

Barakat, S., Boehmer, K., Abdelrahim, M., Ahn, S., Al-Khateeb, A. A., Villalobos, N. A., Prokup, L., Erwin, P. J., Fleming, K., Serrano, V., Spencer-Bonilla, G., & Murad, M. O. H. (2018, February 1). Does health coaching grow capacity in ... - liebertpub.com. Population Health Management. Retrieved January 18, 2022, from

<https://liebertpub.com/doi/abs/10.1089/pop.2017.0040?ai=su&mi=cjwv&af=R>

Khushalani, J. S., Qin, J., Cyrus, J., Lunsford, N. B., Rim, S. H., Han, X., Yabroff, K. R., & Ekwueme, D. U. (2018, June 20). Systematic review of healthcare costs related to mental health conditions among cancer survivors. Expert Review of Pharmacoeconomics & Outcomes Research. Retrieved January 12, 2022, from

<https://www.tandfonline.com/doi/abs/10.1080/14737167.2018.1485097>

Palmer, S., Tubbs, I., & Whybrow, A. (2014, March 10). Health coaching to facilitate the promotion of healthy behaviour and achievement of health-related goals. Taylor & Francis. Retrieved January 14, 2022, from

<https://www.tandfonline.com/doi/abs/10.1080/14635240.2003.10806231>

Satin, J. R., Linden, W., & Phillips, M. J. (2009, September 14). Depression as a predictor of disease progression and mortality in cancer patients. American Cancer Society Journals. Retrieved January 23, 2022, from

<https://acsjournals.onlinelibrary.wiley.com/doi/full/10.1002/cncr.24561>

Schulman-Green, D., Jaser, S., Martin, F., Alonzo, A., Grey, M., McCorkle, R., Redeker, N. S., Reynolds, N., & Whittemore, R. (2012, May 2). Processes of self-management in chronic illness. Journal of nursing scholarship: an official publication of Sigma Theta Tau International Honor Society of Nursing. Retrieved January 5, 2022, from

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3366425/>

Wang, X., Wang, N., Zhong, L., Wang, S., Zheng, Y., Yang, B., Zhang, J., Lin, Y., & Wang, Z. (2020, August 20). Prognostic value of depression and anxiety on breast cancer recurrence and mortality: A systematic review and meta-analysis of 282,203 patients.

Nature Publishing Group. Retrieved January 2, 2022, from

<https://www.nature.com/articles/s41380-020-00865-6>

2018 Physical Activity Guidelines Advisory Committee. [2018 Physical Activity Guidelines Advisory Committee Scientific Report](#). Washington, DC: U.S. Department of Health and Human Services, 2018.

McTiernan A, Friedenreich CM, Katzmarzyk PT, et al. Physical activity in cancer prevention and survival: A systematic review. *Medicine and Science in Sports and Exercise* 2019; 51(6):1252-1261.

Rezende LFM, Sá TH, Markozannes G, et al. Physical activity and cancer: an umbrella review of the literature including 22 major anatomical sites and 770 000 cancer cases. *British Journal of Sports Medicine* 2018; 52(13):826-833.

Patel AV, Friedenreich CM, Moore SC, et al. American College of Sports Medicine Roundtable Report on physical activity, sedentary behavior, and cancer prevention and control. *Medicine and Science in Sports and Exercise* 2019; 51(11):2391-2402.

Keimling M, Behrens G, Schmid D, Jochem C, Leitzmann MF. The association between physical activity and bladder cancer: systematic review and meta-analysis. *British Journal of Cancer* 2014; 110(7):1862-1870.

Moore SC, Lee IM, Weiderpass E, et al. Association of leisure-time physical activity with risk of 26 types of cancer in 1.44 million adults. *JAMA Internal Medicine* 2016; 176(6):816-825.

Pizot C, Boniol M, Mullie P, et al. Physical activity, hormone replacement therapy and breast cancer risk: A meta-analysis of prospective studies. *European Journal of Cancer* 2016; 52:138-154.

Hardefeldt PJ, Penninkilampi R, Edirimanne S, Eslick GD. Physical activity and weight loss reduce the risk of breast cancer: A meta-analysis of 139 prospective and retrospective studies. *Clinical Breast Cancer* 2018; 18(4):e601-e612.

Eliassen AH, Hankinson SE, Rosner B, Holmes MD, Willett WC. Physical activity and risk of breast cancer among postmenopausal women. *Archives of Internal Medicine* 2010; 170(19):1758-1764.

Fournier A, Dos Santos G, Guillas G, et al. Recent recreational physical activity and breast cancer risk in postmenopausal women in the E3N cohort. *Cancer Epidemiology, Biomarkers & Prevention* 2014; 23(9):1893-1902.

Liu L, Shi Y, Li T, et al. Leisure time physical activity and cancer risk: evaluation of the WHO's recommendation based on 126 high-quality epidemiological studies. *British Journal of Sports Medicine* 2016; 50(6):372-378.

Schmid D, Behrens G, Keimling M, et al. A systematic review and meta-analysis of physical activity and endometrial cancer risk. *European Journal of Epidemiology* 2015; 30(5):397-412.

Du M, Kraft P, Eliassen AH, et al. Physical activity and risk of endometrial adenocarcinoma in the Nurses' Health Study. *International Journal of Cancer* 2014; 134(11):2707-2716.

Friedenreich C, Cust A, Lahmann PH, et al. Physical activity and risk of endometrial cancer: The European prospective investigation into cancer and nutrition. *International Journal of Cancer* 2007; 121(2):347-355.

Borch KB, Weiderpass E, Braaten T, et al. Physical activity and risk of endometrial cancer in the Norwegian Women and Cancer (NOWAC) study. *International Journal of Cancer* 2017; 140(8):1809-1818.

Behrens G, Jochem C, Keimling M, et al. The association between physical activity and gastroesophageal cancer: systematic review and meta-analysis. *European Journal of Epidemiology* 2014; 29(3):151-170.

Behrens G, Leitzmann MF. The association between physical activity and renal cancer: systematic review and meta-analysis. *British Journal of Cancer* 2013; 108(4):798-811.

Psaltopoulou T, Ntanasis-Stathopoulos I, Tzanninis IG, et al. Physical activity and gastric cancer risk: A systematic review and meta-analysis. *Clinical Journal of Sports Medicine* 2016; 26(6):445-464.

Schmid D, Ricci C, Behrens G, Leitzmann MF. Does smoking influence the physical activity and lung cancer relation? A systematic review and meta-analysis. *European Journal of Epidemiology* 2016; 31(12):1173-1190.

Winzer BM, Whiteman DC, Reeves MM, Paratz JD. Physical activity and cancer prevention: a systematic review of clinical trials. *Cancer Causes and Control* 2011; 22(6):811-826.

Wertheim BC, Martinez ME, Ashbeck EL, et al. Physical activity as a determinant of fecal bile acid levels. *Cancer Epidemiology, Biomarkers & Prevention* 2009; 18(5):1591-1598.

Bernstein H, Bernstein C, Payne CM, Dvorakova K, Garewal H. Bile acids as carcinogens in human gastrointestinal cancers. *Mutation Research* 2005; 589(1):47-65.

Schmid D, Leitzmann MF. Association between physical activity and mortality among breast cancer and colorectal cancer survivors: a systematic review and meta-analysis. *Annals of Oncology* 2014; 25(7):1293-1311.

Biswas A, Oh PI, Faulkner GE, et al. Sedentary time and its association with risk for disease incidence, mortality, and hospitalization in adults: a systematic review and meta-analysis. *Annals of Internal Medicine* 2015; 162(2):123-132.

Patel AV, Hildebrand JS, Campbell PT, et al. Leisure-time spent sitting and site-specific cancer incidence in a large U.S. cohort. *Cancer Epidemiology, Biomarkers & Prevention* 2015; 24(9):1350-1359.

Campbell KL, Winters-Stone KM, Wiskemann J, et al. Exercise guidelines for cancer survivors: Consensus statement from International Multidisciplinary Roundtable. *Medicine and Science in Sports and Exercise* 2019; 51(11):2375-2390.

Schmitz KH, Campbell AM, Stuiver MM, et al. Exercise is medicine in oncology: Engaging clinicians to help patients move through cancer. *CA: A Cancer Journal for Clinicians* 2019; 69(6):468-484.

Spei ME, Samoli E, Bravi F, et al. Physical activity in breast cancer survivors: A systematic review and meta-analysis on overall and breast cancer survival. *Breast* 2019; 44:144-152.
Courneya KS, Booth CM, Gill S, et al. *Curr Oncol*. The Colon Health and Life-Long Exercise Change trial: a randomized trial of the National Cancer Institute of Canada Clinical Trials Group. *Current Oncology* 2008; 15(6):279-285.

Newton RU, Kenfield SA, Hart NH, et al. Intense exercise for survival among men with metastatic castrate-resistant prostate cancer (INTERVAL-GAP4): a multicentre, randomised, controlled phase III study protocol. *BMJ Open* 2018; 8(5):e022899.

The ACS Medical and Editorial Content Team. (n.d.). Impact of attitudes and feelings on cancer.

American Cancer Society. Retrieved January 11, 2022, from <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/coping/attitudes-and-feelings-about-cancer.html>

Cell Press. (2019, September 23). Empowering cancer patients to shift their mindsets could improve care, researchers argue. Science Daily. Retrieved January 21, 2022, from <https://www.sciencedaily.com/releases/2019/09/190923111233.htm>

Cohut, M. (2019, February 29). How chronic stress boosts cancer cell growth. Medical News Today. Retrieved January 10, 2022, from <https://www.medicalnewstoday.com/articles/324540>

Dai, S., Mo, Y., Wang, Y., Xiang, B., Liao, Q., Zhou, M., Li, X., Li, Y., Xiong, W., Li, G., Guo, C., & Zeng, Z. (2020, August 19). Chronic stress promotes cancer development. *Frontiers in Oncology*. Retrieved January 14, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7466429/>

Heid, M. (2014, November 13). How stress affects cancer risk. MD Anderson Cancer Center. Retrieved January 15, 2022, from <https://www.mdanderson.org/publications/focused-on-health/how-stress-affects-cancer-risk.h21-1589046.html>

National Institutes of Health (NIH). (2021, January 14). Study suggests link between stress, cancer returning. National Cancer Institute. Retrieved January 30, 2022, from <https://www.cancer.gov/news-events/cancer-currents-blog/2021/cancer-returning-stress-hormones>

National Institutes of Health (NIH). (n.d.). Physical activity and cancer fact sheet. National Cancer Institute. Retrieved January 8, 2022, from <https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet>

National Institutes of Health. (2021, November 23). Feelings and cancer. National Cancer Institute. Retrieved January 12, 2022, from <https://www.cancer.gov/about-cancer/coping/feelings>

Sklar, L. S., & Anisman, H. (1981). Apa PsycNet. APA Psych Net. Retrieved January 8, 2022, from <https://psycnet.apa.org/record/1981-21620-001>

Spiegel, D. (2012, June). Mind matters in cancer survival. *Psycho-oncology*. Retrieved January 8, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3370072/>

Humpel N, Magee C, Jones SC. The impact of a cancer diagnosis on the health behaviors of cancer survivors and their family and friends. *Support Care Cancer*. 2007 Jun;15(6):621- 630. doi: 10.1007/s00520-006-0207-6. Epub 2007 Jan 5. PMID: 17205274.

Bennett, G. (1992). Miller, W. R. and Rollnick, S. (1991) motivational interviewing: Preparing people to change addictive behavior. New York: Guilford Press, 1991. pp. XVII + 348. £24.95 hardback, £11.50 paper. ISBN 0-89862-566-1. *Journal of Community & Applied Social Psychology*, 2(4), 299-300. <https://doi.org/10.1002/casp.2450020410>

Cohen, R. M. (2004). *Blindsided lifting a life above illness*. Harper.

Department of Psychological & Brain Sciences. (2021, October). Above and beyond cancer: A novel approach to growth and... : Journal of Psychosocial Oncology Research and Practice. Wolters Kluwer. Retrieved February 2, 2022, from https://journals.lww.com/jporp/Fulltext/2021/12000/Above_and_beyond_cancer_a_novel_approach_to.6.aspx

MaryAnn Jones, A.-C. F. H. C. (2020, February 11). Health coaching examples of change: Health coaching in action: Chris Kresser. Kresser Institute. Retrieved February 7, 2022, from <https://kresserinstitute.com/health-coaching-examples-of-change-health-coaching-in-action/>

Mukherjee, S. (2012). The emperor of all maladies: A biography of cancer. Gale, Cengage Learning.

O'Donnell, D. (n.d.). Stages of change model. Encyclopedia of Substance Abuse Prevention, Treatment, & Recovery. <https://doi.org/10.4135/9781412964500.n296>

Perlman, A. I., & Abu Dabrh, A. M. (2020, September 21). Health and wellness coaching in serving the needs of today's patients: A Primer for Healthcare Professionals. Global advances in health and medicine. Retrieved February 7, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7509728/>

Prochaska, J. O., & Velicer, W. F. (2012, September). The transtheoretical model of Health Behavior Change. American journal of health promotion : AJHP. Retrieved February 1, 2022, from <https://pubmed.ncbi.nlm.nih.gov/10170434/#:~:text=The%20transtheoretical%20model%20oposits%20that,action%2C%20maintenance%2C%20and%20termination.>

Skeath, P., & Berger, A. (2017, July 11). "living in the moment" among cancer survivors who report life-transforming change. Annals of Palliative Medicine. Retrieved February 7, 2022, from <https://apm.amegroups.com/article/view/15536/15648>

Clear, J. (2019). Atomic habits an Easy & proven way to build Good Habits & Break Bad Ones. Penguin Random House Publishing Group.

Franklin, M. (2019). The heart of laser-focused coaching: A revolutionary approach to masterful coaching. Thomas Noble Books.

Sutton, J. (2021, December 6). The art of coping: Strategies and skills to help your clients Cope.

PositivePsychology.com. Retrieved March 6, 2022, from <https://positivepsychology.com/coping-strategies-skills/>

University of California Berkeley. (n.d.). The science of a meaningful life. Greater Good Science Center.

Retrieved March 1, 2022, from <https://greatergood.berkeley.edu/>

Marshall, S.J., & Biddle, S.J.H. 2001. The transtheoretical model of behavior change: A meta-analysis of applications to physical activity and exercise. Annals of Behavioral Medicine, 23 (4), 229–46.

Prochaska, J.J., Spring, B., & Nigg, C.R. 2008. Multiple health behavior change research: An introduction and overview. *Preventive Medicine*, 46 (3), 181–88.

Digate Muth, N. (2019). Chapter 2: Emotional Intelligence. In *Coaching behavior change: Develop practical skills to facilitate long-term behavior change* (pp. 15–24). essay, American Council on Exercise.

Moore, C. (2022, February 5). 119+ appreciative inquiry interview questions and examples.

PositivePsychology.com. Retrieved March 2, 2022, from <https://positivepsychology.com/appreciative-inquiry-questions/>

Moore, M., Jackson, E., & Tschannen-Moran, B. (2016). *Coaching psychology manual*. Wolters Kluwer.

Rollnick, S., Miller, W. R., & Butler, C. C. (2008). *Motivational interviewing in health care: Helping patients change behavior*. The Guilford Press.

Scott-Dixon, K., & Andrews, R. (2021, October 29). Effective coach talk: What to say to clients and why it matters. *Precision Nutrition*. Retrieved March 2, 2022, from <https://www.precisionnutrition.com/effective-coach-talk>

Braunstein, A., Li Y., Hirschland, D., McDonald, T., & Edington, D.W. (2001, July/August). Internal associations among health-risk factors and risk prevalence. *American Journal of Health Behavior*. July/August 2001, 25(4).

Frisch, M.B. (2006). *Quality of Life Therapy: Applying a life satisfaction approach to positive psychology and cognitive therapy*. Hoboken, NJ: John Wiley and Sons.

Gustafson, D.H. (1987). Health risk appraisal: its role in health services research. *Health Serv Res*, 22, 453-465.

Knowles, M.S., Holton, E.F., & Swanson, R.A. (2005). *The adult learner: The definitive classic in adult education and human resource Development*. (6th Ed.) Burlington, MA: Elsevier.

Loehr, J., & Schwartz, T. (2003). *The power of full engagement: Managing energy, not time, is the key to high performance and personal renewal*, New York: The Free Press.

Orem, S.L., Binkert, J. & Clancy, A.L. (2007) *Appreciative coaching: A positive process for change*. San Francisco: Jossey-Bass, 2007.

Seligman, M. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. New York The Free Press.

Franklin, M. (2019). *The heart of laser-focused coaching: A revolutionary approach to masterful coaching*. Thomas Noble Books.

LaPorte, R., & Nath, R. (1976). Role of performance goals in prose learning. *Journal of Educational Psychology*, 68, 260–264.

Locke, E. A. & Lathan, G. P. (2002) Building a Practically Useful Theory of Goal Setting and Task Motivation: A 35-Year Odyssey American Psychologist, Sept, 705-717

Scharmer, C.O. (2007) Theory U: Leading from the Future as it Emerges. Cambridge, MA: SoL, the Society for Organizational Learning.

Smith, P.B., MacFarlane, M., & Kalnitsky E. (2002). The complete idiot's guide to wellness. New York: Alpha Books

Clear, J. (2019). Atomic habits an Easy & proven way to build Good Habits & Break Bad Ones. Penguin Random House Publishing Group.

Eccles, G. (2020, September 20). Emotional coping strategies to gain greater control over your life. One Life Counseling Coaching. Retrieved February 6, 2022, from <https://onelifecounselingcoaching.com/blog/emotional-coping-strategies-gain-greater-control-over-your-life/>

Franklin, M. (2019). The heart of laser-focused coaching: A revolutionary approach to masterful coaching. Thomas Noble Books.

Sutton, J. (2021, December 6). The art of coping: Strategies and skills to help your clients Cope.

PositivePsychology.com. Retrieved March 6, 2022, from <https://positivepsychology.com/coping-strategies-skills/>

University of California Berkeley. (n.d.). The science of a meaningful life. Greater Good Science Center.

Retrieved March 1, 2022, from <https://greatergood.berkeley.edu/>

van Zyl, L. E., Roll, L. C., Stander, M. W., & Richter, S. (1AD, January 1). Positive psychological coaching definitions and models: A systematic literature review. Frontiers in Psychology. Retrieved March 4, 2022, from <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00793/full>

Boscatto, E.C., Duarte, M.F.S., & Gomes, M.A. 2011. Stages of behavior change and physical activity barriers in morbid obese subjects. Revista Brasileira de Cineantropometria e

Desempenho Humano, 13 (5), 329–34.

CDC (Centers for Disease Control and Prevention). 2017. Physical inactivity: What's the problem?

Accessed Oct. 3, 2018: cdc.gov/healthcommunication/toolstemplates/entertainment/tips/PhysicalInactivity.html.

Hagger, M.S., & Chatzisarantis, N.L.D. 2014. An integrated behavior change model for physical activity

Exercise and Sport Sciences Reviews, 42 (2), 62–69.

Hales, C.M., et al. 2017. Prevalence of obesity among adults and youth: United States, 2015–2016. NCHS Data Brief No. 288. Hyattsville, MD: National Center for Health Statistics.

Kirschenbaum, D. 2014. NASM Behavior Change Specialist Course.

Laranjo, L., et al. 2015. The influence of social networking sites on health behavior change: A systematic review and meta-analysis. *Journal of the American Medical Informatics Association*, 22 (1), 243– 56.

Lee, C.G., et al. 2018. Social cognitive theory and physical activity among Korean male high-school students. *American Journal of Men's Health*, 12 (4), 973–80.

Marshall, S.J., & Biddle, S.J.H. 2001. The transtheoretical model of behavior change: A meta-analysis of applications to physical activity and exercise. *Annals of Behavioral Medicine*, 23 (4), 229–46.

Mayo Clinic. 2018. Cognitive behavioral therapy. Accessed Oct. 3, 2018: [mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610](https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610).

McMain, S., et al. 2015. Cognitive behavioral therapy: Current status and future research directions.

Psychotherapy Research, 25 (3), 321–29.

Michie, S., et al. 2018. Evaluating the effectiveness of behavior change techniques in health-related behavior: A scoping review of methods used. *Translational Behavioral Medicine*, 8 (2), 212–24.

Palmer, S. 2012. Multimodal coaching and its application to workplace, life and health coaching.

Coaching Psychologi, 2 (1), 91–98.

Prochaska, J.J., Spring, B., & Nigg, C.R. 2008. Multiple health behavior change research: An introduction and overview. *Preventive Medicine*, 46 (3), 181–88.

St. Quinton, T. 2017. The 'scientific' approach for the physical activity behavior change. *Journal of Physical Education and Sport*, 17 (2), 722–29.

Teixeira, P.J., & Marques, M.M. 2017. Health behavior change for obesity management. *Obesity Facts*, 10 (6), 666–73.

Tenenbaum, G., & Eklund, R.C. 2014. *Encyclopedia of Sport and Exercise Psychology*. Los Angeles: SAGE Publications.

ACS (American Cancer Society). 2017. More than 4 in 10 cancers and cancer deaths linked to modifiable risk factors. Accessed Oct. 3, 2018: [cancer.org/latest-news/more-than-4-in-10-cancers-and-cancer-deaths-linked-to-modifiable-risk-factors.html](https://www.cancer.org/latest-news/more-than-4-in-10-cancers-and-cancer-deaths-linked-to-modifiable-risk-factors.html).

- Armstrong, M.J., et al. 2013. Motivational interviewing-based exercise counselling promotes maintenance of physical activity in people with type 2 diabetes. *Canadian Journal of Diabetes*, 37 (4, Suppl.), S3.
- Bandura, A. 2004. Health promotion by social cognitive means. *Health Education & Behavior*, 31 (2), 143–64.
- Christie, D., & Channon, S. 2014. The potential for motivational interviewing to improve outcomes in the management of diabetes and obesity in paediatric and adult populations: A clinical review. *Diabetes, Obesity & Metabolism*, 16 (5), 381–87.
- Glanz, K., & Bishop, D.B. 2010. The role of behavioral science theory in development and implementation of public health interventions. *Annual Review of Public Health*, 31 (1), 399–418.
- Green, L.W., & Kreuter, M.W. 2005. *Health Promotion Planning: An Educational and Ecological Approach* (4th ed.). New York: McGraw-Hill.
- Hagger, M.S., & Chatzisarantis, N.L.D. 2014. An integrated behavior change model for physical activity. *Exercise and Sport Sciences Reviews*, 42 (2), 62–69.
- Hall, K., Gibbie, T., & Lubman, D.I. 2012. Motivational interviewing techniques: Facilitating behaviour change in the general practice setting. *Australian Family Physician*, 41 (9), 660–67.
- Jones, C.J., Smith, H., & Llewellyn, C. 2014. Evaluating the effectiveness of health belief model interventions in improving adherence: A systematic review. *Health Psychology Review*, 8 (3), 253–69.
- Kirschenbaum, D. 2014. NASM Behavior Change Specialist Course.
- Marshall, S.J., & Biddle, S.J.H. 2001. The transtheoretical model of behavior change: A meta-analysis of applications to physical activity and exercise. *Annals of Behavioral Medicine*, 23 (4), 229–46.
- Mayo Clinic. 2018. Cognitive behavioral therapy. Accessed Oct. 3, 2018: [mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610](https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610).
- McMain, S., et al. 2015. Cognitive behavioral therapy: Current status and future research directions. *Psychotherapy Research*, 25 (3), 321–29.
- Michie, S., et al. 2018. Evaluating the effectiveness of behavior change techniques in health-related behavior: A scoping review of methods used. *Translational Behavioral Medicine*, 8 (2), 212–24.
- Prochaska, J.J., Spring, B., & Nigg, C.R. 2008. Multiple health behavior change research: An introduction and overview. *Preventive Medicine*, 46 (3), 181–8