

# Curriculum Vitae of Melissa Fothergill (nee Anderson)

**PhD, BSc (hons), PG Cert, CPsychol, FHEA**

**Senior Lecturer in Sport & Exercise Psychology**

**Department of Sport, Exercise & Rehabilitation**

Faculty of Health and Life Sciences, Northumbria University  
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## Education

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| 2006-2010 | PhD Home Comforts: A hormonal, territorial and multi-perceptual approach to the home advantage in football. Northumbria University |
| 2005-2006 | Postgraduate Certificate in Teaching and Learning in Higher Education. University of Sunderland                                    |
| 2000-2004 | BSc (hons) Sport and Exercise Development (1 <sup>st</sup> Class). University of Sunderland  |

## Employment

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September 2014 – Present  
Programme Leader MSc Sport and Exercise Psychology, Department of Psychology, Northumbria University.

June 2013 – Present  
Senior Lecturer in Sport and Exercise Psychology; Discipline Lead Sport & Exercise Psychology, Department of Sport, Exercise and Rehabilitation, Northumbria University.

December 2009- June 2013  
Lecturer in Sport and Exercise Psychology; Discipline Lead Sport & Exercise Psychology, Department of Sport and Exercise Sciences, Northumbria University.

September 2006- June 2007  
Part-time tutor, Department of Psychology, Northumbria University.

October 2004- October 2006  
Postgraduate Academic Assistant, Sport Science, University of Sunderland.

## **Current and Past Teaching Duties**

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### **Department of Sport, Exercise and Rehabilitation, Northumbria University**

2013-2017

Fundamentals of Psychology (module leader) (UG Level)  
Psychological Determinants in Sport, Exercise and Health (module leader) (UG Level)  
Paediatric Sport and Exercise Science (UG Level)  
Methods of Enquiry in Sport and Exercise Science (UG Level)  
Research Design and Analysis (UG Level)  
Sport Science Placement (UG Level)  
Dissertation (UG Level)  
Psychological Skills for Sport Performance (PG Level)  
Thesis (PG Level)  
FIBA Leadership and Management (PG Level in conjunction with Business School)  
Women Leaders in ICT (PG Level invited speaker with Business School)

2012-2013

Fundamentals of Psychology (module leader) (UG Level)  
Psychological Profiling in Sport, Exercise and Health (UG Level)  
Paediatric Sport and Exercise Science (UG Level)  
Sport Science Placement (UG Level)  
Dissertation (UG Level)

2010-2012

Fundamentals of Psychology (module leader) (UG Level)  
Psychological Profiling in Sport, Exercise and Health (UG Level)  
Psychological Skills Training (UG Level)  
Sport, Exercise and Health: Lifestyle Evaluation and Intervention (UG Level)  
Dissertation (UG Level)

2009-2010

Introduction to Exercise and Physical Activity  
Psychological Profiling (UG Level)  
Sport, Exercise and Health: Lifestyle Evaluation and Intervention (UG Level)  
Sport, Exercise and Health Assessment (UG Level)  
Research Design and Analysis (UG Level)  
Working with a Client (UG Level)  
Sport Science Placement (UG Level)  
Dissertation (UG Level)

### **Department of Psychology, Northumbria University**

2007-2008

Introduction to Social and Developmental Psychology (UG Level)

## Department of Sport and Exercise Science, University of Sunderland

2004-2006

Introduction to Psychology (module leader) (UG Level)

Sports Psychology (UG Level)

Exercise Psychology (UG Level)

Sociology of Sport and Leisure II (module leader) (UG Level)

### Publications

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#### *Under review*

Morris, J. L., Daly-Smith, A., Defeyter, M.A., McKenna, J., Zwolinsky, S., Lloyd, S., **Fothergill, M.**, & Graham, P.L. Preliminary findings of a school-based pedometer intervention: are standard reporting protocols masking potential benefits in previously inactive subpopulations?

Graham, P.L., Harvey-Golding, L., Fothergill, M., Defeyter, G. 'We are coming here and it's making my life easier': Children's views on the benefits of holiday club attendance.

#### *Published*

Monaghan, J., Adams, N., & **Fothergill, M.** (2017). An evaluation of a pain education programme for physiotherapists in clinical practice. *Musculoskeletal Care*, doi: 10.1002/msc.1218

**Fothergill, M.**, Wolfson, S., Neave, N. (2017). Testosterone and cortisol responses in male soccer players: The effect of home and away venues. *Physiology & Behavior*, *177*, 215-220.

Harper, L. D., **Fothergill, M.**, West, D. J., Stevenson, E., & Russell, M. (2016). Practitioners' perceptions of the soccer extra-time period: Implications for future research. *PloS one*, *11*(7), e0157687.

**Fothergill, M.** & Wolfson, S. (2015). A comparison of illusory superiority in elite and county UK soccer referees. *International Journal of Sport Psychology*, *46*, 429-440.

**Fothergill, M.**, Wolfson, S., & Little, L. (2014). A Qualitative Analysis of Perceptions of Venue: Do Professional Soccer Players and Managers Concur with the Conceptual Home Advantage Framework? *International Journal of Sport and Exercise Psychology*, *12*, 316-332.

**Anderson, M.A.**, Wolfson, S., Neave, N. & Moss, M. (2012). Perspectives on the home advantage: A comparison of football players, fans and referees. *Psychology of Sport and Exercise*. *13*, 311-316.

Hagger, M.S. **Anderson, M.**, Kyriakaki, M. & Darkings, S. (2007). Aspects of identity and their influence on intentional behavior: Comparing effects for three health behaviours. *Personality & Individual Differences*, *42*, 355-367.

## Conference Presentations

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Fothergill, M., Wolfson, S., & Neave, N. (2017). The Home Advantage: Psychobiological effects before and after home and away matches. Association of Applied Sport Psychology (AASP) 32<sup>nd</sup> Conference Florida.

Monaghan, J., **Fothergill, M.**, Adams, N. (2016). The Challenges of Self-Management of Low Back Pain from the Physiotherapists' Perspective. 4th Congress European Region of the World Confederation of Physical Therapy, Liverpool.

Monaghan, J., **Fothergill, M.**, Adams, N. (2016). A Pain Education Programme for Physiotherapists in Clinical Practice: A Mixed Methods Feasibility Study. 4th Congress European Region of the World Confederation of Physical Therapy, Liverpool

**Anderson, M.**, & Wolfson, S. (2013). Perceptions of superiority in elite and county football referees' comparisons of themselves with their colleagues. BPS Annual Conference, Harrogate.

**Anderson, M.**, Wolfson, S. & Neave, N. (2011). Points of view: professional players' and managers' perceptions of venue in football. Poster presented at European College of Sport Sciences (ECSS) Conference, Liverpool.

**Anderson, M.**, Wolfson, S. & Neave, N. (2010). A comparison of officials' perceptions of their role in the home advantage with the views of players and fans. BPS Division of Sport & Exercise Psychology Conference, London.

**Anderson, M.**, Wolfson, S. & Neave, N. (2008) Not on my turf! An exploration of hormones and territoriality in footballers. BPS Division of Sport & Exercise Psychology Inaugural Conference, London.

**Anderson, M.** & Neave, N. (2008) Football referees' perceptions of their role in the home advantage. BPS Social Psychology Section at the BPS Annual Conference, Dublin.

Wolfson, S., Neave, N. & **Anderson, M.** (2007). Hormones and the home advantage in English Football. European Congress of Sport Psychology (FEPSAC), Halkidiki, Greece.

## Research Grants and Funding

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Graham, P.L., Harvey-Golding, L., **Fothergill, M.** & Defeyter, M.A. (April 2017). Holiday Street Games: What difference does it make to young people? An evaluation of Street Games Fit and Fed.

Defeyter, M.A., Lodge, J., **Fothergill, M.**, Davis, P. & Young, J. (2015). Investigating the impact of Something to Chew On and the HITZ Health Programmes. Premiership Rugby/Public Health England.

Defeyter, M.A., Graham, P.L., **Fothergill, M.**, Smith, A. & McKenna, J. (2015). Evaluation of Redcar and Cleveland's PA into schools programme. A joint collaboration with Leeds Beckett University.

**Fothergill, M.A.,** Young, J., Boyle, S., Davis, P. & Defeyter, M.A. (2015) Evaluating the Impact of the Match Fit Programme in School Children. Newcastle United Foundation.

**Anderson M.A.,** Davis, P. & Defeyter, M.A. (2013). Evaluating the impact of the YETI programme. HEIF, Northumbria University.

### **PhD Completions**

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J. Monaghan “Experiences and perspectives of self-management for low back pain in clinical practice; implications for support and education” (Second Supervisor).

### **PhD Supervision**

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R. Ade “The performance environment, organisational stressors and sporting excellence: an exploration of psychological well-being” (Principal Supervisor)

S. Robinson “An exploration of nurses’ knowledge, attitudes and communication with patients who are taking Methotrexate for rheumatoid arthritis” (Second Supervisor).

N. McCullough “An examination of the impact and sustainability of school-based physical activity interventions on long term behaviour change” (Second Supervisor)

### **PhD Examinations**

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Paraskevi Goltsi (January, 2013). ‘Team identification, passion and wellbeing: football fans in Greece’. Northumbria University, UK (Internal examiner).

PhD Internal Project Approval (IPA) internal examiner (4 candidates)

### **Consultancy Activities**

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Newcastle United Football Club Academy Sport & Exercise Psychologist (2012-Present)

Newcastle United Foundation consultant on Match Fit Programme (2014-2015)

British Athletics AASE Tutor (2013-2014)

England Athletics Local Coach Development Programme Workshop (2013)

Sunderland Football Club Academy Sport & Exercise Psychologist and AASE Sport Psychology Tutor (2009-2012)

Sport Psychology Consultancy for Team Northumbria Athlete Scholars (2010-2011)

Introductory relaxation taster workshop at the Quorum Business Park (Sept. 2012)

### **Invited Reviewer**

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International Journal of Sport and Exercise Psychology, Psychology of Sport and Exercise, Journal of Applied Sport Psychology, PLoS One, Journal of Sport and Health Science, The Sport Psychologist

## **Media Coverage**

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My research has received some national and international press coverage (e.g. The Times, The Daily Mail, The Telegraph, The Northern Echo, The Journal, Herald Scotland, The Australian, Irish Examiner). I have also given radio interviews about my research (BBC Radio 5 Live, BBC Radio Newcastle, TalkSport).

## **Professional Memberships**

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Registered Practitioner Sport and Exercise Psychologist with the Health and Care Professions Council (HCPC)

Chartered Member of the British Psychological Society (BPS)

Member of the British Association of Sport & Exercise Sciences (BASES)

Member of the Association of Applied Sport Psychology (AASP)

Fellow of the Higher Education Academy (HEA)