

Mimi Ho

Doctoral Researcher

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About

PhD Title: Perfectionism and Self-Regulation Strategies in Deaf and Hearing Athletes

First supervisor: [Dr Paul Appleton \(http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=6052&Name=dr-paul-appleton\)](http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=6052&Name=dr-paul-appleton) **Co-Second Supervisors:** [Dr Jennifer Cumming \(http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=5321&Name=dr-jennifer-cumming\)](http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=5321&Name=dr-jennifer-cumming) and [Professor Joan Duda \(http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=9233&Name=professor-joan-duda\)](http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=9233&Name=professor-joan-duda)

Mimi Ho was born in Hong Kong and moved to UK in 2000. She is currently undertaking her PhD in sport psychology in the School of Sport and Exercise Sciences at the University of Birmingham.

Qualifications

MSc in Sport Sciences, Brunel University, UK

BSc (Hons.; 1st class) in Sport Sciences, Brunel University, UK

Biography

Mimi joined the School as a doctoral research student in October 2010. Prior to this, she has completed her MSc Sport Sciences degree in the School of Sport and Education at Brunel University in 2010, for which she was awarded the 2010 Brunel Graduate Association Prize in recognition of her outstanding academic performance and sporting achievement at postgraduate taught and research level. She also completed her BSc (Hons) Sport Sciences degree graduating with first class honours. Throughout her sporting career, she was a representative in table tennis at Deaflympic Games. Since then, she has begun to develop her interest in understanding the importance of psychological processes in relation to sport performance.

Research

Mimi's PhD research mainly focuses on the use of self-regulation strategies and the effect of perfectionism for the well- and ill-being of athletes in various sports. The general aim of the project is to understand the importance of self-regulating skills and methods that may help protecting athletes with and without hearing impairments from the deleterious consequences of perfectionism. Her work is supervised by Dr Paul Appleton, Prof Joan Duda, and Dr Jennifer Cumming.

2011-2012: **Ho, M. S. H.** (PI), Cumming, J., & Duda, J. L. (Co-I). *Examining the use of self-regulation strategies in perfectionistic and non-perfectionistic athletes with and without hearing impairments: A longitudinal study.* The Association for Applied Sport Psychology(2,665 USD)

Other activities

In her spare time, she enjoys playing racket sports, taking photographs, travelling, and tasting different kinds of foods. She is also keen to watch all sport matches.

Membership of Professional Bodies

- Member of the Association for Applied Sport Psychology (AASP)
- Member of the British Association of Sport and Exercise Sciences (BASES)
- Member of the Sir Edward Youde Scholars Association (SEYSA)

Publications

Conference Presentation

Ho, M. S. H., Appleton, P. R., Cumming, J., & Duda, J. L.(2011).The moderating effect of the coach-created motivational climate in the relationship between perfectionism and burnout in deaf and hearing athletes. Poster presented at the BASES Annual Student Conference 2011, University of Chester, Chester, UK.

