CV

Paquito BERNARD, Research Institute of Health, Environment and Work

2025

Paquito BERNARD, PhD

Researcher

- Research Institute of Health, Environment and Work / Institut de recherche en santé, environnement et travail (IRSET)
- French Institute of Health and Medical Research / Institut national de la santé et de la recherche médicale
- Junior Professor Chair *Exposome and chronic diseases*

@ paquito.bernard@inserm.fr

Google scholar

Previous professional experiences

2023–2024 **Visiting Professor**, University of Limerick, Ireland

2016–2024 **Associate Professor**, Department of physical activity sciences, Université du Québec à Montréal, Canada

2016–2024 **Researcher**, Research center - Institut Universitaire de Santé Mentale à Montréal, Canada

Education

2025 **Habilitation à diriger des recherches (Santé publique)**, Université de Rennes.

Changer les comportements et améliorer la santé mentale (pour une meilleure résilience climatique)

2014–2016 **Postdoctoral researcher**, University Laval Cancer Research Center, School of Psychology, Québec city, Canada

2012 **PhD Physical Activity Sciences**, University of Montpellier, France

Representative publications

1. Chevance G, Minor K, Vielma C, Campi E, O'Callaghan-Gordo C, Basagana X, Ballester J,Bernard P.A systematic review of ambient heat and sleep in a warming climate(2024). Sleep Medicine Reviews

2. Chevance G, Fresan U, Hekler E, Edmondson D, Lloyd, Ballester J, Litt J, Araujo-Soares V,Bernard P.Thinking health-related behaviors in a climate change context: A narrative review.(2022) Annals of Behavioral Medicine.

3. Bernard P.Health psychology at the age of Anthropocene (2019). Health Psychology & Behavioral Medicine

4. Bernard P, Chevance G, Kingsbury C, Moliniers V, Baillot A, Romain AJ, Gadais T, Dancause K.Climate change, physical activity and sport: a systematic review (2021). Sports Medicine

5. Gervais J, Kingsbury C, Lapointe J, Lanza K, Boiché J,Bernard P. It's snowing? Keep on rolling! Individual determinants of winter cycling in Québec. Active Transport Studies.

6. Pitois L, Chevance L, Green J, Benmarhnia T, Gadais T, Bernard P. Understanding urban climate-resilient cyclists: A solution to reducing individual motorized transport (2025). Plos Climate
7. Moutet L,Bernard P, Green R, Milner J, Haines A, Slama R, Temime L, Jean K. The public health co-benefits of strategies toward net-zero emissions: a systematic review of quantitative studies. (2025) Lancet Planetary Health.

8. Chevance G, Bourne J, Foley L, Green J, Sundfør A, Aslak F, Bernard P. E-bikes and travel behaviour change : Systematic review of experimental studies with meta-analyses (2025). Transport Reviews

Knowledge translation

Blog

Avuer *blog* - Presentation of scientific publications about physical activity, climate change, psychology and health (>360 articles, created in 2008)

Comitee

2025-2027 – International board of National Recommendations for physical activity and physical activity promotion in Germany (International Board Member)

2023 - Royal Netherlands Academy of Arts and Sciences - Planetary Health. An emerging field to be developed

2022 - Canadian cancer society – Smoking cessation for young adults with severe mental illness (SMAT 2.0)

2022 – Equiterre – E-bike promotion in Quebec