

Johan Ng

Doctoral Researcher

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About

PhD Title: Motivation to weight loss behaviours

Supervisor: Dr Nikos Ntoumanis

Johan's research looks at motivation of health related behaviours, such as diet and exercise in regards to weight management.

Qualifications

BSc, MPhil

Biography

Johan graduated from the Chinese University of Hong Kong, where he studies motivation in athletes. He is currently pursuing his PhD, looking at motivation of health related behaviours.

Research

Motivation in health related behaviours, such as weight management

Publications

Ng, J. Y. Y., Lonsdale, C., & Hodge, K. (2011). The Basic Needs Satisfaction in Sport Scale (BNSSS): Instrument development and initial validity evidence. *Psychology of Sport and Exercise*, 12, 257-264.

Ng, J. Y. Y. (2011, July). The self-determination theory model of behaviour change: A meta-analysis of studies in health-related contexts. Poster presented at the FEPSAC European Congress of Sport Psychology, Madeira.