet, A., Flahault, C., & Tholliez, D. (2014, may). *MINDobese: compliance to a 4-week computerized mindfulness-based intervention in obese outpatients, a pilot study.* Poster presented at the SFPS' 5th international congress of sports psychology (SFPS, 2014). Nice, France.

- Ruffault, A. & Flahault, C.** (2013, may). *La pleine conscience et l'activité physique en relation avec l'anxiété et la dépression : Une revue de littérature*. Poster presented at the Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2013), Canet-en-Roussillon, France. [*Mindfulness and physical activity linked to anxiety and depression: a literature review*]
- Ruffault, A.** (2012, august). *Activité physique, vieillissement et switching attentionnel*. Poster presented at Journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS, 2012), Lille, France. [*Physical activity, aging, and attentional switching*]

INVITED CONFERENCES AND SEMINARS

- Faire adopter des stratégies de récupération efficaces : un enjeu actuel du sport de haut-niveau*, **Conférence plénière aux journées nationales d'études de la Société Française de Psychologie du Sport (SFPS)**, Brest, France, juin 2021. [*Changing athletes' recovery strategies: Current challenges in elite sport*]
- Facteurs associés à l'anxiété et à la motivation des sportifs à reprendre le sport pendant le confinement national de 2020*, **Présentation orale au workshop de l'Association Francophone de Psychologie de la Santé (AFPSA)**, Online, décembre 2020. [*Factors associated with anxiety and motivation to return to sport during the French 2020 lockdown*]
- Intérêt de la pleine conscience pour l'adoption de comportements de santé : Conduites alimentaires et activité physique*, **Symposium invite à la journée scientifique du département de psychologie de la santé, Université de Liège**, Liège, Belgique, mai 2019. [*Mindfulness and health behaviors: Implications for eating behaviors and physical activity*]
- Changements alimentaires des sportifs de haut-niveau : l'apport pratique des théories sociocognitives du changement*, **Séminaire "A la recherche de la performance"**, INSEP, Paris, France, novembre 2018. [<https://www.youtube.com/watch?v=PPhtToVOKPg>]
- Le rôle de la pleine conscience dans l'accompagnement de patients obèses : Quand, comment et pourquoi intervenir ?*, **Unité de Recherche interfacultaire Santé et Société, Université de Liège**, Liège, Belgique, décembre 2017. [*The role of mindfulness in psychological care of obese patients: When, why, and how to plan interventions?*]
- Obésité et troubles alimentaires : le rôle du vécu traumatique et de la pleine conscience*, **Service de Nutrition, Hôpital Européen Georges-Pompidou**, Paris, France, novembre 2016. [*Obesity and eating disorders: the role of trauma exposure and mindfulness*]
- Les techniques de pleine conscience auprès de patients obèses : applications aux comportements de santé*, **Journée Régionale de l'Obésité organisée par les Centres Spécialisés de l'Obésité d'Ile-de-France**, Paris, France, octobre 2016. [*Mindfulness techniques for obese patients: applications to health behaviors*]
- La pleine conscience et la réduction des risques de santé : l'exemple des comportements liés à l'obésité*, **Laboratoire de Psychologie, Santé et Qualité de Vie, Université de Bordeaux, Bordeaux**, France, décembre 2015. [*Mindfulness and health risks: example of obesity-related behaviors*]
- La pleine conscience en psychologie de la santé : dans les activités physiques et dans l'obésité*, **Department of psycho-oncology, Institut Curie**, Paris, France, mai 2015. [*Mindfulness in health psychology: perspectives for physical activities and obesity*]
- Le monde de la recherche*, **Conférence étudiante des journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS)**, Aix-en-Provence, France, avril 2015. [*The academic world*]
- Comment choisir son doctorat*, **Conférence étudiante des journées nationales d'étude de la Société Française de Psychologie du Sport (SFPS)**, Aix-en-Provence, France, avril 2015. [*How to chose you PhD*]
- L'utilisation de l'Eye-Tracker pour l'entraînement et la recherche en psychologie du sport*, **Université du Québec à Montréal (UQÀM)**, Montréal, Canada, janvier 2015. [*Eye-Tracking for training and research in sport psychology*]
- Mindfulness et obésité : revue systématique de la littérature et proposition d'un essai clinique*, **Montreal Children's Hospital, McGill University Health Centre (CUSM)**, Montréal, Canada, janvier 2015. [*Mindfulness and obesity: systematic literature review and clinical trial proposal*]
- Les stratégies de regard pour l'entraînement en sport de haut niveau*, **Institut National du Sport du Québec (INSQ)**, Montréal, Canada, janvier 2015. [*Gaze strategies for training in elite sport*]
- Mindfulness et obésité : projet de thèse*, **Nutrition department, Hôpital Ambroise Paré**, Boulogne-Billancourt, France, octobre 2014. [*Mindfulness and obesity: PhD thesis proposal*]

NON-ACADEMIC PUBLICATIONS

- Ruffault, A. & Tiollier, E.** (2019). *Accompagner les changements alimentaires : les recommandations ne suffisent pas ! La lettre des entraîneurs*. [*Changes in eating behaviors: Guidelines are not enough*]
- Ruffault, A. & Bernier, M.** (2016). *Un esprit sain dans un corps sain: Quels sont les bénéfices d'une pratique régulière d'activité physique pour la santé mentale ? Sport Santé et Préparation Mentale*. <http://www.valdemarne.fr/newsletters/sport-sante-et-preparation-physique/un-esprit-sain-dans-un-corps-sain-quels-sont-les-benefices-dune-pratique-reguliere->

[dactivite?utm_source=newsletter&utm_medium=email&utm_campaign=envoi_2098](#). [A healthy mind in a healthy body: What are the benefits of a regular physical activity practice for mental health?]

Ruffault, A. & Erichot, N. (2014). La pleine conscience pour la santé physique et psychologique. *Psychomedia*, 45, 39. [Mindfulness for physical and psychological health]

Ruffault, A. & Fournier, J. F. (2013). *Stratégies visuelles en golf : le « quiet eye » au putting*. Rapport de recherche. Ministère des Sports, de la Jeunesse, de l'Éducation populaire et de la Vie associative. [Visual strategies in golf: quiet eye on the putting green]

MEDIA

Forfait de Naomi Osaka : la santé mentale des sportifs est-elle taboue ? Interview pour Slate.fr (juin 2021). <http://www.slate.fr/story/210023/naomi-osaka-forfait-roland-garros-sante-mentale-sportifs-tabou>

Naomi Osaka quitte Roland-Garros pour "sa santé mentale" et lève le voile sur la détresse psychologique des sportifs. Interview pour Neon (juin 2021). <https://www.neonmag.fr/naomi-osaka-quitte-roland-garros-pour-sa-sante-mentale-et-leve-le-voile-sur-la-detresse-psychologique-des-sportifs-556534.html>

Les déterminants psychologiques de la reprise du sport après une blessure. Interview pour INSEP Le Mag #41 (novembre 2020). <https://fr.calameo.com/read/003232740384902bdad20?page=28>

Le sport français face à la pandémie de Covid-19. Interview pour l'émission "C'est en France" de France24 (novembre 2020). <http://f24.my/77Uu>

Stress, fatigue, les sportifs subissent la situation. Interview pour Ouest France (27 novembre 2020).

Roland-Garros: quand la bulle sanitaire oppresse les joueurs. Interview pour l'Agence France Presse (octobre 2020). https://www.challenges.fr/sport/roland-garros-quand-la-bulle-sanitaire-oppresse-les-joueurs_730504

Baisse de motivation, stress, anxiété : les conséquences du confinement sur les athlètes. Interview pour l'Humanité (avril 2020). <https://www.humanite.fr/baisse-de-motivation-stress-anxiete-les-consequences-du-confinement-sur-les-athletes-688332>

Psychologie et préparation mentale : un passage obligatoire vers la réussite sportive ? Interview pour VSD (juillet 2019). <https://vsd.fr/actualite/25554-sport-psychologie-et-preparation-mentale-un-passage-obligatoire-vers-la-reussite-sportive>

Science et vie TV. Sport Lab #03 : le stress - avec Dr Nozman. <https://youtu.be/wDdHsUeHwnU>

REFEREES

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