

# Curriculum Vitae – Dr Thomas Curran

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**Name:** Thomas Curran, BSc, MSc, PhD, CPsychol, FHEA

**D.O.B:** 30/06/1987

**Position:** Assistant Professor  
Department of Psychological and Behavioural Sciences  
London School of Economics and Political Science, UK

**Citizenship:** British  
Irish

**Institution:** London School of Economics and Political Science  
Houghton Street  
London  
WC2A 2AE  
UK  
Email: [t.curran@lse.ac.uk](mailto:t.curran@lse.ac.uk)  
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**Education:** 2014-2015: Postgraduate Certificate in Academic Practice  
Accreditation by the Higher Education Academy (HEA)  
University of Bath, Bath, UK.

2009-2014: PhD Social Psychology (research excellence award)  
University of Leeds, Leeds, UK.

2008-2009: MSc (by research) Social Psychology  
University of Bedfordshire, Bedford, UK.

2005-2008: BSc (Hons) Sport and Exercise Science  
De Montfort University, Leicester, UK.

## Employment

**Jul 19'-now:** London School of Economics and Political Science, UK  
Assistant Professor, Department of Psychological and Behavioural Sciences

**Sep 14'-Jun 19':** University of Bath, Bath, UK  
Lecturer, Department for Health

**Sep 13'-14':** University of Gloucestershire, Gloucester, UK.  
Research Fellow, Faculty of Applied Sciences.

**Sep 12'-13':** Victoria University, Melbourne, Australia.  
Research Officer, Institute of Sport, Exercise and Active Living.

**Jan-Sep 12':** York St John University, York, UK.  
Lecturer, Faculty of Health and Life Sciences.

**Sep 09'-Jan 12':** York St John University, York, UK.  
Visiting Lecturer, Faculty of Health and Life Sciences.

**Sep 08'-09':** University of Bedfordshire, Bedford, UK.  
Visiting Lecturer, School of Physical Education and Sport Sciences.

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## Professional accreditation

**December 17’:** Chartered Psychologist (British Psychological Society)  
(Membership number: 453317).

**April 16’:** Fellow of the Higher Education Academy (HEA)  
(Recognition reference: PR103620)

## Professional scholarly activities

**Sep 19’-now:** *Journal of Sport and Exercise Sciences*  
Associate Editor

**Jan 18’-Jul 20’:** *Scandinavian Journal of Medicine and Science in Sports*  
Editorial board member

## Ad-hoc reviewer for several international psychology journals

*Perspectives on Psychological Science, Motivation Science, Personality and Social Psychology Review, Motivation and Emotion, Journal of Personality, European Journal of Psychological Assessment, International Journal of Psychology, Journal of Sport and Exercise Psychology, Journal of Science and Medicine in Sport (among others).*

## Management roles and committee memberships at London School of Economics

**Sept 19’-now:** Member of the Undergraduate Studies Sub-Committee

## Professional industry activities

**Mar 15’-now:** Data analyst for ESPN™ (Disney™). I am consulted by ESPN™ to run data analyses on several projects, including:

- ESPN’s™ *Greatest Sporting Cities*. This is a yearly weighted composite indicator using UK survey data (populous) and other data extraction methods to rank UK cities on sporting success. See [here](#) for the 2018 ranking. The methodology, data analysis strategy, and report is available [here](#).
- ESPN™ and Intel’s *Luck Index*™. This project redraws the Premier League table based on ‘luck’ to determine the luckiest/unluckiest teams for any given season. It uses a Bayesian Mixed Model (adapted from [Baio & Blangiardo](#)) to predict score lines from time of incident. See [here](#) for the 2018 Luck Index. The methodology, data analysis strategy, and report is available [here](#).

## Research student supervision and examination

### Completed doctorate supervision

**Sept 15-Jul 19’:** Dr Gabriela Argumedo Garcia. Thesis title: “*Exploring opportunities for reducing obesity and promoting healthy lifestyles in adolescents in Mexico: learning from effective school-based interventions*”

**Jul 15’-Jun19’:** Dr Elizabeth Kaplunov. Thesis title: “*Enhancing health communication in the Deaf community*”

### Ongoing doctorate supervision

**Oct 14’-now:** Mr Dylan Blain. Thesis title: “*Physical literacy and self-determination theory*”

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## Completed masters by research supervision

**Sep 16'-Sep 17':** Miss Marianne Etherson. Thesis title: “*An ecological momentary assessment of perfectionistic vulnerability to appearance-related upward social comparison in social media*”

## Doctorate examination

**Mar 17':** Dr Ya-Hsin Lai Thesis title: “*Is parental attachment security contextual? Exploring context-specific child-parent attachment in relation to children’s psychological well/ill-being*” (University of Bath)

**Mar 17':** Dr Daniel Brown. Thesis title: “*Human Thriving: A Conceptualization, Understanding and Application to Sport*” (University of Bath)

**Oct 17':** Dr Hannah Wilkie. Thesis title: “*Understanding the correlates of objectively assessed physical activity in a sample of UK children*”. (University of Bath)

## Publications<sup>1</sup>

### Featured articles

\*Curran, T. & Hill, A. P. (2019). Perfectionism is increasing over time: A meta-analysis of birth cohort differences from 1989 to 2016. *Psychological Bulletin*, 145, 410-429. Open access, available [here](#).

- Mixed effects meta-regression.
- Perfectionism of college students found to be on the rise.
- Highest Altmetric score (986) of any paper published in *Psychological Bulletin*, reflecting widespread media coverage and impact through public outreach.

Hill, A. P., & Curran, T. (2016). Multidimensional Perfectionism and Burnout: A Meta-Analysis. *Personality and Social Psychology Review*, 20, 269-288. Pre-print available [here](#).

- Mixed effects meta-analysis.
- Perfectionism positively correlated with burnout symptoms in school, sport, and work.
- Top five percent Altmetric score (172) of all papers published in *Personality and Social Psychology Review*.

\*Curran, T., & Hill, A. P. (2022). Young people’s perceptions of their parents’ expectations and criticism are increasing over time: Implications for perfectionism. *Psychological Bulletin*, 148, 107–128. Open access, available [here](#).

- Mixed effects meta-regression.
- Parental expectations and criticism linked to perfectionism and rising over time.

### Published articles

Etherson, M. E., Curran, T., Smith, M. M., Sherry, S. B., & Hill, A. P. (2022). Perfectionism as a vulnerability following appearance-focussed social comparison: A multi-wave study with female adolescents. *Personality and Individual Differences*, 186, 111355.

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<sup>1</sup> Articles with an asterisk are those on which I conducted the data analyses.

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- Etherson, M. E., Smith, M. M., Hill, A. P., Sherry, S. B., **Curran, T.**, Flett, G. L., & Hewitt, P. L. (2022). Perfectionism, mattering, depressive symptoms, and suicide ideation in students: a test of the Perfectionism Social Disconnection Model. *Personality and individual differences*, 191, 111559.
- Blain, D. O., Standage, M., & **Curran, T.** (2022). Physical education in a post-COVID world: A blended-gamified approach. *European Physical Education Review*, 1356336X221080372.
- Ito-Jaeger, S., Perez Vallejos, E., **Curran, T.**, Spors, V., Long, Y., Liguori, A., ... & Crawford, P. (2021). Digital video interventions and mental health literacy among young people: a scoping review. *Journal of Mental Health*, 1-11.
- Madigan, D. J., & **Curran, T.** (2021). Does burnout affect academic achievement? A meta-analysis of over 100,000 students. *Educational Psychology Review*, 33(2), 387-405.
- Curran, T.**, Hill, A. P., Madigan, D. J., & Stornæs, A. V. (2020). A test of social learning and parent socialization perspectives on the development of perfectionism. *Personality and Individual Differences*, 160, 109925.
- Blain, D. O., **Curran, T.**, & Standage, M. (2020). Psychological and Behavioral Correlates of Early Adolescents' Physical Literacy. *Journal of Teaching in Physical Education*, 1(aop), 1-9.
- Crone, D. M., Sarkar, M., **Curran, T.**, Baker, C. M., Hill, D., Loughren, E. A., ... & Parker, A. (2020). Mental Health first aid for the UK Armed Forces. *Health Promotion International*, 35(1), 132-139.
- Madigan, D. J., **Curran, T.**, Stoeber, J. Hill, A. P., Smith, M., & Passfield, L. (2019). Development of Perfectionism in Junior Athletes: A Three-Sample Study of Coach and Parental Pressure. *Journal of Sport and Exercise Psychology*, 41, 167-175.
- \*McEwan, D., Boudreau, P., **Curran, T.**, & Rhodes, R. E. (2019). Personality Traits of High-Risk Sport Participants: A Meta-Analysis. *Journal of Research in Personality*, 79, 83-93.
- Hill, A. P. & **Curran, T.** (2019). A case for multiple pathways to increasing perfectionism: A response to Soenens and Vansteenkiste (2018). *Psychological Bulletin*, 145, 433-435.
- Curran, T.** & Hill, A. P. (2018). A test of perfectionistic vulnerability following competitive failure among college athletes. *Journal of Sport and Exercise Psychology*. Pre-print available [here](#).
- \***Curran, T.** (2018). Parental conditional regard and the development of perfectionism in adolescent athletes: The mediating role of competence contingent self-worth. *Sport, Exercise, and Performance Psychology*, 7, 284-296.
- \*Sylvester, B. D., **Curran, T.**, Standage, M., Sabiston, C. M. & Beauchamp, M. R. (2018). Predicting exercise motivation and exercise behavior: A moderated mediation model testing the interaction between perceived variety and basic psychological needs satisfaction in exercise. *Psychology of Sport & Exercise*, 36, 50-56.
- \***Curran, T.**, Hill, A. P., & Williams, L. J. (2017). The relationships between parental conditional regard and adolescents' self-critical and narcissistic perfectionism. *Personality and Individual Differences*, 109, 17-22.
- Jowett, G. E., Hill, A. P., Hall, H. K., & **Curran, T.** (2016). Perfectionism, burnout and engagement in youth sport: The mediating role of basic psychological needs. *Psychology of Sport & Exercise Psychology*, 24, 18-26.
- \***Curran, T.**, Hill, A. P., Ntoumanis, N., Hall, H. K., & Jowett, G. E. (2016). A three-wave longitudinal test of self-determination theory's mediation model of engagement and disaffection in youth sport. *Journal of Sport and Exercise Psychology*, 38, 15-29.

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\*Van Rens, F., Borkoles, E., Farrow, D., **Curran, T.**, & Polman, R. (2016). Development and Initial Validation of the Role Strain Questionnaire for Junior Athletes (RSQ-JA). *Psychology of Sport & Exercise*, 24, 168-178.

\***Curran, T.**, Hill, A. P., Appleton, P. R., Vallerand, R. J. & Standage, M. (2015). The psychology of passion: A meta-analytical review of a decade of research on intrapersonal outcomes. *Motivation and Emotion*, 39, 631-655.

Robertson, I. T., Cooper, C. L., Sarkar, M. & **Curran, T.** (2015). Resilience training in the workplace from 2003 to 2014: A systematic review. *Journal of Occupational and Organizational Psychology*, 88, 533-562.

\*Stenseng, F., Forest, J. & **Curran, T.** (2015). Passion and positive emotion in adult sport: The mediating role of belongingness. *Journal of Happiness Studies*, 15, 1117-1129.

\***Curran, T.**, Hill, A. P., Hall, H. K. & Jowett, G. E. (2015). Relationships between the coach-created motivational climate and athlete engagement in youth sport. *Journal of Sport and Exercise Psychology*, 37, 193-198.

Jowett, G. E., Hill, A. P., Hall, H. K., & **Curran, T.** (2013). Perfectionism and Junior Athlete Burnout: The Mediating Role of Autonomous and Controlled Motivation. *Sport, Exercise, and Performance Psychology*, 2, 48-61.

\***Curran, T.**, Appleton P. R., Hill, A. P., & Hall, H. K., (2013). The mediating role of psychological need satisfaction in relationships between types of passion for sport and athlete burnout. *Journal of Sport Sciences*, 31, 597-606.

\***Curran, T.**, Hill, A. P., & Niemiec, C. P. (2013). A conditional process model of children's behavioural engagement and behavioural disaffection in sport based on self-determination theory. *Journal of Sport and Exercise Psychology*. 35, 30-43.

\***Curran, T.**, Appleton, P. R., Hill, A. P. & Hall, H. K. (2011) Passion and burnout in elite junior soccer players: The mediating role of self-determined motivation. *Psychology of Sport and Exercise*, 12, 655-661.

### Invited special issue articles

**Curran, T.**, & Standage, M. (2017). Psychological Needs and the Quality of Student Engagement in Physical Education: Teachers as Key Facilitators. *Journal of Teaching in Physical Education: Special Issue on Student Motivation*, 36, 262-276.

\***Curran, T.**, Hill, A. P., Jowett, G. E. & Mallinson, S. H. (2014). The relationship between multidimensional perfectionism and passion in junior athletes. *International Journal of Sport Psychology: Special Issue on Perfectionism in Sport and Dance*, 45, 369-384.

\***Curran, T.**, Hill, A. P., Hall, H.K., & Jowett, G. E. (2014). Perceived coach behaviours and athletes' engagement and disaffection in youth sport: The mediating role of the psychological needs. *International Journal of Sport Psychology: Special Issue on Building Bridges between Motivation and Self-Regulation in Sport, Exercise and Physical Education*, 45, 559-580.

### Book chapters

**Curran, T.** & Williams, T. L. (2020). Meta-Analysis and Meta-Synthesis. In D. Hackfort & Schinke, R. (Eds.), *International Encyclopaedia of Sport and Exercise Psychology*. London: Routledge.

**Curran, T.** & Sabiston, C. M. (section Eds., 2020). Measurement and Evaluation. In D. Hackfort & Schinke, R. (Eds.), *International Encyclopaedia of Sport and Exercise Psychology*. London: Routledge.

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Madigan, D. J., Hill, A. P., Mallinson-Howard, S. H., **Curran, T.**, & Jowett, G. E. (2018). Perfectionism in sport and performance. In E. Acevedo (Ed.), *Oxford Research Encyclopaedia, Psychology*. Oxford: Oxford University Press.

Standage, M., **Curran, T.**, & Rouse, P. C. (2018). Self-Determination-Based Theories of Sport, Exercise, and Physical Activity Motivation. In Horn, T. S., & Smith, A. L. (Eds.), *Advances in Sport and Exercise Psychology* (4th Edition). Champaign: Human Kinetics.

Appleton, P. R. & **Curran, T.** (2016). The origins of perfectionism in sport, dance, and exercise: an introduction to the conceptual model of perfectionism development. In Hill, A. P. (Ed.), *The Psychology of Perfectionism in Sport, Dance and Exercise* (pp. 57-82). London: Routledge.

## Books

**Curran, T.** (2023). *The Perfection Trap*. Simon & Schuster (US), Penguin Cornerstone (UK)

## Lay articles

**Curran T.** & Hill, A. P. (January, 2018). Perfectionism is increasing and that's not good news. *Harvard Business Review*. Available [here](#).

**Curran T.** & Hill, A. P. (January, 2018). The rise of perfectionism is negatively affecting young people. *The World Economic Forum*. Available [here](#).

**Curran, T.** (January, 2018). The desire to be flawless: helping students cope with perfectionism. *Times Higher Education*. Available [here](#).

**Curran, T.** & Hill, A. P. (January, 2018). How perfectionism became a hidden epidemic among young people. *The Conversation*. Available [here](#).

**Curran, T.** & Hill, A. P. (July, 2015). Perfectionism and burn-out are close friends – best avoid them. *The Conversation*. Available [here](#).

## Presentations

### Select conference communications

**Curran, T.** (2018). *Parent conditional regard and the development of perfectionism in adolescent athletes: The mediating role of competence contingent self-worth*. The 51<sup>st</sup> annual North American Society for the Psychology of Sport and Physical Activity conference, Denver, USA, 21-23<sup>rd</sup> June. Oral presentation.

**Curran, T.** & Hill, A. P. (2017). *Is perfectionism rising over time? A meta-analysis of birth cohort differences from 1989 to 2015*. The 78<sup>th</sup> annual Canadian Psychological Association convention, Toronto, Canada, 8-10<sup>th</sup> June. Oral presentation.

**Curran, T.** & Hill, A. P. (2017). *A test of the diathesis-stress model of perfectionism following repeated interpersonal failure on a cycle ergometer task*. The 50<sup>th</sup> annual North American Society for the Psychology of Sport and Physical Activity conference, San Diego, USA, 4-7<sup>th</sup> June. Oral presentation.

**Curran, T.**, Hill, A. P., Hall, H. K., & Jowett, G. E. (2015). *A three-wave cross lagged panel test of self-determination theory's psychological needs-mediated model of engagement and disaffection in youth sport*. The 20<sup>th</sup> annual ECSS Conference book of abstracts, p. 17. Malmo, Sweden, 24-27<sup>th</sup> June. Oral presentation.



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**Curran, T.,** Hill, A. P., Hall, H. K., & Jowett, G. E. (2014). *Conditional regard antagonises the effect of structure on exhaustion in youth sports participants*. The 28<sup>th</sup> Internal Congress of Applied Psychology book of abstracts, p. 343. Paris, France, 9-13<sup>th</sup> July. Oral presentation.

**Curran, T.,** Hill, A. P., Hall, H. K., & Jowett, G. E. (2014). *Relationships between the coach-created motivational climate and athlete engagement in youth sport*. The 19<sup>th</sup> annual ECSS Conference book of abstracts, p. 25. Amsterdam, Netherlands, 2-5<sup>th</sup> July. Oral presentation.

**Curran, T.,** Hill, A.P., & Hall, H.K. (2013). *A longitudinal test of self-determination theory's motivation mediation model of engagement and disaffection in children's sport*. The 5<sup>th</sup> International Conference on Self-Determination Theory book of abstracts, p. 52-53. Rochester, USA, 27-30<sup>th</sup> June. Oral presentation.

**Curran, T.,** Hill, A.P., Hall, H.K., & Jowett, G.E. (2012). *Coach interpersonal style and behavioural engagement in youth soccer: A look at their indirect relation through basic psychological needs*. International Convention on Science, Education & Medicine in Sport (ICSEMIS) book of abstracts, p. 5. Glasgow, United Kingdom, 19-24 July. Oral presentation.

**Curran, T.** Hill, A. P. & Hall, H. K. (2011). *The mediating influence of ruminative cognition in the relationship between perfectionism and athlete burnout*. The 13<sup>th</sup> European Congress of Sport Psychology, Madeira, Portugal. Oral presentation.

### Invited communications

**Curran, T.** (2018, November). *Perfectionism*. TEDMED 2018, Palm Springs, USA.

**Curran, T.** (2018, November). *How perfectionism became an epidemic among young people*. The Architectural Association, London, UK.

**Curran, T.** (2018, October). *Perfectionism: The hidden epidemic and what we can do to overcome it*. SPARK44 Creative Agency, Birmingham, UK.

**Curran, T.** (2018, May). *Perfectionism: The hidden epidemic*. Faculty of Psychology and Educational Sciences, Ghent University, Belgium.

**Curran, T.** (2018, January). *Perfectionism: The hidden epidemic*. School of Psychology, University of Ottawa, Ontario, Canada.

**Curran, T.** (2017, December). *Perfectionism: The hidden epidemic and why sport is an ideal context to study it*. College of Life and Environmental Sciences, University of Exeter, Exeter, UK.

**Curran, T.** (2017, June). *The hidden epidemic: Rising perfectionism and why it matters*. Faculty of Kinesiology & Physical Education, University of Toronto, Ontario, Canada.

**Curran, T.** (2013, July). *Promoting adherence to youth sport and physical activity*. Institute of Sport, Exercise, and Active Living. Victoria University, Melbourne, Australia.

**Curran, T.** (2013, June). *Promoting adolescent physical activity*. Department of Psychology, LeHigh University, Pennsylvania, USA.

### Grants

**Successful grants and contract research totalling £1,383,295.89**

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Arts and Humanities Research Council (AHRC). Crawford, P., **Curran, T.**, Liguori, A. Perez, E., & Wilson, M. (2019). *What's Up With Alex (WUWA)? Animated Storytelling for Mental Health Literacy Among Young People*. Grant value: £996,476.00

Entertainment and Sports Programming Network (ESPN™). **Curran, T.** (2018). *The Luck Index 2019*. Contract value: £29,100.00.

Intel™ and Entertainment and Sports Programming Network (ESPN™). **Curran, T.** & Standage M. (2018). *The Luck Index 2018*. Contract value: £53,337.60.

University of Bath Teaching Development Fund. **Curran, T.** & Standage, M. (2018). *Overcoming Perfectionism: Developing and testing an individualized psychoeducational intervention for first year undergraduates*. Grant value: £9,985.25.

Entertainment and Sports Programming Network (ESPN™). **Curran, T.** & Standage M. (2018). *ESPN Sporting Cities 2018*. Contract value: £17,908.80.

Électricité de France (EDF). Standage, M., Bilzon, J., Gillison, F., & **Curran, T.** (2017). *Hinkley Point C Health and Wellbeing Provision*. Contract value: £82,842.00.

Entertainment and Sports Programming Network (ESPN™). **Curran, T.** & Standage M. (2017). *ESPN Sporting Cities 2017*. Contract value: £22,845.60.

Entertainment and Sports Programming Network (ESPN™). **Curran, T.** & Standage M. (2016). *ESPN Sporting Cities 2016*. Contract value: £19,776.00.

Health Education North West (HENW). Crone, D., Sarkar, M. Dickson, T., & **Curran, T.** (2015). *Evaluation of the Health Education North West Mental Health First Aid Programme*. Grant value: £5,000.00.

Entertainment and Sports Programming Network (ESPN™). Parker, A., Sarkar, M., **Curran, T.**, & Williams, S. (2015). *ESPN Sporting Cities 2015*. Contract value: £24,936.00.

SignHealth. Standage, M., Rouse, P., **Curran, T.**, & Bilzon, J. (2015). *Enhancing health communication in the Deaf community*. Grant value: £65,882.00.

The Soldiers, Sailors, Airmen and Families Association (SSAFA). Crone, D., Parker, A., **Curran, T.**, Sarkar, M., Loughren, E., & Baker, C. (2014). *Evaluation of Mental Health First Aid for the Armed Services Community*. Grant value: £48,662.14.

The British Psychological Society (BPS). **Curran, T.** (2012). *Postgraduate bursary award for the annual conference 2012*. Grant value: £215.00.

Bedford Physical Education Old Students' Association. **Curran, T.** (2010). *BPEOSA Educational Projects Fund*. Grant value: £329.50.

### Media and public outreach

#### Select broadcast media appearances

BBC Radio 4 Today Program (02/01/2018). *Invited guest to discuss my research on rising perfectionism*. Recording available [here](#).

BBC World Service (02/01/2018). *Invited guest to discuss my research on rising perfectionism*. Recording available [here](#).



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Global News Radio 640 Toronto (05/01/2018). *Invited guest on to discuss my research on rising perfectionism.* Recording available [here](#).

LBC James O'Brien (03/01/2018). *Guest on show, which featured my research on rising perfectionism.* Recording available [here](#).

BBC Radio Bristol (02/01/2018). *Invited guest on to discuss my research on rising perfectionism.* Recording available [here](#).

### Select print media coverage

The New York Times (24/11/2018, online). *Everything Is for Sale Now. Even Us.* Available [here](#).

The Guardian (21/11/2018, online). *Triathlons, ultramarathons and ambitious baking: why is modern leisure so competitive?* Available [here](#).

The Atlantic (05/11/2018, online). *The Problem With Being Perfect.* Available [here](#).

The Wall Street Journal (01/09/2018, online and in print). *The Perils of the Child Perfectionist.* Available [here](#).

The Guardian (17/07/2018, online and in print page 32). *The intolerable rise of perfectionism.* Available [here](#).

British Broadcasting Corporation (BBC; 23/02/2018, online). *The dangerous downsides of perfectionism.* Available [here](#).

The Toronto Star (30/01/2018, online). *Teens under pressure to be perfect now more than ever.* Available [here](#).

The New York Times (19/01/2018, online). *More College Students Seem to Be Majoring in Perfectionism.* Available [here](#).

Canadian Broadcasting Corporation (CBC; 13/01/2018, online). *Perfectionism is on the rise — and that's not good news.* Available [here](#).

Cable News Network (CNN; 09/01/2018, online). *The modern problem with pursuing perfection.* Available [here](#).

The Financial Times (06/01/2018, online and 07/01/2018, in print page 20). *Allow the young to embrace an imperfect new year.* Available [here](#).

The Daily Telegraph (03/01/2018, online and 04/01/2018, in print page 20). *What's behind this crippling plague of perfectionism?* Available [here](#).

The Guardian (05/01/2018, online). *Perfectionism is destroying the mental health of my millennial generation.* Available [here](#).

Fortune Magazine (04/01/2018, online). *Millennials Are Killing Yet Another Thing: Being Imperfect. And It's Not a Good Thing.* Available [here](#).

National Post (04/01/2018, online). *Students are feeling more pressure than ever to be perfectionists — and social media may be to blame.* Available [here](#).

USA Today (04/01/2018, online). *Millennials strive for perfectionism more than past generations, study says.* Available [here](#).

Columbia Broadcasting System (CBS; 04/01/2018, online and on screen). *The hidden epidemic of perfectionism in millennials.* Available [here](#).

New York Magazine (03/01/2018). *Millennials Are the Perfectionist Generation.* Available [here](#).

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The New York Post (03/01/2018, online and in print). *Millennials are total perfectionists, scientists say*. Available [here](#).

The Independent (01/09/2015, in print page 5). *Perfectionists being driven to burnout*.

The Daily Telegraph (01/09/2015, in print page 3). *Perfectionists are less likely to succeed*.

The Scotsman (01/09/2015, in print page 15). *Why you should stop striving for perfection*.

The Times (01/09/2015, online). *Relax, everyone: perfectionism isn't all it's cracked up to be*. Available [here](#).

New Zealand Herald (01/09/2015, online). *Are you a perfectionist in the office? Beware of burning out*. Available [here](#).

### Training

- 2016:** *Magnitude-based inferences* with Professor Will Hopkins at the University of Bath. This workshop demonstrated the analysis of datasets with various mixed models – providing training in Hopkins' novel approach to making inferences.
- 2010:** *Advanced research design* on the PhD research training programme at the University of Leeds. The course outlined the theory and practical application of advanced multivariable and multivariate statistics. Techniques included the use of syntax, data transformation, factor analysis (CFA & EFA), moderation and mediation, path analysis and structural equation modelling using AMOS, and multivariate analysis of variance.
- 2010:** *Advanced research methodology* on the PhD research training programme at the University of Leeds. The course explored the philosophical axioms on which orthodox scientific enquiry is based, how research design is situated within the larger scope of the historical, philosophical and theoretical aspects of science, and the relationship of scientific methods to scientific philosophy and paradigms.

### Scholarly awards

- Jun 18':** Journal of Sport and Exercise Psychology Reviewer of the Year 2018.
- Jan 15':** American Psychological Association (APA) Division 47 Dissertation Award.
- Mar 14':** University of Leeds PhD Thesis Research Excellence Award.