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Dr Eleanor Quested

Senior Research Fellow

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

Contact details

Telephone +44 (0)121 414 7674 (tel:+44 121 414 7674)

Fax +44 (0)121 414 4121

Email e.j.quested@bham.ac.uk (mailto:e.j.quested@bham.ac.uk)

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

About

Dr Eleanor Quested is a senior research fellow in the School of Sport, Exercise and Rehabilitation Sciences at the University of Birmingham in the United Kingdom

Qualifications

- PhD in Sport Psychology, University of Birmingham, UK (2010)
- PG (Cert) in Higher Education, Kingston University, UK (2005)
- MSc (with distinction) in Sport Psychology, Liverpool John Moores University, UK (2001)
- BA (1st class) in Sport Studies and English, University of Wales, UK (2000)

Teaching

Dr Quested has accrued eight years of experience as a lecturer in sport, exercise and dance psychology. She has been invited to deliver motivation–related workshops to athletes, dancers, coaches, coach education experts and dance teachers.

Postgraduate supervision

Co-supervisor: Samantha Bracey (writing up): The motivational processes and well-being of youth sport participants

First supervisor: Jennie Norfield (writing up): Social-environmental determinants of well- and ill-being in dancers

Second supervisor: Nathan Smith (3rd year): Evaluation of a theory-based coach education programme: Advancements in implementation, method of assessment and social inclusion

Co-supervisor: Daniel Milton (1st year): The motivational cimate in PE settings: The role of empowering teacher behaviours in promoting students' engagement and well-being

Doctoral research

PhD title **Social-psychological determinants of well- and ill-being among vocational dancers: A self-determination theory approach (http://etheses.bham.ac.uk/838/1/Quested10PhD.pdf)**

Research

As a senior research fellow at University of Birmingham, Dr Quested's work focuses on the overall management, implementation and evaluation of research projects concerned with the evaluation and development of the Empowering Coaching™ education programme. This includes the management of the Empowering PE Teaching in Wales project, a trial funded by Sport Wales. Dr Quested also leads other research projects and applied activities concerned with optimising young people's engagement in sport, PE and dance from the perspective of theories of motivation.

Between 2009 - 2013, Dr Quested was the overall manager for the EC-funded PAPA (Promoting Adolescent Physical Activity; www.projectpapa.org), both within the UK and across the eight European partner universities. Specifically, this involved the development and testing of a theory-grounded coach education intervention intended to foster an empowering motivational climate, and in turn optimize motivation and promote well-being among young football players. The PAPA trial involved nearly 9000 European youth and preliminary findings were recently published in a special issue of the International Journal of Sport and Exercise Psychology.

Dr Quested is known for her research in the context of dance and is a founding partner in the National Institute of Dance Medicine and Science. Dr Quested remains actively engaged in research concerning the social-environmental and motivational processes associated with adaptive and health-conducive dance participation. Dr Quested collaborates with colleagues at the University of Birmingham (Professor Joan Duda, Dr Nikos Ntoumanis, Dr Paul Appleton, Dr Jennifer Cumming), as well as at Cardiff Metropolitan University and Trinity Laban. Dr Quested also collaborates with colleaugues from **University of Bergen (http://www.projectpapa.org/papa-team/partners/14-university-of-bergen)** (Norway), **University of Valencia (http://www.projectpapa.org/papa-team/partners/20-university-of-valencia)** (Spain), **Université Joseph Fourier (http://www.projectpapa.org/papa-team/partners/21-university-joseph-fourier)** (France), **University of Thessaly (http://www.projectpapa.org/papa-team/partners/22-university-of-thessaly)** (Greece), **Norwegian School of Sport Sciences (http://www.projectpapa.org/papa-team/partners/23-nsss)** (NSSS), **York St John (http://www.projectpapa.org/papa-team/partners/25-york-st-john)** (UK), and **Universitat Autònoma de Barcelona (http://www.projectpapa.org/papa-team/partners/24-university-of-barcelona)** (Spain) in studies utilising the PAPA dataset, as well as new projects.

Dr Quested's PhD thesis was completed at the University of Birmingham under the supervision of Professor Joan Duda. Studies from this thesis have been published and presented at academic conferences around the world.

Other activities

Dr Quested has been the recipient of young researcher awards from the European College of Sport Science and the British Association of Sport and Exercise Sciences. She is regularly invited to review for leading sport and exercise psychology sport science and dance science journals. Dr Quested is Research and Development Manager for the European-wide social enterprise, Empowering Coaching™. In this capacity, Dr Quested manages the overall development and delivery of coach, teacher, instructor, athlete and dancer programmes as well as the financial and logistical tasks associated with these activities. This role involves working with stakeholders and project partners as well as co-ordinating the organisation of workshops and tutor training and mentoring.

When not engaged in academic work, Dr Quested enjoys long distance running, cycling and triathlon as well as good food and wine and travel.

Publications

Book Chapters

Balaguer, I., Castillo, I., Quested, E., & Duda, J.L. (2013). Values and motivational processes in sport: An AGT and SDT perspective. In J. Whitehead, H. Telfer, & J. Lambert (Eds.). *Values in Youth Sport and Physical Education*. New York: Taylor & Francis/Routledge.

Duda, J.L., Papaioannou, A., Appleton, P., Quested, E., & Chalarampos, K. (in press). Creating adaptive motivational climates in sport and physical education. In A. Papaioannou & D. Hackfort (Eds.), *Global Perspectives and Fundamental Concepts in Sport and Exercise Psychology*. New York: Taylor & Francis/Routledge

Quested, E., & Duda, J. L. (2011). Enhancing children's sport experiences and personal development: A motivational perspective. In R. Bailey & I. Stafford (Eds.), *Coaching Children in Sport*. London, Routledge.

Journal Articles

2013

Quested, E., Duda, J.L. & Balaguer, I. (2013). Promoting Physical Activity Participation via More Empowering Sport Experiences: The PAPA Project. ICSSPE Bulletin - Journal of Sport Science and Physical Education, 65. Retrieved from **https://www.icsspe.org/content/no-65-cd-rom (https://www.icsspe.org/content/no-65-cd-rom)**

Quested, E., Ntoumanis, N., Viladrich, C., Haug, E., Ommundsen, Y., Van Hoye, 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.*

Duda, J.L., **Quested, E.,** Haug, E., Samdal, O., Wold, B., Balaguer, I., Castillo, I., Sarrazin, P., Papaioannou, A., Ronglan, L-T., Cruz, J., Hall, H.K. (2013). Background to and protocol of the PAPA project. *International Journal of Sport and Exercise Psychology.*

Van Hoye, A., Fenton, S., Krommidas. C., Heuzé, J-P., **Quested, E**., Papaionnou, A., & Duda, J.L. (2013). Physical activity and sedentary behaviours among grassroots football players: A comparison across three European countries. *International Journal of Sport and Exercise Psychology.*

Tessier, D., Smith, N., Tzioumakis, Y., Sarrazin, P., **Quested, E.,** Papaioannou, A., Duda, J.L., Digelidis, N. (2013). *Comparing the objective motivational climate created by grassroots football coaches in England, Greece and France.* International Journal of Sport and Exercise Psychology.

Viladrich, C., Appleton, P.R., **Quested, E.**, Duda, J.L., Ntoumanis, N., Alcaraz, S., Heuzé, 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.*

Wold, B., Duda, J.L., Balaguer, I., Smith, R., Ommundsen, Y., Hall, H.K., Samdal, O., Heuzé, J-P., Haug, E., Bracey, S.J., Castillo, I., Ramis, Y., **Quested, E**., Krommidas (2013). Comparing self-reported leisure-time physical activity, subjective health and life satisfaction among youth football (soccer) players and adolescents in a reference sample. *International Journal of Sport and Exercise Psychology.*

Quested, E., Duda, J.L., Ntoumanis, N., & Maxwell, J.P (2013). Daily fluctuations in the affective states of dancers: A cross-situational test of basic needs theory. *Psychology of Sport and Exercise,* 14 (4), 586-595.

2012

*Bracey, S.J., **Quested, E**., & Duda, J.L. (2012). Children's conceptualisations of well- and ill-being: Summary of a qualitative inquiry and initial development of a multi-dimensional measure of children's well- and ill-being. *Sport & Exercise Psychology Review, 7:* 18-22.
Nordin-Bates, S. M., **Quested, E.,** Walker, I. J., & Redding, E. (2012). Climate change in the dance studio: Findings from the UK Centres for Advanced Training. *Sport, Exercise, & Performance Psychology*, 1 (1), 3-16.

2011

Quested, E., Bosch, J., Burns, V.E., 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.

Balaguer, I., Castillo, I., Duda, J.L., **Quested, E.**, Morales, V. (2011). Social-contextual and motivational predictors of intentions to continue participation: A test of SDT in dance. *Revista, Internacional de Cienias del Deporte (International Journal of Sport Science)*, 7 (25) 305 – 319.

Quested, E., & Duda, J. L. (2011). Antecedents of burnout among elite dancers: A longitudinal test of Basic Needs Theory. *Psychology of Sport and Exercise,* 12, (2), 159-167.

Quested, E., & Duda, J.L. (2011). A self-determination theory approach to understanding the antecedents of dancers' self-evaluative tendencies. *Journal of Dance Medicine and Science*, 15, 3-14, 2010

Quested, E., & Duda, J.L. (2010). Exploring the social-environmental determinants of well- and ill-being in dancers: A test of Basic Needs Theory. *Journal of Sport and Exercise Psychology,* 32, 39-60.2009

Quested E., & Duda, J.L. (2009). Setting the stage: Social-environmental and motivational predictors of optimal training experiences. *Performance Research Journal* (invited review paper for special issue 'on training'). 14 (2), 36-45

Quested, E., & Duda, J. L. (2009). Perceptions of the motivational climate, need satisfaction, and indices of well- and ill-being among hip hop dancers. *Journal of Dance Medicine and Science*, 13 (1), 10-19.

Quested, E., & Duda, J.L. (2009). The experience of well- and ill-being among elite dancers: A test of basic needs theory. *Journal of Sport Sciences*, 26 (1) S41.

2007

*Raymond-Barker P, **Petroczi A**, **Quested E**. (2007). Assessment of nutritional knowledge in female athletes susceptible to the Female Athlete Triad syndrome. *Journal of Occupational Medicine Toxicology*, 2:10. doi:10.1186/1745-6673-2-10.

2006

Redding, E. & **Quested, E**. (2006). When art meets science: An action research approach to improvingprofessional dance teaching and learning using scientific methods, *International Journal of Learning*, Volume 13 , Issue 7 , pp.31-40.

Example Knowledge Transfer Publications

Quested., E. (2013). *Bridging the gap: Athletes voices, research explanations*. PsychEd4Sport

Duda, J.L. & **Quested, E.** (2012). The PAPA Project. *BPS Going For Gold Public Engagement Project*, **http://www.bps.org.uk/videos/papa-project (http://www.bps.org.uk/videos/papa-project)**

Duda, J. L. & **Quested, E**. (2012). The European Based 'PAPA' Project: Implementation of Empowering Coaching™ *Public Service Review: UK Science & Technology*, 5, p175.

Quested, E., & Duda, J. L. (2011). Empowering Coaching: The future of dance education? *Dance UK News,* Issue 80, Spring 2011.

Quested, E., & Duda, J. L. (2009). Maintaining the balance: Striving for quality and quantity in the growing field of dance psychology. *IADMS newsletter.*

Quested, E., Cumming, J. & Duda, J.L. (2010). The nature of motivation: It's a question of 'Why'? *Music and dance information sheet number four.* Totnes: Department for Children, schools and families

Conference Presentations

2013

Quested, E. **(Symposium Convener and Chair)** et al,. The role of the coach and children's well-being: Measure developments and preliminary findings from the PAPA project. Symposium to be presented at the *British Psychological Society Division of Sport and Exercise Psychology Conference*, December 2013, Manchester, UK. Papers to be presented:

Appleton, P.R., Ntoumanis, N., **Quested, E**. & Duda, J.L. Development and validation of the multidimensional coach created motivational climate scale.

*Bracey, S.J., **Quested, E.** Duda, J.L. The conceptualization and assessment of children's well- and ill-being.

Quested, E., Appleton, P.R., Ntoumanis, N., Jowett, G., Hall, H.K., Duda, J.L. Changing the climate in youth sport: Key features and preliminary findings of the European-wide PAPA project.

Quested, E. (2013). The motivational climate: Introduction, overview of the research, impact on health and well-being. Invited conference presentation at *Beyond the Body: Psychological tools for performance enhancement and well-being in dance RCSM Conference.* November 2013, Birmingham, UK.

Quested, E., Duda, J.L., Jowett, G., Hall, H.K., Castillo, I., Balaguer, I. (2013). The delivery and evaluation of the Empowering Coaching programme in the European-based PAPA Project. *15th Congress of ACAPS*, October 2013, Grenoble, France.

Tzioumakis, Y., Tessier, D., Smith, N, Papaioannou, A, Digelidis, N., Sarrazin, P, **Quested, E.,** Duda J.L. (2013). Objective Assessment of the Coach-initiated Motivational Climate: An Observational, Multidimensional Approach. *15th Congress of ACAPS*, October 2013, Grenoble, France.

Quested, E. (2013). The PAPA Project: An Overview. Invited presentation at the *9th Annual Meeting and 4th Conference of HEPA Europe, October 2013, Helsinki.*

Quested, E. (2013). The role of the motivational climate in dance: New developments and future directions. *Dance UK and the Royal Society of Medicine conference: Beyond the body: Psychological tools for performance enhancement and well-being in dance.* November 2013, Birmingham, UK.

Quested, E., Ntoumanis, N., Viladrich, C., Haug, E., Ommundsen, Y., Van Hoye, A, Mercé, J., Hall, H.K., Zourbanos, N., Duda, J.L. (2013) Intentions to drop-out in youth football: A test of the basic needs theory among European youth. *Association of Applied Sport Psychology*, New Orleans, USA, October 2013.

Quested, E., Woodcock, C., Norfield, J., Cumming, J., & Duda, J.L. (2013). Quality of participation and dancers' health. Invited symposium presentation at the *18th Annual European College of Sport and Exercise Science Congress* ***(Invited Symposium),*** June 2013, Barcelona, Spain.

Quested, E., Woodcock, C., Norfield, J., Cumming, J., & Duda, J.L. (2013). Use of psychological skills and techniques among young elite vocational dancers. *18th Annual European College of Sport and Exercise Science Congress* ***(Invited Satellite Symposium),*** June 2013, Barcelona, Spain.

*Smith, N., Tzioumakis, Y., Tessier, D., Appleton, P.R., **Quested, E**., Duda, J.L. (2013). Initial examination of the psychometric properties of the multidimensional motivational climate observation system. *18th Annual European College of Sport and Exercise Science Congress,* June 2013, Barcelona, Spain

*Smith, N., Tessier, D., Tzioumakis, Y., Appleton, P.R., **Quested, E**., Duda, J.L. (2013). The relationship between the objectively rated coach-created motivational climate, and athletes' basic psychological needs and sport enjoyment. *18th Annual European College of Sport and Exercise Science Congress****,*** June 2013, Barcelona, Spain.

Sarrazin, P., Smith, N., Tzioumakis, Y., Tessier, D., **Quested, E**., Papaioannou, A., Duda, J.L. (2013). Correlates of the objectively assessed empowering and disempowering features of the motivational climate in grassroots football. *18th Annual European College of Sport and Exercise Science Congress****,*** June 2013, Barcelona, Spain.

*Norfield, J., **Quested, E**., Ntoumanis, N., & Duda, J.L. (2013). Dancers' daily experiences: A basic needs theory approach. *18th Annual European College of Sport and Exercise Science Congress,* June 2013, Barcelona, Spain

Viladrich, C., Ntoumanis, N., **Quested, E**., Appleton, P.R., & Duda, J.L. (2013). Measuring basic need satisfaction: Alternatives to confirmatory factor analysis when the three needs are highly correlated. *5th International Conference on Self-Determination Theory*, June 2013, Rochester, USA

Duda, J.L., **Quested, E.,** Ntoumanis, N., & Appleton, P.R. (2013). Toward more empowering youth sport experiences: An introduction to the aims, methods and initial findings stemming from the European-wide 'PAPA' Project. *5th International Conference on Self-Determination Theory*, July 2013, Rochester, USA

Quested, E., Appleton, P.R., Smith, N., Ntoumanis, N., & Duda, J.L. (2013). Conceptualization and measurement of an empowering climate in youth sport: A Review of recent developments. *International Society for Behavioural Nutrition and Physical Activity Annual Conference,* May 2013, Ghent, Belgium.

Quested, E., (2013). The importance of the motivational climate in football. **Invited Keynote** at the *Science and Football Conference*, 27th April,2013, Birmingham, UK.

García-Dantas, A., & **Quested, E**. (2013). Efecto de diferentes tipos de feedback en la autoeficacia de los/as bailarines/as. [Effect of different kinds of feedback on the dancers´self-efficacy]. *I Congreso Ibérico de la Psicología Clínica, de la Salud y del Deporte*. March, 2013, Sevilla, Spain.

Zourbanos, N., Papaioannou, A., **Quested, E.,** & Duda, J.L. (2013). Empowering Coaching™: Background and initial implementation in Greece via the PAPA Project.

2012

Woodcock, C, **Quested, E**., Duda, J. L., & Cumming J. (2012). The what, why, how, and effectiveness of psychological skill and technique use by vocational ballet students. Oral communication to be presented at the *International Association of Dance Medicine and Science 22nd Annual Conference,* Singapore, October 2012.

Quested, E., Bosch, J., Burns, V.E., Cumming, J., Ntoumanis, N., & Duda, J.L. (2012). Motivational determinants of dancer's health-related immunological and hormonal responses. *Association of Applied Sport Psychology*, Atlanta, Georgia, U.S.A. 3rd – 7th September 2012.

Duda, J.L., **Quested, E.** & Appleton, P. What does it really mean to be grounded in theory?: Illustrations from the PAPA Project and the Empowering Coaching™ intervention. *Association of Applied Sport Psychology*, Atlanta, Georgia, U.S.A. 3rd – 7th September 2012

Quested, E., Appleton, P., Smith, N., Ntoumanis, N., & Duda, J.L. Advances in the measurement of the multidimensional motivational climate in sport. *Association of Applied Sport Psychology*, Atlanta, Georgia, U.S.A. 3rd – 7th September 2012

Duda, J.L., Appleton, P.R., Balaguer, I., Hall, H., & **Quested, E.** (2012). Toward theory-grounded and evidence-based coach education: Rationale and support for the Empowering Coaching programme.
Symposium at the International Convention on Science, Education and Medicine in Sport, (ICSEMIS), Glasgow, 19th – 23rd July 2012

Quested, E., Bosch, J.A., Burns, V.E., Cumming, J., & Duda, J.L. (2012) Social-psychological determinants of performer's immune responses: A self-determination theory approach, Poster to be presented at *17th Annual European College of Sport and Exercise Science Congress,* 4th - 7th July 2012, Bruges, Belgium.

Fenton, S., **Quested, E.,** Duda, J.L. (2012) Coach Provided Autonomy Support, Intrinsic Motivation and Enjoyment as Predictors of Objectively Measured Physical Activity Levels in Grassroots Footballers. Oral communication to be presented at the *17th Annual European College of Sport and Exercise Science Congress,* 4th - 7th July 2011, Bruges, Belgium.

Krommidas, C., Van Hoye, A., Fenton, S., Galanis, E., Bosselut., G., Duda, J. L., Keramidas, P., Nicaise, V., Barrett, T. G., Zourbanos, N., Heuze, J. P., Papaioannou, A., Sarrazin, P., **Quested, E.** (2012). Comparison of objectively measured physical activity levels of youth soccer players between France, England & Greece. Poster to be presented at *17th Annual European College of Sport and Exercise Science Congress,* 4th - 7th July 2012, Bruges, Belgium.

*Smith, N., **Quested, E.,** Appleton, P., & Duda. J.L. (2012). Differences in the coach-created psychological environment across training and competition in youth sport. Poster to be presented at *17th Annual European College of Sport and Exercise Science Congress,* 4th - 7th July 2012, Bruges, Belgium.

*Smith, N., **Quested, E.,** Appleton, P., & Duda. J.L. (2012). Examining the relationship between the objective and perceived coach created motivational climate in youth sport. *British Psychological Society Annual Conference*, London, UK, April 2012.

Quested, E., Nein, C-L., Castillo, I., Balaguer, I., & Duda, J.L. (2012). Examining the determinants of healthful dance participation: A cross-cultural test of basic needs theory in the context of vocational dance. British Psychological Society Annual Congress, London, UK

2011

Quested, E., Duda, J.L., Ntoumanis, N., & Maxwell, J. Day to day experiences of autonomy supportive teaching: A diary methodology in an elite setting. *13th Annual Congress for Sport Psychology (FEPSAC)*, Madeira, Portugal, July 2011

Quested, E., Duda, J.L., Appleton, P. (2011).A qualitative evaluation of coaches' implementation of the Empowering Coaching™ approach. *13th Annual Congress for Sport Psychology (FEPSAC)*, Madeira, Portugal, July 2011

Appleton, P., Ntoumanis, N., **Quested, E**., & Duda, J.L. (2011). Development of a multi-dimensional measure of perceived empowering and disempowering coaching behaviours. *13th Annual Congress for Sport Psychology (FEPSAC),* Madeira, Portugal, July 2011

Tessier, D., Tzioumakis, Y., Sarrazin, P., Diglidis, N., Papaioannou, A., **Quested, E**., Duda, J.L., (2011). Development of an observational instrument assessing the coach-created environment. *13th Annual Congress for Sport Psychology (FEPSAC),* Madeira, Portugal, July 2011

Quested, E. (Symposium Convener and Chair) et al., (2011). *Optimizing motivation and healthful engagement in dance: New research findings and applied implications*. From Movement to motivation. University of Bedfordshire, UK.

Jauni, T., Castillo, I., **Quested, E**., Morales, V., Duda, J.L., & Balaguer, I. *Social environment, types of motivation and well/ill being in Spanish dancers*

Quested, E., Duda, J.L., Ntoumanis, N., & Maxwell, J. Daily experiences of psychological need satisfaction in dance classes, rehearsals and performances: A dairy study approach

*Norfield, J., **Quested, E**, & Duda, J.L. *The darker side of dance: Perceptions of teachers controlling behaviours, motivational processes and well- and ill-being in recreational dance*

Quested, E. & Appleton, P. (2011). Time for climate change? The "what", "why" and "how" of a theory-based coach education intervention designed to foster quality motivation in sport. *Promoting Healthier Physical Activity Experiences for Healthier Kids: A One Day Conference,* University of Birmingham, UK. June 2011. [Invited speaker]

Merrett, C.K. , Duda, J.L. & **Quested, E**. (2011). Team-referenced perceived coaching environment, needs satisfaction, and well-being in elite hockey players. *16th Annual Congress of the European College of Sports Sciences (ECSS)*, Liverpool, UK. June 2011.

Bracey, S., **Quested, E**., Duda, J.L. (2011). Development and initial validation of a psychometric measure of children's well- and ill-being. *16th Annual Congress of the European College of Sports Sciences (ECSS)*, Liverpool, UK, June 2011.

2010

*Bracey, S., Duda. J.L., & **Quested, E.** (2010). Children's conceptualisations of well-being and ill-being. *British Psychological Society Division of Sport and Exercise Psychology Conference*, London, UK, December 2010.

Merrett, C., Duda. J.L., & **Quested, E.** (2010). Team-referenced perceived coaching environment, needs satisfaction, and well-being: Extending the testing of Basic Needs Theory. *British Psychological Society Division of Sport and Exercise Psychology Conference*, London, UK, December 2010.

Duda, J.L. **Quested, E**. Van Hoye, A. Heuzé, J-P., Sarrazin, P. Tessier, D., & Trouilloud. D. *3rd National Meeting for Football Education in Grenoble*, 19th-20th November 2010.

Quested, E., Duda, J. L., Ntoumanis, N., & Maxwell, J.P. (2010). Dancing to a different beat? A test of the self-determination theory universality hypothesis across three distinct dance genres. *Hellanic Society of Sport Psychology*, Trikala, Greece, November 2010.

Balaguer, I., **Quested, E (presenting author)**, Castillo, I., Alvarez, M. & Duda, J. L. (2010). Exploring predictors of life satisfaction, on the stage and in the stadium: A test of basic needs theory among dancers and soccer players. *International Association of Dance Medicine and Science 20th Annual Conference,* Birmingham, UK, October 2010.

Quested, E. & Duda, J. L. (2010). Measuring dancers' perceptions of their teaching environment: What do we know and where should we go? *International Association of Dance Medicine and Science 20th Annual Conference,* Birmingham, UK, October 2010.

Nordin, S.M., **Quested, E**., Walker, I.J., & Redding, E. (2010). Climate change in the dance classroom: Findings from the UK Centres for Advanced Training. *International Association of Dance Medicine and Science 20th Annual Conference,* Birmingham, UK, October 2010.

Quested, E. (2010). Cross-disciplinary research in action. *British Association of Sport and Exercise Sciences Student Conference*, Aberystwyth, April 2010.

Quested, E., Bosch, J., Burns, V.E., Cumming, J., Ntoumanis, N., and Duda, J.L. (2010). Cognitive appraisals as predictors of dancers' state hormonal and emotional responses, *British Psychological Society Annual Conference*, Stratford-Upon-Avon, April 2010.

Duda, J.L., **Quested, E**. & Appleton, P. (2010). The PAPA Project: A theory-based intervention centred on the promotion of an empowering motivational climate for young European football players. *European College of Sport Science Conference*, Antalya, Turkey, 25th June, 2010

Quested, E., & Duda, J. L. (2010). The social-psychological antecedents of burnout in dance: A longitudinal test of the Basic Needs Theory framework. *North American Society for the Psychology of Sport and Physical Activity,* Tucson, USA, June 2010.

Quested, E., Bosch, J., Burns, V.E., Cumming, J., Ntoumanis, N., and Duda, J.L. (2010). Hormonal and emotional responses to performance stress: The role of psychological need satisfaction. *Self-Determination Theory Conference*, Ghent, Belgium, May 2010.

*Bradley, E., & **Quested, E.** (2010). Dancing in the moment: A flow perspective. *Kinesthetic Empathy International Conference*, University of Manchester, UK, 2010.

2009

*Bradley, E., **Quested, E**., & Wyon, M. (2009). Frequency of flow experiences in recreational, vocational and professional dancers. *International Association of Dance Medicine and Science 19th Annual Conference*. The Hague, The Netherlands.

Quested, E., & Duda, J.L. (2009). Enhancing the emotional welfare of dancers: the importance of socially supportive dance teaching and basic psychological need satisfaction. *Association of Applied Sport Psychology*, Salt Lake City, U.S.A.

Quested, E. (Symposium convenor and chair), et al. (2009). Antecedents of well-being and optimal functioning in elite dance contexts: A motivational perspective. *12th World Congress of Sport Psychology*, Marrakesh, Morocco.

Quested, E., Bosch, J., Burns, V.E., & Cumming, J., & Duda, J.L. Motivational determinants of stress-related appraisals and responses to elite dance performance.

Nordin, S.M., Walker, I.J., Redding, E., **Quested, E**., & Duda, J.L. Motivational climate and perfectionism among young talented dancers: Findings from the UK Centres for Advanced Training.

Nein, C-L., Maxwell, J.M., **Quested, E**., & Duda, J.L. A test of Basic Needs Theory among vocational Taiwanese and Hong Kongese dancers.

2008

Quested, E., & Duda, J.L. (2008). The experience of well-and ill-being among elite dancers: A test of basic needs theory. *British Association of Sport and Exercise Sciences Annual Conference*, London, UK.

*Peterson, L. & **Quested, E**. (2008). The effect of a 3-week arts camp on self-perceptions, life satisfaction and subjective vitality in underserved youth**.** *18th Annual Meeting of the International Association of Dance Medicine and Science*, Ohio, U.S.A.

2007

*Lindsay, P., & **Quested, E.** (2007). Striving for perfection: The relationship between perfectionism, stress and injury. *17th Annual Meeting of the International Association of Dance Medicine and Science*, Canberra, Australia.

*Hardy, C., & **Quested, E.** (2007). Sources of stress, coping resources and support: An insight into the interior world of the professional contemporary dancer. *17th Annual Meeting of the International Association of Dance Medicine and Science*, Canberra, Australia.

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