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# Dr Cecilie Thøgersen-Ntoumani PhD

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**School of Sport, Exercise and Rehabilitation Sciences (/schools/sport-exercise/index.aspx)**

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## About

(/university/colleges/les/research-gallery/cecilie-thogersen-ntoumani.aspx) Dr Cecilie Thøgersen-Ntoumani examines factors related to physical activity, well-being and performance in the workplace, motivational predictors of exercise adoption and adherence, mechanisms of well-being change through physical activity, and the role of self-presentation to adaptive and maladaptive health behaviours across the lifespan.

## Qualifications

- PhD (University of Bristol), 2003
- BSc Hons (University of Exeter), 1999
- Postgraduate certificate for Teaching in Higher Education, 2005

## Biography

Dr Cecilie Thøgersen-Ntoumani was born in Hørsholm in Denmark and moved to the UK to begin her studies in 1996. Having obtained her BSc (Hons.; 1st class) and PhD degrees from the Universities of Exeter and Bristol, respectively, Cecilie was appointed as a lecturer in sport and exercise psychology at the University of Aberystwyth (2002-2005). Subsequently, she relocated to the West Midlands, and following a research fellow position at the University of Wolverhampton, she was appointed as a RCUK Roberts Research Fellow at the University of Birmingham in December 2006.

## Teaching

Dr Thøgersen-Ntoumani is the module leader of the 3rd year optional Exercise Psychology module on the BSc in Sport and Exercise Sciences course, and teaches on the MSc in Sport and Exercise Sciences in the School of Sport, Exercise and Rehabilitation Sciences. She is an advocate of research-led teaching and uses teaching methods which facilitate problem-solving in her students

## Postgraduate supervision

Dr Cecilie Thøgersen-Ntoumani is supervising a number of PhD students:

- Julie Black (1st supervisor): Health and well-being in older workers 50+
- Saeng Park (co-supervisor): The role of psychological factors and the physical environment in physical activity promotion in older adults in assisted living facilities.
- Florence-Emilie Kinnafick (1st supervisor): The processes of physical activity engagement: From adoption to adherence. This student has now graduated.
- Gemma Pearce (1st supervisor): Changing Bodies: Symptoms, body image, health and well-being over the menopausal transition. This student has now graduated.
- Johan Ng (co-supervisor): Motivation for weight management behaviours: A Self-Determination Theory perspective. This student has now graduated.
- Kimberley Bartholomew (2nd supervisor): Controlling interpersonal styles and psychological need thwarting in sport. This student has now graduated.

Students interested in a PhD are directed to her **findAPhD (http://www.findaphd.com/search/showproject.asp?projectid=25079&theorder=2&location=&univ=&disc=allss&searchtype=b&keyword=&scip=2363&socp=235&socd=90&socf=6&pd=0&page=7)** page for available opportunities.

## Research

- Physical activity and well-being promotion in the workplace
- Physical activity and mental well-being
- Motivation processes in physical activity
- Physical activity and the physical self

### External funding

- Principal investigator: “Step by Step”: A feasibility study of the promotion of lunchtime walking to increase physical activity and improve mental well-being in sedentary employees (2009). Funded by the BUPA Foundation. Amount awarded: £83,203.
- Co-investigator: Comparing coach, parental and peer motivational climates in youth sport: Implications for well-being, performance, and moral attitudes (2008). Funded by the Nuffield Foundation. Amount awarded: £7,483.
- Co-investigator: Walking the Way to Health Wales, evaluation phase 1 (2005). Funded by the Countryside Council for Wales. Amount awarded: £11,816.
- Co-investigator: Calorie mapping and public perceptions of exercise in forests (2003). Funded by the Forestry Commission. Amount awarded: £11,175.
- Travel grant awarded by the British Academy to attend the 11th World Congress of Sport Psychology, Sydney, Australia (2005). Amount awarded: £800.
- Co-investigator: High intensity interval training: targeting the primary cause of physical inactivity. Funded by the BUPA Foundation (PI: Dr Chris Shaw).

## Other activities

Dr Cecilie Thøgersen-Ntoumani serves as an associate editor for the International Journal of Sport Psychology and is a regular reviewer for various international peer-reviewed journals. She also acts as an regular grant reviewer for the UK Research Councils, is an external MSc examiner, and is a member of the Workplace Advisory Group at the University of Birmingham. She has been interviewed for various large-distribution magazines. Finally, Dr Thøgersen-Ntoumani is currently joint Admissions Tutor for the BSc in Sport and Exercise Sciences.

## Publications


Kinnafick, F.- E.., Thøgersen-Ntoumani, C., & Duda, J. L. (in press). Physical activity adoption to adherence, lapse and drop-out: A self-determination theory perspective. *Qualitative Health Research.*

Kinnafick, F.- E., Thøgersen-Ntoumani, C., Duda, J. L., & Taylor, I. M. (2014). Sources of autonomy support, subjective vitality and physical activity behaviour associated with participation in a lunchtime walking intervention for physically inactive adults. *Psychology of Sport and Exercise*, *15*, 190-197. http://dx.doi.org/10.1016/j.psychsport.2013.10.009

Pearce, G. Thøgersen-Ntoumani, C., & Duda, J. L. (in press). Body image during the menopausal transition: A systematic scoping review. *Health Psychology Review.* http://dx.doi.org/10.1080/17437199.2013.848408

Pearce, G. Thøgersen-Ntoumani, C., & Duda, J. L. (in press). The development of synchronous text-based instant messaging as an online interviewing tool. *International Journal of Social Research Methodology*. http://dx.doi.org/10.1080/13645579.2013.827819

Pearce, G. Thøgersen-Ntoumani, C., Duda, J. L., & McKenna, J. (in press). Changing Bodies: Experiences of women who have undergone a surgically-induced menopause. *Qualitative Health Research*.

Thøgersen-Ntoumani, C., Loughren, E. A., Duda, J. L., & Fox, K. R. (in press). "Step by Step": The feasibility of a 16-week workplace lunchtime walking intervention for physically inactive employees. *Journal of Physical Activity and Health*.

Ng, J. Y. Y., Ntoumanis, N., Thøgersen-Ntoumani, C. (in press). Autonomy support and control in weight management: What importantothers do and say matter. *British Journal of Health Psychology*.

Ng, J. Y. Y., Ntoumanis, N., Thøgersen-Ntoumani, C.,Stott, K., & Hindle, L. (2013). Predicting psychological needs andwell-being of individuals engaging in weight management: The role of importantothers. *Applied Psychology: Health and Well-Being, 5,* 291-310.

Ng, J.Y.Y., Thøgersen-Ntoumani, C., & Ntoumanis, N.(2012). Motivation contagion when instructing obese individuals: A test inexercise settings. *Journal of Sport and Exercise Psychology*, 34, 525-538.

Ng, J. Y. Y., Ntoumanis, N., Thøgersen-Ntoumani, C., Deci, E. L., Ryan, R. M., Duda, J. L., & Williams, G. C. (2012). Self-Determination Theory applied to health contexts: A meta-analysis. *Perspectives on Psychological Science*, 7, 325-340.

Thøgersen-Ntoumani, C., Ntoumanis, N., Cumming, J., & Nikitaras, N. (2012). Exercise imagery and its correlates in older adults. *Psychology of Sport and Exercise*, 13, 19-25.

Ntoumanis, N., Taylor, I.M., & Thøgersen-Ntoumani, C. (2012). A longitudinal examination of coach and peer motivational climates in youth sport: Implications for moral attitudes, well-being, and behavioral investment. *Developmental Psychology,* 48, 213-223.

Rahman, R., Thøgersen-Ntoumani, C., Thatcher, J., & Doust, J.H. (2011). Changes in need satisfaction and motivation orientation as predictors of psychological and behavioural outcomes in exercise referral. *Psychology & Health,* 26, 1521-1539.

Thøgersen-Ntoumani, C., Ntoumanis, N., Cumming, J., & Chatzisarantis, N.L.D. (2011). When feeling attractive matters too much to women: A process underpinning the relation between psychological need satisfaction and unhealthy weight control behaviors. *Motivation and Emotion*, 35, 413-422.

Batholomew, K.J., Ntoumanis, N., Ryan, R.L., Thøgersen-Ntoumani, C., & Bosch, J.A. (2011). Self-Determination Theory and diminished functioning: The role of interpersonal control and psychological need thwarting. *Personality and Social Psychology Bulletin*, 37, 1459-1473.

Thøgersen-Ntoumani, C., Barkoukis, V., Grano, C., Lucidi, F., Lindwall, M., Liukkonen, J., Raudsepp, L., & Young, W. (2011). Health and well-being profiles of older European adults. *European Journal of Ageing*, 8, 75-85.

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Thøgersen-Ntoumani, C., Loughren, E.A., Duda, J.L., Fox, K.R., & Kinnafick, F.-E. (2010). “Step by Step”. A feasibility study of a lunchtime walking intervention designed to increase walking, improve mental well-being and work performance in sedentary employees: Rationale and study design. BMC Public Health, 10, 578.

Thøgersen-Ntoumani, C., Ntoumanis, N., & Nikitaras, N. (2010). Unhealthy weight control behaviours in adolescent girls: A process model based on Self-Determination Theory. Psychology & Health, 25, 535-550.

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Ntoumanis, N., Barkoukis, V., & Thøgersen-Ntoumani, C. (2009). Developmental trajectories of motivation in physical education: Course, demographic differences and antecedents. Journal of Educational Psychology, 101, 717-728.

Chatzisarantis, N.L.D., Hagger, M.S., Wang, C.K.J., & Thøgersen-Ntoumani, C. (2009). The effects of social identity and perceived autonomy support on health behaviour within the Theory of Planned Behaviour. Current Psychology, 28, 55-68.

Bartholomew, K., Ntoumanis, N., & Thøgersen-Ntoumani, C. (2009). A review of controlling motivational strategies from a Self-Determination Theory perspective: Implications for sports coaches. International Review of Sport and Exercise Psychology, 2, 215-233.

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