
Prof Susan H. Backhouse

BSc., PhD., C.Psychol, HCPC, AFBPsS, FBASES, SFHEA

University Position: Director of Research – Sport and Exercise Science, Leisure and Tourism

University Affiliation: Carnegie School of Sport
Leeds Beckett University
Fairfax Hall 217, Headingley Campus
Leeds, UK, LS6 3QT

Work Phone Number: +44 (113) 812 4684
E-mail Address: S.Backhouse@leedsbeckett.ac.uk

EDUCATION

LOUGHBOROUGH UNIVERSITY

2004 **PhD Sport & Exercise Science**
School of Sport & Exercise Sciences
Advisors: Prof Stuart J.H. Biddle and Prof Clyde Williams.

2000 **BSc (Hons) Physical Education and Sports Science**
School of Sport and Exercise Sciences
Award: 1st Class and recipient of the Victor Sibley Prize for Outstanding Achievement

EMPLOYMENT HISTORY

Sept 2016 - **Director of Research, Sport and Exercise Science, Leisure and Tourism**
Substantive leadership responsibilities include: (i) Unit Research Excellence Framework (REF) Strategic Leader – Sport and Exercise Science, Leisure and Tourism; (ii) Strategic research leadership of the Carnegie School of Sport and the School of Events, Tourism and Hospitality Management.

2014- **Professor of Sport and Exercise Science**
Carnegie School of Sport, Leeds Beckett University
Substantive leadership responsibilities include: (i) Research lead for Sporting Integrity and Welfare research theme (submitted as a REF 2014 Impact Case study and programme of research underpins a REF 2021 Impact Case Study); (ii) Principal Investigator for large scale multinational research projects on sporting integrity; (iii) Acknowledged global expert on the social psychology of doping in sport.

2008-2014 **Reader in Sport and Exercise Psychology**
Carnegie School of Sport, Leeds Beckett University
Substantive leadership responsibilities: Programme Director for the BPS Accredited MSc Psychology of Sport and Exercise and non-accredited MSc Sport and Exercise Psychology, (ii) Research lead for Tackling Doping in Sport research theme (submitted as a REF 2014 Impact Case study).

2004-2008 **Lecturer/Senior Lecturer in Sport and Exercise Psychology**
Carnegie School of Sport, Leeds Beckett University

2003-2004 **Lecturer in Sport and Exercise Science**
Carnegie School of Sport, Leeds Beckett University

2004-2008

Graduate Teaching Assistant

School of Sport and Exercise Science, Loughborough University

FUNDED RESEARCH PROJECTS (2014-)

- Staff, H., Patterson, L., & Backhouse, S.H. Understanding and supporting parent clean sport behaviours through an exploration of the sporting system. International Olympic committee.
- Staff, H., Patterson, L., & Backhouse, S.H. Development of clean sport curriculum for parents. United Kingdom Anti-Doping Agency.
- Boardley, I., Backhouse, S.H., Petroczi, A., Duiven, E., Berghoff, T., Dvoršak, J., Makuc, N., Hudson, A., Mueller, D., Strauss, B., Dreiskämper, D., Williams, T., Patterson, L., & Gkinopoulos, T. Research-embedded strategic plan for anti-doping education: Clean sport alliance initiative for tackling doping in para-sport (RESPECT-P). ERASMUS+.
- National Anti-Doping Bodies in Slovenia, Romania, Serbia, Austria, Belgium, Leeds Beckett University and University of Health Sciences (Austria). Sport values in every classroom (I-Value). *Erasmus + Sport funding*.
- Erickson, K., Patterson, L., Backhouse, S.H., & Stanger, N. Towards a vision for community-based prevention: Exploring the anti-doping education landscape and extending feasibility testing of RE>ACT. World Anti-Doping Agency.
- Backhouse, S.H (Leeds Beckett University), Petroczi, A. (Kingston University), Boardley, I. (University of Birmingham), Coumans, B (The Anti-Doping Authority of the Netherlands), Hudson, A (UK Anti-Doping), Maguire, R. (Sport Ireland), Muester, D. (NADO Germany), Slovenian National Anti-Doping Organisation. Research-Embedded Strategic Plan for Anti-Doping Education: Clean Sport Alliance Initiative for Tackling Doping (RESPECT). Erasmus + Collaborative Partnerships
- Erickson, K., Backhouse, S.H., Patterson, L., & Whitaker, L. (2016). Blowing the whistle on doping in sport through evidence-informed policy making. World Anti-Doping Agency.
- Backhouse, S.H, McKenna, J., Erickson, K., Patterson, L., & Whitaker, L. Towards a vision for prevention: Testing the feasibility and efficacy of a Clean Sport Bystander Intervention Program (RE>ACT). International Olympic Committee.
- Backhouse, S.H, & Patterson, L. Exploring the role of parents in doping prevention. England and Wales Cricket Board.
- Ntoumanis, N., Gucciardi, D., Backhouse, S.H., Barkoukis, V., Quested, E & Patterson, L. An Intervention to Optimize Motivational Climates and Prevent Current and Future Willingness to Dope in Adolescent Sport: A Cross-Cultural Project. International Olympic Committee Anti-Doping Fund.
- Stanger, N., & Backhouse, S. (2015). The interactive effects of moral identity on moral disengagement and doping: An experimental investigation. World Anti-Doping Agency.
- Backhouse, S.H., McKenna, J., Erickson, K., Patterson, L. & Whitaker, L. (2015). Towards a Vision for Prevention: Testing the feasibility and efficacy of a Clean Sport Bystander Intervention Program (ReAct) International Olympic Committee Anti-Doping Fund.
- Stanger, N. & Backhouse, S.H. The interactive effects of moral identity and moral disengagement on doping: An experimental investigation. World Anti-Doping Agency.
- Collins, C., Backhouse, S.H., DeFoort, Y., McNamee, M., Parkinson, A., & Sauer, M. Open Call for European Commission Tender EAC/18/2013 to undertake a review of doping prevention in recreational sport across all 28 member states. Consortium bid.
- Backhouse, S.H., Carless, D., Erickson, K., & McKenna, J. Protective and risk factors for doping in sport: A cross-national qualitative investigation. International Athletics Foundation Grant.

ILLUSTRATIVE PUBLICATIONS (2014-)

REFEREED PUBLICATIONS IN ACADEMIC JOURNALS

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- Petróczi, A., Backhouse, S.H., Boardley, I.D., Saugy, M., Pitsiladis, Y., Viret, M., Ioannidis, G., Ohl, F., Loland, S., & McNamee, M. (2020). 'Clean athlete status' cannot be certified: Calling for caution, evidence and transparency in 'alternative' anti-doping systems. *International Journal of Drug Policy*. <https://doi.org/10.1016/j.drugpo.2020.103030>.
 - Ntoumanis N, Quested E, Patterson L, Kaffe, S., Backhouse, S.H., Pavlidis, G., Whitaker, L., Barkoukis, V., Smith, B.J., Staff, H. & Gucciardi, D.J. (2020). An intervention to optimise coach-created motivational climates and reduce athlete willingness to dope (CoachMADE): a three-country cluster randomised controlled trial. *British Journal of Sports Medicine*. Published Online First: 11 September 2020. doi: 10.1136/bjsports-2019-101963
 - Stanger, N., Whitaker, L. & Backhouse, S.H. (2020). Testing the validity and reliability of the doping willingness in sport scale. *Scandinavian Journal of Medicine & Science in Sports*. 30, Issue 8, 1529-1543. DOI: 10.1111/sms.13683
 - Didymus, F. & Backhouse, S.H. (2020). Coping by doping? A qualitative inquiry into permitted and prohibited substance use in competitive rugby. *Psychology of Sport and Exercise*, 49, Page: 101680
 - Bentley, M. R. N., Mitchell, N. and Backhouse, S. H. (2020) Sports nutrition interventions: a systematic review of behavioural strategies used to promote dietary behaviour change in athletes. *Appetite*, 150, pp. 1-10. doi.org/10.1016/j.appet.2020.104645
 - Staff, H.R., Didymus, F.F., & Backhouse, S.H. (in review). Dyadic coping in the coach-athlete relationship: A grounded theory. Submitted to *Psychology of Sport and Exercise*.
 - Dohme, L.C., Bloom, G.A., Piggott, D. & Backhouse, S.H. (2020). Development, Implementation, and Evaluation of an Athlete-Informed Mental Skills Training Program for Elite Youth Tennis Players, *Journal of Applied Sport Psychology*, 32:5, 429-449, DOI: 10.1080/10413200.2019.1573204
 - Erickson, K., Stanger, N., Patterson, L., Backhouse, S.H. (2019). Substance use in university sport: A cross-national study of student-athlete substance use behaviors and perceived responses to witnessing substance use. *Performance Enhancement & Health*, 2019, <https://doi.org/10.1016/j.peh.2019.100151>.
 - Patterson, L., Lara-Bercial, S. & Backhouse, S. H. (2019). Examining coaches' experiences and opinions of anti-doping education. *International Sport Coaching Journal*, 6, 145-159. DOI: <https://doi.org/10.1123/iscj.2018-0008>
 - Bentley, M. R. N., Mitchell, N., Sutton, L. and Backhouse, S. H. (2019) Sports nutritionists' perspectives on enablers and barriers to nutritional adherence in high-performance sport: A qualitative analysis informed by the COM-B model and theoretical domains framework. *Journal of Sports Sciences*, 37 (18), pp. 2075-2085. doi:10.1080/02640414.2019.1620989.
 - Patterson, L., & Backhouse, S.H. (2018). "An important cog in the wheel", but not the driver: Coaches' perceptions of their role in doping prevention. *Psychology of Sport & Exercise*, 37, 117-127.
 - Stanger, N., Backhouse, S.H., Jennings, M. & McKenna, J. (2018). Linking motivational climate with moral behavior in youth sport: The role of social support, perspective taking and moral disengagement. *Sport, Exercise & Performance Psychology*. Advance online publication. <http://dx.doi.org/10.1037/spy0000122>
 - Erickson, K., Patterson, L. & Backhouse, S.H. (2018). "The process isn't a case of report it and stop": Athletes' lived experience of whistleblowing on doping in sport. *Sport Management Review*, 22 (5), 724-735 doi: [10.1016/j.smr.2018.12.001](https://doi.org/10.1016/j.smr.2018.12.001)
 - Ntoumanis, N., Gucciardi, D., Backhouse, S.H., Barkoukis, V., Quested, E & Patterson, L., Smith. B., Whitaker, L., Pavlidis, G. & Kaffe, S. (2018). An Intervention to Optimize Coach Motivational Climates and Reduce Athlete Willingness to Dope (CoachMADE): Protocol for a Cross-Cultural Cluster Randomized Control Trial. *Front. Psychol.*, 8, 2301 <https://doi.org/10.3389/fpsyg.2017.02301>
 - Backhouse, S.H., Boardley, I., Chester, C., Currell, K., Hudson, A., Mills, K., Stow. M. (2017). The BASES Expert Statement on Inadvertent Doping in Sport. *Sport and Exercise Scientist*, 54, 6-7
 - Backhouse S.H., Griffiths C, McKenna, J. (2018). Tackling doping in sport: a call to take action on the dopogenic environment. *British Journal of Sports Medicine*, 52(23):1485-1486. doi: 10.1136/bjsports-2016-097169. Published Online First: 30 June 2017
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- Whitaker, L., Backhouse, S.H & Long, J. (2017). Doping vulnerabilities, rationalisations and contestations: The lived experience of national level athletes. *Performance Enhancement and Health*, 5(4), 134-141.
 - Nicholls, A. R., Madigan, D. J., Backhouse, S. H., and Levy, A. R. (2017). Personality traits and performance enhancing drugs: The Dark Triad and doping attitudes among competitive athletes. *Personality and Individual Differences*. 112, 113–116. doi: 10.1016/j.paid.2017.02.06
 - Staff, H.R., Didymus, F.F. & Backhouse, S.H. Coping rarely takes place in a social vacuum: Exploring dyadic coping in coach-athlete relationships. *Psychology of Sport and Exercise*, 30, 91 –100
<https://doi.org/10.1016/j.psychsport.2017.02.009>
 - Staff, H.R., Didymus, F.F. & Backhouse, S.H. The antecedents and outcomes of dyadic coping in close personal relationships: A systematic review. *Anxiety, Stress and Coping*, 30 (5), 498-520. [Impact factor 1.8].
 - Erickson, K., Backhouse, S.H. & Carless, D. “I don’t know if I would report them”: Student-athletes’ thoughts, feelings and anticipated behaviours on blowing the whistle on doping in sport? *Psychology of Sport and Exercise*, 30, 45-54.
 - Erickson, K., Backhouse, S.H. & Carless, D. (2017). Doping in Sport: Do parents matter? *Sport, Exercise, and Performance Psychology* 6(2):115-128
 - Kaiseler, M., Poolten, J., Backhouse, S.H. & Stanger, N. (2017). The Relationship Between Mindfulness and Life Stress in Student-Athletes: The Mediating Role of Coping Effectiveness and Decision Rumination. *The Sport Psychologist*, 31, 288-298
 - Whitaker, L. & Backhouse, S.H. (2016). Doping in sport: A case study of UK sanctioned rugby union players between 2009 and 2015. *Journal of Sport Sciences*, 35(16), 1607-1613
<https://doi.org/10.1080/02640414.2016.1226509>
 - Dohme, L., Backhouse, S.H., Piggott, D. & Morgan, G. (in press). Categorizing and defining popular psychological terms used within the youth athlete talent development literature: A systematic review. *International Review of Sport and Exercise Psychology*.
 - Erickson, K., Backhouse, S.H. & Carless, D. (2016). “The ripples are big”: Storying the impact of doping in sport beyond the sanctioned athlete. *Psychology of Sport and Exercise*, 24, 92-99
doi:10.1016/j.psychsport.2016.01.010.
 - Whitaker, L., Petróczi, A, Backhouse, S.H., Long, J. & Nepusz, T (2016). The role of the *Self* in assessing doping cognition: Implicit and explicit measures of athletes’ doping-related prototype perceptions. *Psychology of Sport and Exercise*, 24, 159-167. doi:10.1016/j.psychsport.2016.02.005
 - Patterson, L., Backhouse, S. H. & Duffy, P. (2016). Anti-doping education for coaches: Organisational insights from national and international sporting and anti-doping organisations. *Sport Management Review (Special Edition)*.
 - Duckworth, L., Backhouse, S.H., O’Hara, J., & Stevenson, E. (2016). Effect of galactose ingestion before and during exercise on substrate oxidation, post-exercise satiety and subsequent energy intake in females. *Journal of the American College of Nutrition*, 35 (1), 1-12.
 - Petróczi, A, Backhouse, S.H., Barkoukis, V., Brand, R, Elbe, A.M., Lazuras, L., Lucidi, F. (2015). A matter of mind-set in the interpretation of forensic application: Response to comments in "Science 1, Religion 5: A Reply to Petróczi et al. (2015). *International Journal of Drug Policy*. 26 (11), 1142–1143.
 - Petróczi, A, Backhouse, S.H., Barkoukis, V., Brand, R, Elbe, A.M., Lazuras, L., Lucidi, F. (2015). A call for policy guidance on psychometric testing in doping control in sport. *International Journal of Drug Policy*, 26 (11), 1130–1139.
 - Till, K., Jones, B., McKenna, J., Whitaker, L. & Backhouse, S.H. (2015). The search for size: A doping risk factor in adolescent rugby? *British Journal of Sports Medicine*
 - Petróczi, A, Backhouse, S.H., Barkoukis, V., Brand, R, Elbe, A.M., Lazuras, L., Lucidi, F. (2015). A call for policy guidance on psychometric testing in doping control in sport. *International Journal of Drug Policy*.
 - Ntoumanis, N., Ng, J. Y., Barkoukis, V., & Backhouse, S.H. (2014). A philosophical debate on the morality of doping is interesting but beyond the scope of our meta-analysis. *Sports Medicine*, 45(3); 445-446. doi: 10.1007/s40279-014-0240-4
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- Petróczi, A., Dodge, T., Backhouse, S.H., & Adesanwo, C. (2014). Getting the message right: the effect of negative health consequences information in adolescent anabolic steroid misuse prevention. *Performance Enhancement and Health*, 3 (1): 31-44.
 - Patterson, L., Duffy, P. & Backhouse, S.H. (2014). Are coaches anti-doping? exploring issues of engagement with education and research. *Substance Use and Misuse*, 49 (9): 1182-1185.
 - Whitaker, L., Backhouse, S.H., & Long, J. (2014). Reporting doping in sport: National level athletes' perceptions of their role in doping prevention. *Scandinavian Journal of Medicine and Science in Sport*, 24(6): e515–e521. doi: 10.1111/sms.12222
 - Erickson, K., McKenna, J. & Backhouse, S.H. (2014). A Qualitative Analysis of the factors that protect athlete's against doping in sport. *Psychology of Sport & Exercise*, 16(2), 149-155. 10.1016/j.psychsport.2014.03.007
 - Ntoumanis, N., Ng, J. Y., Barkoukis, V., & Backhouse, S.H. (2014). Personal and psychosocial predictors of doping use in physical activity settings: a meta-analysis. *Sports Medicine*, 44(11), 1603-24.
 - Patterson, L., Backhouse, S. H., & Duffy, P.J. (2014). Anti-doping education for coaches: Qualitative insights from national and international sporting and anti-doping organisations. *Sport Management Review*, 19, 35–47.

ANTI-DOPING EXPERT PANELS/COMMITTEES

- Member of the World Anti-Doping Agency Social Science Research Panel (Sept 2017-)
- Member of the English Institute of Sport Technical Steering Panel
- Member of the UK Anti-Doping Research Steering Committee (2011 – 2014)
- Member of the Human Enhancement Drugs Network
- Member of the International Network Doping Researchers
- European Commission's *Ad-hoc Group of Experts on the Prevention of Doping in Recreational Sport* (2011-2012)
- Member of the UK Sport Anti-Doping Social Science Research Steering Committee (2006-2008)
- Education Advisor and Chair of the Education Sub-group, Anti-Doping Policy and Support team, UK Athletics (2003-2015)
- London Olympics 2012 – Anti-Doping Chaperone Team Leader

MEMBERSHIP OF PROFESSIONAL ORGANISATIONS

- Senior Fellow, Higher Education Authority (Awarded July 2015)
 - Fellow of the British Association of Sport and Exercise Science
 - Associate Fellow of the British Psychological Society
 - Convenor of the BASES Clean Sport Interest Group, November 2013-
 - Chartered Member of the British Psychological Society (BPS) Division of Sport and Exercise Psychology. Professional membership number: 160326.
 - Stage 2 Assessor for the BPS Training route to becoming a Chartered Sport and Exercise Psychologist. Division of Sport and Exercise Psychology.
 - Registered with the Health Professions Council (HCPS) as a Practitioner Sport and Exercise Psychologist. Professional membership number: PYL02090
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