

SBM Biosketch: Claudio R. Nigg, PhD, FSBM

01/13/2025

Professor Dr. Claudio R. Nigg is the Head of the Health Science Department at the Institute of Sport Science, University of Bern, Switzerland. He received his education in Psychology (BA) and Kinesiology (MA) from the University of Calgary and Psychology (PhD) from the University of Rhode Island. His research programs address: physical activity (PA) and multiple health behavior change (MHBC) theory, measurement, and intervention; large population intervention research; technology and health behavior change; obesity prevention in children and adolescents; PA promotion among seniors; and evidence-based clinical and community-based intervention dissemination. This research addresses diverse populations and age groups and incorporates local, national, and international collaborations (Publications: [Google Scholar](#)).

An active Society of Behavioral Medicine (SBM) member since 1997, Prof. Dr. Nigg has attended 25/27 annual conferences and is actively involved in three Special Interest Groups (SIGs): PA, MHBC and Multi-Morbidities (MHBCMM), and Theory and Techniques of Behavior Change Interventions (TTBCI). Over the years, he has contributed as an abstract reviewer, SBM track chair, and session chair, conference poster mentor, “Meet the Experts” PA SIG panelist, PA SIG Student Research Award Abstract Review Committee, while mentoring early-career researchers through the SBM Early Career Researcher (ECR) Mentoring Program, including the inaugural 2020 and the 2024 SBM-ECR cohorts.

His leadership includes serving on the SBM Board, as SIG Council Chair (2012–2015), and chairing the MHBC SIG twice (2007–2011 and 2017–2019). He also contributed to the SBM Press Release Task Force, Annual Conference Press Release Committee, and 2013–2015 Program Committee. As MHBC SIG Chair he co-edited a landmark special issue on the state of MHBC science (Prochaska, Spring, Nigg, 2008, [10.1016/j.ypped.2008.02.001](https://doi.org/10.1016/j.ypped.2008.02.001)). As SIG Council Chair, he co-edited a special issue on the future of behavioral medicine from the SBM SIG’s perspective (Nigg, Jake-Schoffman, & Janke, 2017, <https://doi.org/10.1007/s10865-016-9817-8>), including a highly cited PA SIG article (which he co-authored with several SBM members), with an updated version recently invited for publication.

Prof. Dr. Nigg’s editorial contributions include serving on the *Translational Behavioral Medicine* Editorial Board since 2010 and reviewing for *Annals of Behavioral Medicine*. He also participated in a 2020 panel on PA measurement and contributed to the 2018 SBM opioid crisis position statement.

His dedication to SBM has earned him numerous honors, including SBM Fellow (2010), Early Career Investigator Award (2007), C. Tracy Orleans Distinguished Service Award (2015), Research to Practice Award (2016), and Distinguished Mentorship Award (2024).