

## Professor Nikos Ntoumanis PhD

Professor of Exercise and Sport Psychology

School of Sport, Exercise and Rehabilitation Sciences

### Contact details

**Telephone** [+44 \(0\)121 414 7981 \(tel:+44 121 414 7981\)](tel:+441214147981)

**Fax** +44 (0)121 414 4121

**Email** [n.ntoumanis@bham.ac.uk \(mailto:n.ntoumanis@bham.ac.uk\)](mailto:n.ntoumanis@bham.ac.uk)

School of Sport, Exercise and Rehabilitation Sciences  
University of Birmingham  
Edgbaston  
Birmingham  
B15 2TT  
UK



### About



[\(/university/colleges/les/research-gallery/nikos-ntoumanis.aspx\)](http://university/colleges/les/research-gallery/nikos-ntoumanis.aspx) Professor Nikos Ntoumanis (pronounced "Doumanis") is interested in personal and contextual factors that optimise motivation and promote performance, psychological well-being and health-conducive behaviours in various physical activity settings (exercise, sport, physical education). His work is supported by funding from national and international research councils and charities (e.g., ESRC, MRC, EU, Nuffield Foundation, WADA) and has received awards from various academic and professional organisations (e.g., BPS, NASPSPA, ECSS).

**\*\*PLEASE NOTE THAT PROF. NTOUMANIS IS MOVING TO AUSTRALIA AS OF JULY 1, 2014. HIS NEW EMAIL ADDRESS WILL BE**

**Nikos.Ntoumanis@curtin.edu.au\*\***

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### Qualifications

- PhD in Medical Sciences, University of Exeter
- MSc in Sports Science, Loughborough University
- British Psychological Society Chartered Psychologist
- British Association of Sport and Exercise Sciences Accredited Sport and Exercise Psychologists
- Fellow of the Higher Education Academy

### Biography

Professor Nikos Ntoumanis was born in Kos, Greece, and has lived in the UK since 1993. After completing a PhD on the relationship between achievement motivation and anxiety in sport, he worked as a research assistant and lecturer in various institutions in the UK. He moved to Birmingham in 2001 to take up a Lectureship in Sport and Exercise Psychology. He is married and has two daughters.

### Teaching

Professor Ntoumanis's teaching is primarily in the second year of the BSc in Sport and Exercise Science. He is responsible for a compulsory module entitled Statistics for Sport and Exercise Science. He uses a wide variety of interactive teaching methods both in his lectures and in his computer labs and he is a strong advocate of learning through problem-solving and peer tutoring.

### Postgraduate supervision

Professor Ntoumanis has successfully supervised as a primary or secondary supervisor of 16 PhD students. He is currently the primary supervisor of the following students:

- Laura Healy - Goal motivation and regulation of goal strivings in sport. Funded by the Economic and Social Research Council Doctoral Training Centre.
- John Mahoney - Mental toughness in sport. This is a Universitas 21 joint PhD with the University of Queensland, Australia. Funded by the Australian government.
- Saeng Park - Promoting physical activity in the elderly. Funded by the South Korean government.
- Doris Matosic. Narcissism and controlling interpersonal style in sport coaches. Funded by the Economic and Social Research Council Doctoral Training Centre.
- Febriani Ekawati. Physical activity in adolescent females from ethnic minority groups. Funded by the Indonesian government.

Students interested for a PhD are directed to his [findAPhD \(http://www.findaphd.com/search/showproject.asp?projectid=25079&theorder=2&location=&univ=&disc=all&search\\_pagehref=\)](http://www.findaphd.com/search/showproject.asp?projectid=25079&theorder=2&location=&univ=&disc=all&search_pagehref=) page for available opportunities.

### Research

- Motivation in physical activity settings (exercise, sport, physical education)
- Self-regulation of weight loss goals

## Other activities

### Reviewing/ Examining Responsibilities

Professor Ntoumanis is Editor-in-Chief of the journal *Psychology of Sport and Exercise*. He is also on the editorial board of several other journals (e.g., *Journal of Educational Psychology*, *Journal of Sport and Exercise Psychology*, the *International Journal of Sport and Exercise Psychology*). Professor Ntoumanis has served a reviewer for over 60 academic journals (from the fields of sport and exercise psychology, health psychology, social psychology and educational psychology), various book proposals and grant applications. He has examined several PhD theses worldwide and served as external examiner for undergraduate and postgraduate taught courses in the UK.

### Publications

The full-text of many of the publications below can be accessed via the [University's ePrints Repository](http://eprints.bham.ac.uk/view/people/Ntoumanis=3ANikos=3A=3A.html) (<http://eprints.bham.ac.uk/view/people/Ntoumanis=3ANikos=3A=3A.html>) or via [http://www.researchgate.net/profile/Nikos\\_Ntoumanis/](http://www.researchgate.net/profile/Nikos_Ntoumanis/) ([http://www.researchgate.net/profile/Nikos\\_Ntoumanis/](http://www.researchgate.net/profile/Nikos_Ntoumanis/))

#### Book

Ntoumanis, N. (2001). *A step-by-step guide to SPSS for sport and exercise studies*. Routledge: London. ISBN: 0-415-24978-3.

#### Book Chapters

1. Ntoumanis, N., Mouratidis, T., Ng, J. Y.Y., & Viladrich, C. (in press). Advances in quantitative analyses and their implications for sport and exercise psychology research. In S. Hanton & S. Mellalieu (Eds). *Contemporary Advances in Sport Psychology: A Review*. Routledge: London.
2. Ntoumanis, N. & Mallet, C. (2014). Motivation in sport: A self-determination theory perspective. In Papaioannou, A. & Hackfort, D., (Eds.) *Routledge Companion to Sport and Exercise Psychology: Global perspectives and fundamental concepts* (pp. 67-82). Taylor and Francis.
3. Makopoulou, K., Ntoumanis, N., Griffiths, M., & Li, F.X. (2014). In search for meaning, relevance, and importance in physical education. In K. Armour (Ed). *Pedagogical cases in physical education and youth sport* (pp. 156-170). Routledge, London.
4. Ntoumanis, N. (2014). The strength model of self-control. In Eklund, R.C., & Tenenbaum, G. (Eds) *Encyclopaedia of Sport and Exercise Psychology* (pp. 714-717), Sage.
5. Ntoumanis, N. (2014). Moral values and moral attitudes. In Eklund, R.C., & Tenenbaum, G. (Eds.) *Encyclopaedia of Sport and Exercise Psychology*, pp. 469-471, Sage.
6. Lee, M.J., Whitehead, J., & Ntoumanis, N. (2013). How important are ethical attitudes? In Whitehead, J., Telfer, H., & Lambert, J. (Eds.) *Values in Youth Sport and Physical Education*, pp. 66-84. Routledge.
7. Lee, M.J., Whitehead, J., Ntoumanis, N., & Hatzigeorgiadis, A. (2013). How do values influence attitudes and achievement goals? In Whitehead, J., Telfer, H., & Lambert, J. (Eds.) *Values in Youth Sport and Physical Education*, pp. 85-103. Routledge.
8. Whitehead, J., & Ntoumanis, N., (2013). Further use of AMDYSQ and the development of AMDYSQ-2. In Whitehead, J., Telfer, H., & Lambert, J. (Eds.) *Values in Youth Sport and Physical Education*, pp. 230-237. Routledge.
9. Ntoumanis, N. (2012). A self-determination theory perspective on motivation in sport and physical education: Current trends and possible future research directions. In G.C. Roberts and D. C. Treasure (Eds). *Motivation in sport and exercise: Volume 3*. Champaign, IL: Human Kinetics, pp. 91-128.
10. Nicholls, A. R., & Ntoumanis, N. (2010). Traditional and new methods of assessing coping in sport. In A. R. Nicholls (Ed). *Coping in Sport: Theory, Methods, and Related Constructs* (pp. 35-51). New York: Nova Science Inc.
11. Edmunds, J., Ntoumanis, N., & Duda, J.L. (2007). Perceived autonomy support and psychological need satisfaction as key psychological constructs in the exercise domain. In M. Hagger & N.L.D. Chatzisarantis (Eds.) *Self-determination in exercise and sport* (pp. 35-51). Champaign, IL: Human Kinetics.
12. Ntoumanis, N., Vazou, S., & Duda, J.L. (2006). Peer-created motivational climate. In S. Jowett & D. Lavalley (Eds.) *Social psychology in sport* (pp. 145-156). Champaign, IL: Human Kinetics.
13. Duda, J.L., & Ntoumanis, N. (2005). After-school sport for children: Implications of a task-involving motivational climate. In J.L. Mahoney, R. Larson, & J. Eccles (Eds.), *Organized activities as contexts of development: Extracurricular activities, after-school and community programs* (pp. 311-330). Mahwah, NJ: Erlbaum.

#### Full-Paper Publications in Refereed Journals (full text for some of the articles below can be found at

<http://eprints.bham.ac.uk/view/people/Ntoumanis=3ANikos=3A=3A.html>  
(<http://eprints.bham.ac.uk/view/people/Ntoumanis=3ANikos=3A=3A.html>)

1. Ntoumanis, N., Healy, L.C., Sedikides, C., Duda, J.L., Stewart, B., Smith, A., & Bond, J. (in press). When the going gets tough: The "why" of goal striving matters. *Journal of Personality*.
2. McKee, H., Ntoumanis, N., & Taylor, I. (in press). An Ecological Momentary Assessment of Lapse Occurrence in Dieters. *Annals of Behavioral Medicine*.
3. Ntoumanis, N., Healy, L.C., Smith, A.L., Sedikides, C., & Duda, J.L. (in press). Self-regulatory responses to unattainable goals: The role of goal motives. *Self and Identity*.
4. Ng, Y.Y., Ntoumanis, N., & Thøgersen-Ntoumani. (in press). Autonomy support and control in weight management: What important others do and say matter. *British Journal of Health Psychology*.
5. McKee, H., & Ntoumanis, N. (in press). Multiple-goal management: An examination of simultaneous pursuit of a weight-loss goal with another goal. *Journal of Health Psychology*.
6. McKee, H., & Ntoumanis, N. (in press). Developing self-regulation for dietary temptations: intervention effects on physical, self-regulatory and psychological outcomes. *Journal of Behavioural Medicine*
7. Hagger, M. S., Keatley, D. A., Chan, D. K. C., Chatzisarantis, N. L. D., Dimmock, J. A., Jackson, B. J., & Ntoumanis, N. (in press). The goose is (half) cooked: A consideration of the mechanisms and interpersonal context is needed to elucidate the effects of personal financial incentives on health behaviour. *International Journal of Behavioral Medicine*.
8. Barkoukis, V., Taylor, I.M., Chanal, J., & Ntoumanis, N. (in press). The relation between student motivation and student grades in PE: A three-year investigation. *Scandinavian Journal of Medicine and Science in Sports*.
9. Mahoney, J., Gucciardi, G., Mallett, C., & Ntoumanis, N. (in press). Adolescent Performers' Perspectives of Mental Toughness and its Development: The Utility of the Bioecological Model. *The Sport Psychologist*.
10. Mahoney, J., Gucciardi, G., Ntoumanis, N., & Mallett, C. (in press). The motivational antecedents of the development of mental toughness: A Self-Determination theory perspective. *International Review of Sport and Exercise Psychology*.
11. Mahoney, J., Gucciardi, G., Ntoumanis, N., & Mallet, C. (in press). Mental toughness in sport: Motivational antecedents and associations with performance and psychological health. *Journal of Sport and Exercise Psychology*.
12. Myers, N., Martin, J. Ntoumanis, N., Celimli, S., & Bartholomew, K. (in press). Exploratory bi-factor analysis in sport, exercise, and performance psychology: A

13. García-Calvo, T., Leo, F.M., Sanchez-Miguel, P.A., Gonzalez-Ponce, I., Mouratidis, A. & Ntoumanis, N. (in press). Multilevel analysis of perceived coach and peer motivational climate, cohesion, player satisfaction and role in semi-professional soccer teams. *Journal of Sport Sciences*.
14. Healy, L.C., Ntoumanis, N., van Zanten, J.V., & Paine, N., (in press). Goal striving and well-being in sport: The role of contextual and personal motivation. *Journal of Sport and Exercise Psychology*.
15. Castillo, I., Tomás, I., Ntoumanis, N., Bartholomew, K. J., Duda, J.L., & Balaguer, I. (in press). The Spanish version of the Controlling Coach Behaviors Scale in the Sport Context: Psychometric properties and invariance over time and competitive level. *Psicothema*.
16. Duda, J.L., Williams, G.C., Ntoumanis, N., Daley, A., Eves, F.F., Mutrie, N., Rouse, P.C., Lodhia, R., Blamey, R.V., & Jolly, K. (2014). Effects of a standard provision versus an autonomy supportive exercise referral programme on physical activity, quality of life and well-being indicators: A cluster randomised controlled trial. *International Journal of Behavioral Nutrition and Physical Activity*, 11:10
17. Ntoumanis, N. (2014). Analysing longitudinal data with multilevel modelling. *The European Health Psychologist*, 16, 2, 40-45.
18. Bartholomew, K., Ntoumanis, N., Cuevas-Campos, R. & Lonsdale, C. (2014). Job pressure and ill-health in physical education teachers: The mediating role of psychological need thwarting. *Teaching and Teacher Education*, 37, 101-107.
19. Quested, E., Ntoumanis, N., Viladrich, C., Haug, E., Ommundsen, Y., Van Hove, A., Mercé, J. Hall, H.K., Zourbanos, N., & Duda, J. L. (2013). Intentions to drop-out of youth soccer: A test of the basic needs theory among european youth from five countries. *International Journal of Sport and Exercise Psychology*, 11,395-407.
20. Viladrich, C., Appleton, P., Quested, E., Duda, J.L., Ntoumanis, N., Alcaraz, S., Heuze, J.P., Fabra, P., Samdal, O., Ommundsen, Y., Hill A., & Zourbanos, N. (2013). Measurement invariance of the Behavioural Regulation in Sport Questionnaire across five European countries. *International Journal of Sport and Exercise Psychology*, 11, 384-394.
21. Ng, Y.Y., Ntoumanis, N., Thøgersen-Ntoumani, C., Stott, K., & Hindle, L., (2013). Predicting psychological needs and well-being of individuals engaging in weight management: The role of important others. *Applied Psychology: Health and Well-Being*, 5, 291-310.
22. McKee, H., Ntoumanis, N., & Smith, B. (2013). Weight maintenance: Self-regulatory factors underpinning success and failure. *Psychology and Health*, 10, 1207-1223.
23. Quested, E., Duda J.L., Ntoumanis, N., & Maxwell, J. (2013). Daily fluctuations in dancers' affective states: A cross-contextual test of basic needs theory. *Psychology of Sport and Exercise*, 14, 586-595.
24. Payne, S.M., Thatcher, J., Akehurst, S., & Ntoumanis, N. (2013). Development and initial validation of the Impression Motivation in Sport Questionnaire. *Journal of Sport and Exercise Psychology*, 35, 281-98.
25. Rouse, P.C., Ntoumanis, & Duda, J.L. (2013). Effects of motivation and depletion on the ability to resist the temptation to avoid physical activity. *International Journal of Sport and Exercise Psychology*, 11, 39-56.
26. Bureau, J., Vallerand, R.J., Ntoumanis, N., & Lafrenière, M. K. (2013). On passion and moral behavior in achievement settings: The mediating role of pride. *Motivation and Emotion*, 37, 121-133.
27. Lonsdale, C., Hall, A.M., Williams, G.C., McDonough, S.M., Ntoumanis, N., Murray, A. & Hurley, D. A. Communication style and exercise compliance in physiotherapy (CONNECT) (2012). A cluster randomized controlled trial to test a theory-based intervention to increase chronic low back pain patients' adherence to physiotherapists' recommendations: Study rationale, design, and methods. *BMC Musculoskeletal Disorders* 2012, 13:104.
28. Williams, S., Cumming, J., Ntoumanis, N., Nordin, S., Ramsey, R., & Hall, C. (2012). Further validation and development of the Movement Imagery Questionnaire. *Journal of Sport and Exercise Psychology*, 34, 621-646.
29. Ng, J., Thøgersen-Ntoumani, E.C., & Ntoumanis, N. (2012). Motivation contagion when instructing obese individuals: A test in exercise settings. *Journal of Sport and Exercise Psychology*, 34, 525-538.
30. Stebbings, J., Taylor, I., Spray, C., & Ntoumanis, N. (2012). Antecedents of perceived coach interpersonal behaviors: The coaching environment and coach psychological well- and ill-being. *Journal of Sport and Exercise Psychology*, 34, 481-502.
31. Ng, J., Ntoumanis, N., Thøgersen-Ntoumani, E.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.
32. Standage, M., Gillison, F., & Ntoumanis, N. (2012). Predicting students' physical activity and health-related well-being: A prospective cross-domain investigation of motivation across school physical education and exercise settings. *Journal of Sport and Exercise Psychology*, 34, 37-60.
33. Ntoumanis, N., Taylor, I., & 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.
34. Thøgersen-Ntoumani, C., Cumming, J., & Ntoumanis, N. (2012). Exercise imagery and its correlates in older adults. *Psychology of Sport and Exercise*, 13, 19-25.
35. Adie, J., Duda, J.L., & Ntoumanis, N. (2012). Perceived coach autonomy support, basic need satisfaction and the well- and ill-being of elite youth soccer players: A longitudinal investigation. *Psychology of Sport and Exercise* 13, 51-59.
36. Bartholomew, K., Ntoumanis, N., Ryan, R., Bosch, J., & Thøgersen-Ntoumani, C. (2011). Self-Determination theory and diminished functioning: The role of interpersonal control and psychological need thwarting *Personality and Social Psychology Bulletin*, 37, 1459–1473.
37. Rouse, P., Ntoumanis, N., Duda, J.L., Jolly, K., & Williams, G.C. (2011). In the beginning: Pole of autonomy support on the motivation, mental health and intentions of participants entering an exercise referral scheme. *Psychology and Health*, 26, 6, 729-749.
38. Thøgersen-Ntoumani, C., Ntoumanis, N., & Cumming, J., Chatzisarantis, N. (2011). When feeling attractive matters to women: The role of psychological need satisfaction and appearance-contingent self-worth in predicting appearance anxiety and unhealthy weight control. *Motivation and Emotion*, 35, 413-422.
39. Thøgersen-Ntoumani, C., Ntoumanis, N., & Cumming, J., Bartholomew, K., & Pearce, G. (2011). Can self-esteem protect against the deleterious consequences of self-objectification for mood and body satisfaction? An experimental study with young female exercisers. *Journal of Sport and Exercise Psychology*, 33, 289-307.
40. Lonsdale, C., Taylor, I., Sabiston, C., & Ntoumanis, N. (2011). Measuring student motivation for physical education: Examining the psychometric properties of the perceived locus of causality questionnaire and the situational motivation scale. *Psychology of Sport and Exercise*, 12, 284-292.
41. Quested, E., Bosch, J., Burns, V., Cumming, J., Ntoumanis, N. & Duda, J.L., (2011). Basic psychological need satisfaction, stress-related appraisals, and dancers' cortisol and anxiety responses. *Journal of Sport and Exercise Psychology*, 33, 828-846.
42. Smith, A., Ntoumanis, N., Duda, J.L., & Vansteenkiste, M. (2011). Goal striving, coping, and well-being in sport: A prospective investigation of the self-concordance model. *Journal of Sport and Exercise Psychology*, 33, 124-145.
43. Bartholomew, K., Ntoumanis, N., & Ryan, R., & Thøgersen-Ntoumani, C. (2011). Psychological need thwarting in the sport context: Development and initial validation of a psychometric scale. *Journal of Sport and Exercise Psychology*, 33, 75-102.
44. Bartholomew, K., Ntoumanis, N., & Thøgersen-Ntoumani, C. (2011). Self-Determination theory and the darker side of athletic experience: The role of interpersonal control and need thwarting. *Sport and Exercise Psychology Review*, 7, 23-27.
45. Arthur, C.A., Woodman, T., Ong, C.W., Hardy, L., & Ntoumanis, N. (2011). The role of athlete narcissism in moderating the relationship between coaches' transformational leader behaviours and athlete motivation. *Journal of Sport and Exercise Psychology*, 33, 3-19.
46. Edmunds, J., Ntoumanis, N., & Duda, J.L. (2010). Psychological needs and the prediction of exercise-related cognitions and affect among an ethnically diverse cohort of adult women. *International Journal of Sport and Exercise Psychology*, 8, 446-463.

47. Ntoumanis, N., Taylor, I., & Standage, M. (2010). Testing a model of consequences of defensive pessimism and self-handicapping in school physical education. *Journal of Sports Sciences*, *28*, 1515-1525.
48. Vlachopoulos, S., Ntoumanis, N., & Smith, A.L. (2010). The Basic Psychological Needs in Exercise Scale: Translation and evidence for cross-cultural validity. *International Journal of Sport and Exercise Psychology*, *8*, 394-412.
49. Tessier, D., Sarrazin, P., & Ntoumanis, N. (2010). The effects of a programme intended to support students' needs on the overt behaviours of teachers, and students' self-determined motivation and engagement in physical education. *Contemporary Educational Psychology*, *35*, 242-253.
50. Adie, J., Duda, J.L., & Ntoumanis, N. (2010). Achievement goals, competition appraisals and the well-being of elite youth soccer players across two competitive seasons. *Journal of Sport and Exercise Psychology*, *32*, 555-579.
51. Thøgersen-Ntoumani, C., Ntoumanis, N., & Nikitaras, N. (2010). Unhealthy weight control behaviours in adolescent girls: A process model based on Self-Determination Theory. *Psychology and Health*, *25*, 535-550.
52. Bartholomew, K., Ntoumanis, N., & Thøgersen-Ntoumani, C. (2010). The controlling interpersonal style in a coaching context: development and initial validation of a psychometric scale. *Journal of Sport and Exercise Psychology*, *32*, 193-216.
53. Taylor, I., & Ntoumanis, N., Standage, M., & Spray, C. (2010). Motivational predictors of physical education students' effort, exercise intentions, and leisure-time physical activity: A multilevel linear growth analysis. *Journal of Sport and Exercise Psychology*, *32*, 99-120.
54. Smith, A.L., & Ntoumanis, N., & Duda, J.L. (2010). An investigation of coach behaviors, goal motives, and implementation intentions as predictors of well-being in sport. *Journal of Applied Sport Psychology*, *22*, 17-33.
55. Barkoukis, V., Ntoumanis, N., & Thøgersen-Ntoumani, C. (2010). Developmental changes in achievement motivation and affect in physical education: growth trajectories and demographic differences. *Psychology of Sport and Exercise*, *11*, 83-90.
56. Ntoumanis, N., & Thøgersen, E.C., & Smith, A. (2009). Achievement goals, self-handicapping and performance: A 2 x 2 achievement goal perspective. *Journal of Sports Sciences*, *27*, 1471-1482.
57. Ntoumanis, N., & Standage, M. (2009). Morality in sport: A Self-Determination Theory perspective. *Journal of Applied Sport Psychology*, *21*, 365-380.
58. 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.
59. Ntoumanis, N., Barkoukis, V., & Thøgersen, E.C. (2009). Developmental trajectories of motivation in physical education: course, demographic differences and antecedents. *Journal of Educational Psychology*, *101*, 717-728.
60. Ntoumanis, N., & Standage, M. (2009). Motivation in physical education classes: A Self-determination theory perspective. (Invited for a special issue on "Applying self-determination theory to education: Philosophy, social contexts, and practice"). *Journal of Research and Theory in Education*, *7*, 194-202.
61. Jolly, K., Duda, J.L., Daley, A., Eves F.F., Mutrie, N., Ntoumanis, N., Rouse, P.C., Lodhia, R., Williams, G.C. (2009). Evaluation of a standard provision versus an autonomy promotive exercise referral programme: Rationale and study design. *BMC Public Health*, *9*, 176, 1-9.
62. Edmunds, J. Ntoumanis, N., & Duda, J.L.D. (2009). Helping your clients and patients take ownership over their exercise: Fostering exercise adoption, adherence and associated well-being. *ACSM's Health and Fitness Journal*. (Invited paper), *13*, 20-25.
63. Thøgersen-Ntoumani, C., Barkoukis, V., Ntoumanis, N., & Spray, C. (2009). The role of motivation to eat in the prediction of weight control behaviors in female and male adolescents. *Journal of Eating Behaviors*, *10*, 107-114.
64. Ntoumanis, N., Edmunds, J., & Duda, J.L. (2009). Understanding the coping process from a Self-Determination Theory Perspective. *British Journal of Health Psychology* (Invited paper for the special issue on Theoretical Integration in Health Psychology: Unifying Ideas and Complimentary Explanations), *14*, 249-260.
65. Taylor, I., & Ntoumanis, N., & Smith, B. (2009). The social context as a determinant of teacher motivational strategies in physical education. *Psychology of Sport and Exercise*, *10*, 235-243.
66. Adie, J., Duda, J.L., & Ntoumanis, N. (2008). Autonomy support, basic need satisfaction and the optimal functioning of adult male and female sport participants: A test of basic needs theory. *Motivation and Emotion*, *32*, 189-199.
67. Tessier, D., Sarrazin, P., & Ntoumanis, N. (2008). The effect of an experimental program to support students' autonomy on the overt behaviours of physical education teachers. *European Journal of Psychology of Education*, *23*, 239-253.
68. Thøgersen, E.C., Ntoumanis, N., & Nikitaras, N. (2008). Typologies of Greek inactive older adults based on reasons for abstaining from exercise and conditions for change. *Journal of Sports Sciences*, *26*, 1341-1350.
69. Vallerand, R.J., Ntoumanis, N., Philippe, F., Lavigne, G., Carbonneau, N., Bonneville, A., & Lagacé-Labonté, C. (2008). On being a sport fan: The role of passion and a look at the 2006 World Soccer Cup. *Journal of Sports Sciences*, *26*, 1279-1293.
70. Lee, M.J., Whitehead, J., Ntoumanis, N., & Hatzigeorgiadis, A. (2008). Relationships between values, achievement orientations, and attitudes in youth sport. *Journal of Sport and Exercise Psychology*, *30*, 588-610.
71. Adie, J., Duda, J.L., & Ntoumanis, N. (2008). Achievement goals, competition appraisals and the psychological and emotional welfare of team-sport athletes: A multiple-goal approach. *Journal of Sport and Exercise Psychology*, *30*, 302-322.
72. Edmunds, J., Ntoumanis, N. & Duda, J.L.D. (2008). Testing a self-determination theory based teaching style in the exercise domain. *European Journal of Social Psychology*, *38*, 375-388.
73. Taylor, I., Ntoumanis, N., & Standage, M. (2008). A self-determination theory approach to understanding antecedents of teachers' motivational strategies in physical education. *Journal of Sport and Exercise Psychology*, *30*, 75-94.
74. Taylor, I., & Ntoumanis, N. (2007). Teacher motivational strategies and student self-determination in physical education. *Journal of Educational Psychology*, *99*, 747-760.
75. Smith, A.L., Ntoumanis, N., & Duda, J.L. (2007). Goal striving, goal attainment, and well-being: An adaptation of the Self-Concordance Model in sport. *Journal of Sport and Exercise Psychology*, *29*, 763-782.
76. Barkoukis, V., Thøgersen-Ntoumani, C. Ntoumanis, N., & Nikitaras-N. (2007). Achievement goals in physical education: Examining the predictive ability of five different dimensions of motivational climate. *European Physical Education Review*, *13*, 267-285.
77. Barkoukis, V., & Ntoumanis, N., Nikitaras, N. (2007). Comparing dichotomous and trichotomous approaches to Achievement Goal Theory: An example using motivational regulations as outcome variables. *British Journal of Educational Psychology*, *77*, 683-702.
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## Expertise

Psychological experiences of children in sport and in physical education, in particular issues to do with their motivation; motivation of adults to participate in exercise programmes; goal striving related to weight loss

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