

## STEPHEN L. MURPHY

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### EMPLOYMENT

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- Jun 2019 - Postdoctoral Researcher (Department of Social Psychology, Ruhr-University Bochum)
- Aug 2018 – Jan 2019 Research Assistant (School of Sport, Exercise, and Health Sciences, Loughborough University)  
*Duties include collecting psychological, physiological, and anthropometric data from participants recruited for the Structured Health Intervention for Truckers (SHIFT) study (ISRCTN Reg No: 10483894).*
- Aug 2016 – Mar 2018 Sport Scientist/Psychologist (International Futsal Academy)  
*Duties included organising, running, and analysing fitness assessments of futsal players, and monitoring player recovery status weekly, during the 16/17 and 17/18 seasons.*
- Nov 2011 – Dec 2011 Research Assistant (School of Social Sciences, Humanities, and Law, Teesside University)  
*Duties include collecting and analysing psychological and physiological data from Sharon Gaytor during a successful world record attempt at Teesside University, UK.*

### EDUCATION

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- 2015 – current (anticipated July 2019) PhD in Social Psychology (Loughborough University, UK)  
Project: Self-determined motivation and its effects on health-based self-regulatory processes  
Supervisor: Ian M. Taylor, PhD
- 2013 - 2015 MSc Sport and Exercise (Teesside University, UK)  
Grade: **Distinction**  
Dissertation: The effect of ego-depletion on high-intensity exercise performance  
Supervisor: Daniel L. Eaves, PhD
- 2008 - 2011 BSc Sport and Exercise Science (Teesside University, UK)  
Grade: **First Class honours**  
Dissertation: The effect of beta-alanine supplementation on endurance performance  
Supervisor: Dominic White, MSc

## PUBLICATIONS

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**Murphy, S. L., & Taylor, I. M.** (2019). Self-determination in recreational exercise: Associations with lapse and post-lapse emotions. *Psychology of Sport and Exercise*, 101548.

Taylor, I. M., Boat, R., & **Murphy, S. L.** (2018). Integrating theories of self-control and motivation to advance endurance performance. *International Review of Sport and Exercise Psychology*, 1-20.

**Murphy, S. L., & Eaves, D. L.** (2016). Exercising for the pleasure and for the pain of it: The implications of different forms of hedonistic thinking in theories of physical activity behavior. *Frontiers in psychology*, 7, 843-849

## MANUSCRIPTS (UNDER REVIEW)

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**Murphy, S. L. & Taylor, I. M.** (in preparation). Priming autonomous and controlling motivation and effects on persistence

**Murphy, S. L., Kinnafick, F., & Taylor, I. M.** (in preparation). Self-determination in exercise and its effect on effort-based intention-behavior congruence

**Murphy, S. L., Hoekstra, S., & Taylor, I. M.** (in preparation). A longitudinal investigation of futsal player training load and recovery status and its effect on performance development and injury status

## ORAL PRESENTATIONS

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**Murphy, S. L. & Taylor, I. M.** (August, 2018). Self-determination in exercise and emotional and behavioral responses to lapse. Paper presented at the European Health Psychology Society Conference, Galway, Ireland

**Murphy, S. L. & Taylor, I. M.** (June, 2018). Self-determination in exercise and emotional and behavioral responses to lapse. Paper presented at the School of Sport, Exercise, and Health Sciences Conference, Loughborough University, UK

**Murphy, S. L. & Taylor, I. M.** (July, 2017). Priming autonomous and controlling motivation and effects on persistence. Paper presented at the International Society of Sport Psychology Conference, Seville, Spain

**Murphy, S. L. & Taylor, I. M.** (December, 2016). Priming autonomous and controlling motivation and effects on persistence. Paper presented at the British Psychological Society (Division of Sport and Exercise Psychology) Conference, Cardiff, UK

## POSTER PRESENTATIONS

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**Murphy, S. L.** & Taylor, I. M. (June, 2017). Priming autonomous and controlling motivation and effects on persistence. Poster presented at the School of Sport, Exercise, and Health Sciences Conference, Loughborough University, UK

## SCHOLARSHIPS/ GRANTS

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Jun 2017                      Santander Mobility Award (£700)  
Santander Bank  
*Travel grant for attendance at ISSP conference, Seville, Spain*

Mar 2017                      Sir Richard Stapley Educational Trust Grant (£800)  
Sir Richard Stapley Educational Trust  
*Awarded for academic excellence*

Jun 2016                      Sir Richard Stapley Educational Trust Grant (£400)  
Sir Richard Stapley Educational Trust  
*Awarded for academic excellence*

## STUDENT SUPERVISION

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2015 - 2017                      Supervised numerous undergraduate and postgraduate (taught) students during various aspects of the research process. Specifically, I provided guidance to students with their research plan, methodology, analytic approach, and write-up. Further, I enabled students to attain the necessary research experience.

## TEACHING QUALIFICATION

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Associate Fellow of the Higher Education Academy, UK                      Jun 2018  
*Awarded following appraisal of portfolio evidencing various competencies, including excellence in teaching*

## TEACHING EXPERIENCE

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University Teacher                      Quantitative Methods                      Feb 2018 –  
(Loughborough                      ANOVA/MANOVA/ANCOVA, linear/multiple                      May 2018  
University)                      regression, t-tests, chi square

	Applied Exercise Psychology <i>Narrative theory and exercise participation, designing theory-based exercise interventions</i>	Feb 2016 – May 2018
	Psychological Issues & Strategies in Sport <i>Exploring depression in sport, further exploring psychological assessment</i>	Sep 2016 – Dec 2017
	Professional & Academic Skills <i>Plagiarism, measures of central tendency, GLM, academic writing skills</i>	Sep 2016 – Dec 2017
University Teacher (Teesside University)	Foundation Psychology <i>Cognitive, developmental, social, personality, and neuro psychology</i>	Sep 2014 – Apr 2015

#### SOFTWARE PROFICIENCY & STATISTICAL EXPERTISE

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Statistical Package for the Social Sciences (SPSS)	Over 10 years' experience using SPSS. Expertise with following analytical techniques: t-test, chi-square, ANOVA, ANCOVA, MANOVA, correlation, linear regression, logistic regression, and multi-level modelling.
MPlus	Software utilized for path analysis, confirmatory factor analysis, exploratory factor analysis, and structural equation modelling.
MLWin	Software utilized for multi-level modelling of longitudinal data.
R	Possess understanding of general analytic approaches

#### REFERENCES

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Dr. Ian M. Taylor, School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, Leicestershire, UK, LE11 3TU, [i.m.taylor@lboro.ac.uk](mailto:i.m.taylor@lboro.ac.uk), +44 (0)1509 223274.

Prof. dr. Wilhelm Hofmann, Department of Social Psychology, Ruhr-University Bochum, Universitätsstraße 150, 44801 Bochum, Germany, +49 (0)234 3221681