

*Curriculum Vitae - Simplified*

**M. BLAIR EVANS**

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Google Scholar: <https://scholar.google.ca/citations?user=S8p1FSQAAAAJ&hl=en>

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**Education**

- Ph.D.**, Social Psychology, Wilfrid Laurier University 2014  
*Topic: Teammate interdependence and interpersonal influence in individual sport*  
*Supervisor: Mark A. Eys, Ph.D.*
- Masters of Arts**, Kinesiology and Physical Activity, University of Lethbridge 2010  
*Topic: Temporal analysis of endurance athletes' coping during competitive suffering*  
*Supervisor: Sharleen D. Hoar, Ph.D.*
- Bachelor of Arts (Honours)**, Sport Psychology, Laurentian University 2008

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**Academic Employment**

- Assistant Professor**, Western University (Ontario) 2020-current  
*Department of Psychology*
- Assistant Professor**, Penn State University 2015-2020  
*Department of Kinesiology*
- Post-Doctoral Fellow and Adjunct Professor**, Queen's University 2014-2015  
*School of Kinesiology & Health Studies*

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**Teaching Experience**

\* = course that I developed as formal part of curriculum

- Instructor**, Department of Psychology, Western University 2020+  
Psychology 2990 – Applications of Psychology (2X)  
Psychology 2660 – Intro. to Industrial/Organizational Psychology (3X)  
\*Psychology 9632 – Systematic and Scoping Review Methods (taught once)
- Instructor**, Department of Kinesiology, Penn State University 2015-2020  
KINES 429 – Psychology of Sport Performance (taught twice)  
KINES 421 – Exercise Psychology - advanced (taught once)  
KINES 321 – Psychology of Movement Behavior (taught 6 times)

\*KINES 430W – Group Dynamics in Sport Teams and Exercise Groups (taught twice)

\*KINES 597 – Systematic Reviews in Movement Science (taught twice)

**Instructor**, Psychology Department, Wilfrid Laurier University

2013-2014

PS 286 – Sport Psychology

PS 285 – Health Psychology

PS 272 – Group Processes

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### Awards

Teaching Excellence Award, College of Health and Human Development, Penn State, 2018

Outstanding Reviewer of the Year Award, Sport, Exercise, and Performance Psychology, 2017

Certificate of Academic Excellence (Doctoral Dissertation), Canadian Psychological Association, 2015

Doctoral Medal of Academic Excellence (Faculty of Science) for outstanding doctoral dissertation, Wilfrid Laurier University, Fall 2014

Outstanding Student Paper Award, North American Society for the Psychology of Sport and Physical Activity, 2013 (\$1350.00)

Doctoral Scholarship, Social Sciences and Humanities Research Council of Canada, 2013 (\$20,000.00)

Ontario Graduate Scholarship(s), Province of Ontario, 2011, 2013 (\$30,000.00)

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### Research Contributions

*underlined authors = student mentees directly supervised, or co-supervised, when research was conducted*

#### Journal Articles

1. **Evans, M.B.**, Benson, A., & Li, Z. (Accepted). Modelling age-varying associations between group memberships, neighborhood connectedness, and wellbeing. *Canadian Journal on Aging*.
2. Duong, A., Roberts, L., Cramm, H., **Evans, M. B.**, Mayhew, E., Latimer-Cheung, A. E., Aiken, A., Shirazipour, C. H. (Advance Online). I AM FAMILY: Understanding the adapted sport experiences of family members of military personnel with physical and psychological illnesses and injuries through the lens of the Invictus Games. *Psychology of Sport and Exercise*. 102457. Doi: 10.1016/j.psychsport.2023.102457
3. Panza, M., Redman, G., Vella, S., Vierimaa, M., Bopp, M., & **Evans, M. B.** (2022). Developing and evaluating a peer-based mental health literacy intervention with adolescent athletes. *PLoS One*, 17, e0274761. Doi: 10.1371/journal.pone.0274761.

4. Hancock, D., Paradis, K., **Evans, M. B.**, & Martin, L. (2022). Investigating perceptions of cohesion, performance, and satisfaction in sport officiating groups. *Managing Sport and Leisure. Advance Online Publication*. Doi: 10.1080/23750472.2022.2092536
5. Corey, J., Shirazipour, C., Fricke, M., & **Evans, M. B.** (2022). Physiotherapists' role in physical activity promotion: Qualitative reflections of patients and providers. *Physiotherapy Theory and Practice. Advance online publication*. Doi: 10.1080/09593985.2022.2031361
6. McGuire, C., **Evans, M. B.**, & Martin, L. (2022). Perceiving and experiencing subgroups in sport: A proposed conceptual framework. *International Journal of Sport and Exercise Psychology*, 20, 915-935.
7. Evans, J. C., **Evans, M. B.**, Slack, M., Peddle, M., & Lingard, L. (2021). Examining non-technical skills for ad hoc resuscitation teams: A scoping review and taxonomy of team-related concepts. *Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine*, 29, 167. doi: 10.1186/s13049-021-00980-5.
8. Orr, K., Tamminen, K. A., **Evans, M. B.**, & Arbour-Nicitopoulos, K. P. (2021). Experiencing the social environment of a canoe kayak club: A case study of a Special Olympics program. *Case Studies in Sport and Exercise Psychology*, 5, 8-24.
9. Graupensperger, S., Turrisi, R., Jones, D., **Evans, M. B.** (2021). Dynamic characteristics of groups and individuals that amplify adherence to perceived drinking norms in college club sport teams: A longitudinal multilevel investigation. *Psychology of Addictive Behaviors*, 35, 351-365.
10. Wilson, O. W., Panza, M., **Evans, M. B.**, & Bopp, M. (2021). A scoping review on college student physical activity: How do researchers measure activity and examine inequities? *Journal of Physical Activity and Health*, 18, 728-736.
11. Saizew, K., **Evans, M. B.**, Allan, V., & Martin, L. (2021). A season-long examination of team structure and its implications for subgroups in individual sport. *Journal of Sport and Exercise Psychology*, 43, 248-258.
12. Orr, K., Tamminen, K. A., **Evans, M. B.**, & Arbour-Nicitopoulos, K. P. (2021). Social influences in recreational sport programs for emerging adults with a disability: A preliminary examination using a mixed methods approach. *European Journal of Adapted Physical Activity*, 14, 6. doi: 10.5507/euj.2020.014.
13. Leonard, K., **Evans, M. B.**, Oravec, Z., Smyth, J., & Downs, D. S. (2021). Effect of technology-supported interventions on prenatal gestational weight gain, physical activity, and healthy eating behaviors: A systematic review and meta-analysis. *Journal of Technology in Behavioral Science*, 6, 25-41.

14. Graupensperger, S. A., Sweet, S. M., & **Evans, M. B.** (2021). Multimorbidity of overweight and obesity alongside anxiety and depressive disorders in individuals with spinal cord injury. *Journal of Spinal Cord Medicine*, 44, 992-1000.
15. Graupensperger, S., Benson, A. J., Kilmer, J., & **Evans, M. B.** (2020). Social (un)distancing: Teammate interactions, athletic identity, and mental health of student-athletes during the COVID-19 pandemic. *Journal of Adolescent Health*, 67, 662-670.
16. West, A. B., Bittel, K., Russell, M. A., **Evans, M. B.**, Mama, S. K., & Conroy, D. E. (2020). A systematic review of physical activity, sedentary behavior, and substance use in adolescents and emerging adults. *Translational Behavioral Medicine*, 10, 1155-1167.
17. Silva, E., **Evans, M. B.**, Lefebvre, J. S., Allan, V., Côté, J., & Palmeira, A. (2020). A systematic review of Intrapersonal Coach Development Programs: Examining the development and evaluation of programs to elicit coach reflection. *International Journal of Sports Science & Coaching*, 15, 818-837.
18. Graupensperger, S., Panza, M. J., Budziszewski, R., & **Evans, M. B.** (2020). Growing into 'us': Trajectories of social identification with college sport teams predicts subjective well-being. *Applied Psychology: Health and Wellbeing*, 12, 787-807.
19. Leonard, K. S., **Evans, M. B.**, Kjerulff, K. H., & Symons Downs, D. (2020). Postpartum perceived stress explains the association between perceived social support and depressive symptoms. *Women's Health Issues*, 30, 231-239.
20. Panza, M., Graupensperger, S., Agans, J., Vella, S., Dore, I., & **Evans, M. B.** (2020). Adolescent sport participation and symptoms of anxiety and depression: a systematic review and meta-analysis. *Journal of Sport and Exercise Psychology*, 42, 201-218.
21. Graupensperger, S., Panza, M., & **Evans, M. B.** (2020). Network centrality, group density, and strength of social identification in college club sport teams. *Group Dynamics: Theory, Research, & Practice*, 24, 59-73.
22. Allan, V., **Evans, M. B.**, Côté, J., & Latimer-Cheung, A. (2020). From the athletes' perspective: a social-relational understanding of how coaches shape the disability sport experience. *Journal of Applied Sport Psychology*, 32, 546-564.
23. **Evans, M. B.**, Vierimaa, M., Budziszewski, R., & Graupensperger, S. A. (2020). Coach expectations and athlete lay beliefs: Interactions when predicting adolescent athletes' enjoyment and intentions to return. *Journal of Applied Sport Psychology*, 32, 416-428.
24. Orr, K., **Evans, M. B.**, Tamminen, K., & Arbour-Nicitopoulos, K. (2020). A scoping review of recreational sport programs for disabled emerging adults: Part I, peer reviewed literature. *Research Quarterly for Exercise and Sport*, 91, 142-157.

25. Shirazipour, C. H., **Evans, M. B.**, Leo, J., Lithopoulos, A., Martin Ginis, K. A., & Latimer-Cheung, A. E. (2020). Program conditions that foster quality physical activity participation experiences for people with a physical disability: a systematic review. *Disability and Rehabilitation*, 42, 147-155.
26. Graupensperger, S. A., Wilson, O., **Evans, M. B.**, & Bopp, M. (2020). Longitudinal association between alcohol use and physical activity in US college students: Evidence for directionality. *American Journal of College Health*, 68, 155-162.
27. Graupensperger, S., Turrisi, R., Jones, D., **Evans, M. B.** (2020). Longitudinal associations between perceptions of peer group drinking norms and students' alcohol use frequency within college sport teams. *Alcoholism: Clinical and Experimental Research*, 44, 541-552. **[\*\*Identified as an article of public interest by the journal]**
28. Petersen, B., Eys, M. A., Watson, K., & **Evans, M. B.** (2019). Taking stock of youth sport group dynamics research: A scoping review. *Kinesiology Review*, 8, 260-268.
29. Benson, A. J., Azizi, E., **Evans, M. B.**, Bray, S., & Eys, M. A. (2019). How innuendo shapes impressions of task and intimacy groups. *Journal of Experimental Social Psychology*, 85, 103854.
30. Graupensperger, S., Benson, A., Bray, B. C., & **Evans, M. B.** (2019). Social cohesion and peer acceptance predict student-athletes' attitudes toward health-risk behaviors: A within- and between-group investigation. *Journal of Science and Medicine in Sport*, 22, 1280-1286.
31. **Evans, M. B.**, Graupensperger, S. A., Benson, A. J., Eys, M. A., Gottschall, J. S., & Hastings, B. (2019). Groupness perceptions and basic needs satisfaction within fitness groups. *Group Dynamics: Theory, Research, & Practice*, 23, 170-184.
32. Graupensperger, S. A., Corey, J. J., Turrisi, R. J., & **Evans, M. B.** (2019). Individuals with spinal cord injury have greater odds of substance use disorders than able-bodied comparisons. *Drug and Alcohol Dependence*, 205, 107608.
33. Graupensperger, S. A., Benson, A. J., Eys, M. A., Gottschall, J. S., Hastings, B., & **Evans, M. B.** (2019). Perceptions of groupness during group fitness: A between- and within-person examination. *Sport, Exercise, and Performance Psychology*, 8, 290-304.
34. Robertson, M., Hague, C., Martin, L. J., & **Evans, M. B.** (2019). Do participant reporting practices in youth sport research adequately represent variability in sport contexts? *Psychology of Sport and Exercise*, 45, 101559.
35. Wilson, O. W. A., Graupensperger, S. A., Bopp, M. J., **Evans, M. B.**, Duffey, M. L., Papalia, Z. (2019). College student physical activity and fruit and vegetable consumption: A longitudinal study. *Journal of Physical Activity and Health*, 16, 274-280.

36. **Evans, M. B.**, Shanahan, E., Leith, S., Litvak, N., & Wilson, A. E. (2019). Living for today or tomorrow? Self-regulation amidst proximal or distal exercise outcomes. *Applied Psychology: Health and Well-being*, *11*, 304-327.
37. **Evans, M. B.**, Graupensperger, S. A., Benson, A. J., Eys, M. A., Gottschall, J. S., & Hastings, B. (2019). Group structure and entitativity in exercise: considering within- and between-group perceptions of groupness. *Psychology & Health*, *34*, 715-732.
38. **Evans, M. B.**, McLaren, C., Budziszewski, R., & Gilchrist, J. (2019). When a sense of 'we' shapes the sense of 'me': Exploring how running groups impact role identities and behavior. *Self and Identity*, *3*, 227-246.
39. Rodrigues, A., **Evans, M. B.**, & Galatti, L. (2019). Peer connections, social identity, and motivation 'on the mat': Social network analysis within Brazilian Jiu-Jitsu. *Psychology of Sport & Exercise*, *40*, 127-134.
40. Graupensperger, S. A., Benson, A., & **Evans, M. B.** (2018). Everyone else is doing it: The association between social identity and susceptibility to peer influence in NCAA athletes. *Journal of Sport & Exercise Psychology*, *40*, 117-127.
41. Donkers, J., Martin, L. J., & **Evans, M. B.** (2018). Psychological collectivism in individual youth sports settings. *International Journal of Sport and Exercise Psychology*, *16*, 285-299.
42. Graupensperger, S. A., Jensen, C. J., & **Evans, M. B.** (2018). A meta-analytic review of studies using the prosocial and antisocial behavior in sport scale: Similarities and differences in how young athletes treat teammates and opponents. *Sport, Exercise, and Performance Psychology*, *7*, 186-204.
43. **Evans, M. B.**, Shirazipour, C., Zanhour, M., Allan, V., Sweet, S. N., Martin Ginis, K. A., & Latimer-Cheung, A. (2018). Integrating insights from the parasport community to understand optimal experiences: The Quality Parasport Participation Framework. *Psychology of Sport and Exercise*, *37*, 79-90.
44. Hancock, D., Martin, L. J., **Evans, M. B.**, & Paradis, K. (2018). Exploring perceptions of group processes inherent in ice hockey officiating. *Journal of Applied Sport Psychology*, *30*, 222-240.
45. Martin Ginis, K. A., **Evans, M. B.**, Mortenson, W. B., Noreau, L. (2017). Broadening the conceptualization of 'Participation' of persons with physical disabilities: A configurative review and recommendations. *Archives of Physical Medicine and Rehabilitation*, *98*, 395-402.
46. McCalpin, M. M., **Evans, M. B.**, & Côté, J. (2017). Young female soccer players' perceptions of their modified sport environment. *The Sport Psychologist*, *31*, 65-77.

47. **Evans, M. B.**, Allan, V., Erickson, K., Martin, L. J., Budziszewski, R., & Côté, J. (2017). Are all sport activities equal? A systematic review of how youth psychosocial experiences vary across differing sport activities. *British Journal of Sports Medicine*, *51*, 169-176.
48. Shirazipour, C. H., **Evans, M. B.**, Caddick, N., Smith, B., Aiken, A. A., Martin Ginis, K. A., & Latimer-Cheung, A. E. (2017). Understanding a quality sport experience: Exploring perspectives of veterans with a physical disability. *Psychology of Sport & Exercise*, *29*, 40-50.
49. Lefebvre, J. S., **Evans, M. B.**, Turnnidge, J., Gainforth, H. L., & Côté, J. (2016). Describing and classifying coach development programs: A synthesis of empirical research and applied practice. *International Journal of Sports Science & Coaching*, *11*, 887–899.
50. **Evans, M. B.**, Adler, A., MacDonald, D. J., & Côté, J. (2016). Bullying victimization and perpetration among adolescent sport teammates. *Pediatric Exercise Science*, *28*, 296-303.
51. Martin, L. J., **Evans, M. B.**, & Spink, K. S. (2016). Coaches' perceptions of cliques in sport: Theoretical framework of emergence, management, and outcomes of cliques. *Sport, Exercise, and Performance Psychology*, *5*, 52-66.
52. Benson, A. J., **Evans, M. B.**, & Eys, M. A. (2016). Organizational socialization in team sport environments. *Scandinavian Journal of Medicine and Science in Sports*, *4*, 463-473.
53. **Evans, M. B.**, McGuckin, M., Gainforth, H., Bruner, M. W., & Côté, J. (2015). Informing programs to improve interpersonal coach behaviours: A systematic review using the RE-AIM framework. *British Journal of Sport Medicine*, *49*, 871-877.
54. Benson, A. J., **Evans, M. B.**, Surya, M., Martin, L. J., & Eys, M. A. (2015). Embracing athletic identity in the face of threat. *Sport, Exercise, and Performance Psychology*, *4*, 303-315.
55. Bruner, M. W., Eys, M. A., **Evans, M. B.**, & Wilson, K. (2015). Interdependence and social identity in youth sport teams. *Journal of Applied Sport Psychology*, *27*, 351-358.
56. **Evans, M. B.**, & Eys, M. A. (2015). Collective goals and shared tasks: Interdependence structure and perceptions of individual sport team environments. *Scandinavian Journal of Medicine and Science in Sports*, *25*, e139–e148.
57. Eys, M. A., Ohlert, J., **Evans, M. B.**, Wolf, S. A., Martin, L., Van Bussel, M., & Steins, C. (2015). Cohesion and performance for male and female sport teams. *The Sport Psychologist*, *29*, 97 -109.

58. Martin, L. J., Wilson, J., **Evans, M. B.**, & Spink, K. S. (2015). Cliques in sport: Perceptions of intercollegiate athletes. *The Sport Psychologist*, 29, 82-95.
59. Wolf, S. A., **Evans, M. B.**, Laborde, S., & Kleinert, J. (2015). Assessing what generates precompetitive emotions: Development of the Precompetitive Appraisal Measure. *Journal of Sport Science*, 33, 579-587.
60. Côté, J. & Turnnidge, J. & **Evans, M. B.** (2015). The dynamic process of development through sport. *Kinesiology Slovenica*, 20, 14-16.
61. **Evans, M. B.**, Cooke, L. M., Murray, R. A., & Wilson, A. E. (2014). The sooner, the better: Temporally proximal exercise outcomes and intrinsic motivation. *Applied Psychology: Health and Well-being*, 6, 347-361.
62. **Evans, M. B.**, & Wilson, A. E. (2014). Subjective temporal proximity to future selves moderates the link between exercise intentions and behavior. *Sport, Exercise, and Performance Psychology*, 3, 184-190.
63. **Evans, M. B.**, Hoar, S. D., Gebotys, R., & Link, C. A. (2014). Endurance athletes' coping efforts during competitive suffering. *European Journal of Sport Science*, 14, 368-375.
64. **Evans, M. B.**, Benson, A. J., Mitchell, T. M., Robertson-Wilson, J., & Eys, M. A. (2013). An exploration of municipal active living charter development and advocacy. *Health and Fitness Journal of Canada*, 6, 101-115.
65. Eys, M. A., Jewitt, E., **Evans, M. B.**, Wolf, S. A., Bruner, M. W., & Lougheed, T. M. (2013). Coach initiated motivational climate and cohesion in youth sport. *Research Quarterly for Exercise and Sport*, 84, 373-383.
66. **Evans, M. B.**, Eys, M. A., & Wolf, S. A. (2013). Exploring the nature of interpersonal influence in elite individual sport teams. *Journal of Applied Sport Psychology*, 25, 448-462.
67. Martin, L., Paradis, K., Eys, M. A., & **Evans, M. B.** (2013). Cohesion in sport: New directions for practitioners. *Journal of Sport Psychology in Action*, 4, 14-25.
68. **Evans, M. B.**, Eys, M. A., & Bruner, M. W. (2012). Seeing the 'we' in 'me' sports: The need to consider individual sport team environments. *Canadian Psychology*, 53, 301-308.
69. Hoar, S. D., **Evans, M. B.**, & Link, C. A. (2012). How do masters athletes cope with pre-competitive stress at a "Senior Games"? *Journal of Sport Behavior*, 35, 181-203.

## Books

1. Eys, M. A., Benson, A., & **Evans, M. B.** (2020). *Group Dynamics in Sport (5<sup>th</sup> edition)*. FiT publishing.

## Book Chapters

1. Wegner, M., & **Evans, M. B.** (2023). Applying group dynamics to enhance sport teams. In J. Schüler, M. Wegner, H. Plessner & R. Eklund (Eds.), *Sport Psychology: Theory and Practice*. Springer
2. Kim, J., Panza, M. J., & **Evans, M. B.** (2021). Group dynamics. In Z. Zenka & L. Jones (Eds.) *Essentials of Exercise and Sport Psychology: An Open Access Textbook*. <https://kinesiologybooks.org/index.php/stork/catalog/view/10/1/193-1> (p. 613-642)
3. **Evans, M. B.**, Wolf, S. A., & Graupensperger, S. A. (2020). Group cohesion and team building within sport and exercise. In D. Hackfort and R. Schinke (Eds.) *Routledge International Encyclopedia of Sport and Exercise Psychology*. London, UK: Routledge. (p. 175-191)
4. Bruner, M. W., Martin, L. J., **Evans, M. B.**, & Benson, A. J. (2020). Group-based physical activity participation. In K. Fransen, A. Haslam, & F. Boen (Eds.) *The New Psychology of Sport and Exercise: The Social Identity Approach*. London, UK: Sage. (p. 207-222)
5. **Evans, M. B.**, Arbour-Nicitopoulos, K., & Graupensperger, S. (2020). Peers and groups in disability sport. In M. W. Bruner, M. A. Eys, and L. Martin (Eds.) *The Ties that Bind: Exploring the Power of Groups in Youth Sport*. London, UK: Elsevier. (p. 303-326)
6. Vella, S., Liddle, S., Vierimaa, M., & **Evans, M. B.** (2020). Group dynamics and mental health in organised youth sports. In M. W. Bruner, M. A. Eys, and L. Martin (Eds.) *The Ties that Bind: Exploring the Power of Groups in Youth Sport*. London, UK: Elsevier. (p. 277-301)
7. Eys, M. A., & **Evans, M. B.** (2018). Group dynamics in sport, exercise, and physical activity contexts. In T. Horn and A.L. Smith (Eds.) *Advances in sport and exercise psychology (4<sup>th</sup> ed.)*. Champaign, IL: Human Kinetics.
8. Côté, J., Allan, V., Turnnidge, J., Vierimaa, M., & **Evans, M. B.** (2018). The talent lifecycle. In T. Horn and A.L. Smith (Eds.) *Advances in sport and exercise psychology (4<sup>th</sup> ed.)*. Champaign, IL: Human Kinetics.
9. Côté, J., & **Evans, M. B.** (2017). Exercise Science. In B. Hopkins, E. Geangu, & S. Linkenauger (Eds.), *The Cambridge Encyclopedia of Child Development (2nd ed.)*. Cambridge, UK: Cambridge University Press.

10. Turnnidge, J., **Evans, M. B.**, Vierimaa, M., Allan, V., & Côté, J. (2016). Coaching for Positive Youth Development. In N.L. Holt (Ed.), *Positive youth development through sport* (2<sup>nd</sup> ed.). London, UK: Routledge.
11. Vierimaa, M., Turnnidge, J., **Evans, M. B.**, & Côté, J. (2016). Observation Tools and Analysis Techniques used in Coaching Research. In P. A. Davis, *The Psychology of Effective Coaching and Management*. Hauppauge, NY: Nova Science Publishers.
12. **Evans, M. B.**, Allan, V., Vierimaa, M., & Côté, J. (2016). Sport parent roles in fostering positive youth development. In S. Dagkas & L. Burrows, *Families, Young People, Physical Activity and Health: Critical Perspectives*. London, UK: Routledge.
13. Eys, M. A., Burke, S. M., Dennis, P., & **Evans, M. B.** (2015). The sport team as an effective group. In J. M. Williams & V. Krane (Eds.), *Applied sport psychology: Personal growth to peak performance* (7th ed.). New York, NY: McGraw-Hill.
14. **Evans, M. B.**, Eys, M. A., Bruner, M. W., & Kleinert, J. (2014). Building cohesive groups. In A. Papaioannou & D. Hackfort (Eds.). *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts*. Oxford, UK: Taylor & Francis.
15. Hoar, S. D., & **Evans, M. B.** (2010). Athletes' coping across the lifespan. In A. R. Nicholls (Ed.), *Coping in sport: Theory, methods, and related constructs*. Hauppauge, NY: Nova Science Publishers.

### Dictionary or Reference Entries

1. Entries within D. Hackfort, R. Schinke, & B. Strauss (2020). *International Dictionary of Sport Psychology*. Amsterdam, NL: Elsevier.
  - Entries for 'Group Environment Questionnaire, Team communication, Team unity, Team status, and Roles' with coauthors S. Graupensperger and L. Martin

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### Research Support

#### Grants and contracts funded (ongoing)

##### SSHRC - Insight Grant

2022-25

*Social influences on health behaviours in groups: A social network approach.*

Total Costs: \$70,090

Role: PI

**SSHRC - Partnership Engage Grant** 2021-23  
*Mapping peer mentorship and support networks in a regional paramedic services organization*  
Total Costs: \$23,783  
**Role: PI**

**SSHRC - Insight Grant** 2020-23  
*'The company they keep': A nuanced investigation of peer groups in youth sport.*  
Total Costs: \$98,900  
**Role: Collaborator (Dr. Luc J. Martin, PI)**

**Grant and contracts completed**

**SSHRC - Partnership Development Grant** 2019-22  
*An evidence-informed, partnered approach to building accessible, inclusive quality sport programming for Canadians with a disability.*  
Total Costs: \$200,000  
**Role: Co-I (Dr. Amy Latimer-Cheung, PI)**

**NCAA Graduate Student Research Grant Program** 2020  
*Staying ahead of the curve: A dynamic norms approach to reduce alcohol use intentions and behaviors in student-athletes*  
Total Costs: \$5,625.00 USD  
**Role: Mentor/Co-I (awarded to S. Graupensperger).**

**NIH, Predoctoral Ruth L. Kirchstein National Research Service Award (F31)** 2019-20  
*Employing longitudinal and social network analyses to examine how interacting small group norms influence college student alcohol use.*  
Total Costs: \$70,134 USD  
**Role: Sponsor (S. Graupensperger, Student).**

**Center for Rural Pennsylvania** 2018-19  
*Exploring disparities in school sport participation in rural Pennsylvania*  
Total Costs: \$15,000 USD  
**Role: PI.**

**US Lacrosse Foundation** 2018-19  
*Team talk: Developing & evaluating a peer-based mental health intervention in youth lacrosse*  
Total Costs: \$29,916.00 USD  
**Role: PI.**

**SSHRC - Institutional Grant** 2018  
*The development of a valid and reliable questionnaire to evaluate the impact of cliques for youth experiences in sport*  
Total costs: \$6,979.00  
**Role: Co-I (Dr. Luc Martin, PI).**

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| <b>SSHRC - Partnership Grant</b>   | 2013-2020 |
| <i>Canadian Disability Participation Project</i>   |           |
| Total Costs: \$3,100,000 (Grant# 895-2013-1021)  |           |
| <b>Role: Co-I (Dr. Kathleen Martin Ginis, PI).</b>   |           |
| <b>SSHRC - Insight Development</b>   | 2017-19   |
| <i>An exploration of quality participation within an assisted recreation program</i>                   |           |
| Total costs: \$72,867.00   |           |
| <b>Role: Co-I (Dr. Jennifer Tomasone, PI).</b>   |           |
| <b>Les Mills International (research contract)</b>   | 2017-18   |
| <i>Group dynamics research proposal</i>  |           |
| Total costs: \$5,000 USD   |           |
| <b>Role: PI.</b>   |           |
| <b>NCAA Graduate Student Research Grant Program</b>  | 2016-17   |
| <i>Everyone else is doing it: Predicting susceptibility to peer influence in NCAA student athletes</i> |           |
| Total Costs: \$6,000.00 USD (OSP# 191665)  |           |
| <b>Role: Mentor/Co-I (awarded to S. Graupensperger).</b>   |           |
| <b>Coaching Research Grant, The FA, Staffordshire, UK</b>  | 2015      |
| Total Costs: £15,000 GBP   |           |
| <b>Role: Co-PI (with Dr. J. Côté).</b>   |           |
| <b>Internal funding for outreach</b>   |           |
| <b>Community Service Endowment and Endowment for Teaching Excellence</b>                               | 2017      |
| <i>Supporting Parasport Outreach in The Pennsylvania Sport Community</i>                               |           |
| College of Health and Human Development  |           |
| Costs: \$5,935.25 USD (with Dr. J. Belanger)   |           |

**Student mentorship**

**Graduate student supervision and mentorship, Western**

**Committee chair**

|                                  |       |
|----------------------------------|-------|
| Carly Lundale (MSc), Psychology  | 2022- |
| Rachel Edwards (MSc), Psychology | 2022- |
| Roy Hui (MSc), Psychology        | 2021- |

**Undergraduate student supervision and mentorship, Western**

**Honour's thesis chair:** Alyssa Wiebe (2023); Karissa Riley (2023); Victor Yoon (2022); Xuanchao Yang (2022); Sami Mghazli (2021); Nadia Buhot (2021)

**Graduate student supervision and mentorship, Penn State**

**Committee chair**

Scott Graupensperger (PhD), Kinesiology & Clinical/Translational Science 2020  
Michael Panza (MSc) Kinesiology 2020

**Undergraduate student supervision and mentorship, Penn State**

**Honour's thesis chair:** Jacob Corey (2020); Janelle Rothacker (2019)

**International visiting students [1 month or more in the Team lab]**

Caroline Bour, Master's student, École normale supérieure de Rennes 2018  
Alba Rodrigues, Master's student, Universidade Estadual de Campinas 2017

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**Professional Service**

**Support of Academic Societies**

**Sport and Exercise Psychology Organizing Committee (Online),** 2021  
Canadian Society for Psychomotor Learning and Sport Psychology  
**Sport and Exercise Psychology Organizing Committee (Online),** 2020  
North American Sport and Exercise Psychology Association  
**Contributor to 'the Digest',** Journal of Sport and Exercise Psychology 2017-2019  
(i.e., reviews of recent articles from other journals, relevant to sport and exercise)

**Editorial Board Membership**

Journal of Applied Sport Psychology (November 2018+; 4 reviews per year)  
Sport, Exercise, & Performance Psychology (January 2018+; 4 reviews per year)  
Adapted Physical Activity Quarterly (March 2018+; 4 reviews per year)

**University Affiliations via Adjunct Status**

University of Toronto, Faculty of Kinesiology & Physical Education (2016-2021)  
Queen's University, Dept. of Kinesiology and Health Studies (2015-2022)  
University of Lethbridge, Dept. of Kinesiology and Physical Education (2015-2020)

**Academic Society Affiliations**

Interdisciplinary Network for Group Research (Since 2017)  
Canadian Society for Psychomotor Learning and Sport Psychology (Since 2008)  
North American Society for the Psychology of Sport and Physical Activity (Since 2011)

**Professional Development**

Mental Health First Aid (youth) 2019  
Ever Better Mentoring (Online modules and workshop, Penn State CTSI) 2018

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## Community Involvement

### Committee Roles

**Work wellness institute, Review Committee** 2022-  
Four times per year, I am assigned academic articles, program/intervention reports, and other documents for review of scholarly quality prior to posting as a resource relating to wellness in the workplace.

### Knowledge Translation

**Exploring Disparities in School Sports Participation in Rural Pennsylvania** 2020  
Funded research analyzing publicly available sport involvement data, followed by original qualitative interviews with stakeholders. Report was prepared on behalf of the Pennsylvania State Legislature. Published report:  
<https://www.rural.palegislature.us/documents/reports/Disparities-in-Sports-Participation-2020.pdf>

**A Blueprint for Building Quality Experiences in Parasport** 2017  
Knowledge mobilization tool, developed as part of the Canadian Disability Participation Project. Developed by Veronica Allan and Jasmin Ma.  
*Resource designed for administrators of sport organizations to evaluate the participation experiences of participants in their programs.*  
<https://cdpp.ca/resources-and-publications/blueprint-building-quality-participation-sport-children-youth-and-adults>  
Also translated by community members:  
[https://cdn3.sportngin.com/attachments/document/0151/0892/Everyone\\_Plays\\_Book\\_web.pdf](https://cdn3.sportngin.com/attachments/document/0151/0892/Everyone_Plays_Book_web.pdf)

### Consulting and white papers

**Why we run whitepaper; Strava** 2020  
Consulted with online fitness tracking company to study social influence on running.  
Published white paper:  
<https://why-we-run.netlify.app/>  
[https://whywerun.strava.com/assets/whitepaper/Whitepaper\\_Strava\\_WhyWeRun\\_012320.pdf](https://whywerun.strava.com/assets/whitepaper/Whitepaper_Strava_WhyWeRun_012320.pdf)

### External speaking events

Using Norms in Prevention Efforts. *Webinar with J. Linkenbach and J. Kilmer for the NCAA 360 Proof webinar series. National Collegiate Athletics Association (virtual) (April, 2022)*

Athletes and Mental Health During COVID-19. *Webinar for US Lacrosse (virtual) (June, 2020)*

### Internal speaking events

Modelling age-varying associations between group memberships, neighborhood connectedness, and well-being.  
*COVID 19 - Recovery and Resilience Research Workshop, Western University Network for Economic and Social Trends (April 2021)*

Considering the ‘menu’ of uses for social network analyses in medical education.

*Centre for Education Research & Innovation Research Seminar, Schulich School of Medicine and Dentistry (February 2021)*

Associations between health behavior and small group phenomena: Multilevel perspectives applied to sport teams and exercise groups.  
*Penn State Methodology Center Brown-Bag (September 2019)*

Sport and exercise groups as peer ecologies: Implications for prevention.  
*Seminar for the Penn State Prevention and Methodology Training Center (March 2019)*

### **Public Community Outreach**

Groups, belongingness, and wellness as a university student 2023  
*Keynote at the Prosper Conference, hosted by UWO Peer Support Program*

Volunteering/community engagement, Rec Fest, PSU Hershey MC 2017-2019  
*Team lab attended and volunteered at disability sport/ recreation event*

*Group dynamics and emotions in elite cross country skiing – Canadian Cross Country Ski Association. Canmore, Alberta. (Spring 2016)*

*Belongingness in the Canadian Cross Country skiing community – Cross Country Ski National Championships Women’s Committee Event, Thunder Bay. (Spring 2015)*

Study Visit, The Football Association (the FA; UK) 2015  
*Met with coach developers and attended coach education sessions*

Committee Member, Waterloo Region Active Living Network 2011-2012  
Subcommittee for Regional Physical Activity Charter Development  
*Assisted in development of regional physical activity blueprint and charter*

### **Consulting with Teams and Organizations**

**Research consultant, STRAVA Fitness App** 2019-20

**Integrated Service Team Member, Canadian Cross Country Skiing National Development Center, Thunder Bay (2014-2016)**

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### **Media – Print, Television, Radio**

**Press release of new course development by Western University** 2022  
“Western undergrads take on real-world business challenges”

News article: <https://news.westernu.ca/2022/07/undergrads-solve-business-challenges/>

Video: <https://youtu.be/7nvoCL92X9Y>

**Online news article on ‘Healio Psychiatry’ (healio.com)** 2020

“College students' peer groups significantly influence alcohol use.”

<https://www.healio.com/psychiatry/substance-use-disorders/news/online/%7Bb66f364a-1c87-46d2-b143-d2885b9090c7%7D/college-students-peer-groups-significantly-influence-alcohol-use>

**Press release of student success by Penn State News** 2019

“Translational science training programs credited with student success.”

<https://news.psu.edu/story/554651/2019/01/16/academics/translational-science-training-programs-credited-student-success>

**Summary of research outputs by Les Mills International** 2019

“Tapping into the power of group dynamics”

<https://www.youtube.com/watch?v=nEjERfTum7c>

<https://www.lesmills.com/us/clubs-and-facilities/club-management/tapping-into-the-power-of-group-dynamics-research/>

**Summary of article released by Penn State News** 2018

“Tight-knit teammates may conform to each other's behavior”

<https://news.psu.edu/story/533404/2018/08/30/research/tight-knit-teammates-may-conform-each-others-behavior>

**Press release of article by UBC media relations** 2018

“Researchers review quality of exercise options for those with disabilities”

<https://news.ok.ubc.ca/2018/05/30/canadian-researchers-review-quality-of-exercise-options-for-those-with-disabilities/>

**Executive summary of article prepared by SportsCoachUK** 2015

Coach-centered article describing approaches for socializing new athletes onto teams, prepared by a sport education organization in the United Kingdom.

<http://www.sportscoachuk.org/sites/default/files/no19%20bringing%20new%20players%20into%20a%20team.pdf>

**Contributor to editorial in the “Costco Connection”** 2015

Summer 2015 editorial debating the pros and cons of changing youth sports so that the score is no longer kept (Volume 28, No. 6)

<http://www.costcoconnection.ca/connectioncaeng/20150910?pg=16#pg16>

**Focus of sport science commentary on Fasterskier.com** 2014

*How your Sport Psychology research gets done:* <http://fasterskier.com/article/how-your-sports-psychology-research-gets-done-based-on-days-spent-ski-racing/>

*Team dynamics in individual sports:* <http://fasterskier.com/article/this-month-in-journals-team-dynamics-in-individual-sports-how-to-prescribe-intervals/>

*How we suffer:* <http://fasterskier.com/article/this-month-in-journals-how-we-suffer/>