

Overview

Senior Lecturer in Sport and Exercise Psychology and interdisciplinary research with specialism in placebo effects and safeguarding in sport. Research investigates the influence of placebo effects during exercise related outcomes and understanding the psychological antecedents of maladaptive behaviours, such as doping, abuse and harassment. Commissioned to conduct research for international and national organisations, including the World Anti-Doping Agency, International Olympic Committee, UKactive and Sport England. PhD focused on the development of a large-scale controlled design to examine the mediators and moderators of the placebo effect and its impact in preventing drug use. Presented at national and international conferences and published high quality research of international standing, which is eligible for inclusion in the Research Excellence Framework.

Employment history

Date	Employer	Post-title
August 2019 - present	Canterbury Christ Church University	Senior Lecturer
June 2018 – July 2019	Canterbury Christ Church University	Lecturer
May 2017 – June 2018	University of Birmingham	Research Fellow
January 2016 - present	British Athletics	Educational representative on the Anti-doping Policy and Support Team
March 2015 - present	Advanced Apprenticeship in Sporting Excellence (AASE)	Mentor
October 2013 - August 2017	Canterbury Christ Church University	University instructor

Qualifications

Year	Full award title	Awarding body
2013 – 2018	Ph.D. Sport and Exercise Science	Canterbury Christ Church University
2015 – 2016	Post Graduate Certificate in Applied Practice	Canterbury Christ Church University
2012 – 2013	MSc. Sport & Exercise Science (Distinction)	University of Sunderland
2009 – 2012	BSc. Sports & Exercise Science (1 st class)	University of Sunderland

Most recent publications

1. **Hurst, P.**, Schiphof-Godart, L., Kavussanu, M., Barkoukis, V., Petróczi, A. and Ring, C., 2023. Are dietary supplement users more likely to dope than non-users?: A systematic review and meta-analysis. *International Journal of Drug Policy*, 117, p.104077.
2. **Hurst, P.**, King, A., Massey, K., Kavussanu, M. and Ring, C., (2023). A national anti-doping education programme reduces doping susceptibility in British athletes. *Psychology of Sport and Exercise*, 69, p.102512.
3. Gurton, W.H., Matta, G.G., Gough, L.A., Ranchordas, M.K., King, D.G. and **Hurst, P.**, (2023). Sodium bicarbonate and time-to-exhaustion cycling performance: a retrospective analysis exploring the mediating role of expectation. *Sports medicine-open*, 9(1), p.65.
4. **Hurst, P.** (2023). Placebo and nocebo effects in sport. *The Physiological Society*, 129(1), pp. 24-26
5. **Hurst, P.** (2023). Are Dietary Supplements a Gateway to Doping? A Retrospective Survey of Athletes' Substance Use. *Substance Use & Misuse*, 58(3), pp.365-370

For a complete list see: <https://researchspace.canterbury.ac.uk/do/repository/outputs/researcher/80w91>

Selected grants and awards

1. £24,848 grant awarded by the World Anti-Doping Agency, July 2022. Project title: Athletes with intellectual impairments and their support personnel: understanding anti-doping policy, provision, and practice
2. £500 from European Federation of Sport Psychology (FEPSAC) for Science Slam presentation winner, July 2022
3. £39,612 from Sport Birmingham to develop the Pathway to Podium, July, 2020
4. £19,210 from Talented Athlete Scholarship Scheme to conduct an evaluation of the Dual Career project, August 2019
5. £23,020 from ukactive & Sport England to evaluate "This Mum Moves" Campaign, October, 2018

Symposium organiser

1. **Hurst, P.**, Chatziefstathiou., D., Rulofs, B. & Kerr, G. Safeguarding athletes in sport: The past, present and future at the Annual Congress of the European College of Sport Science, Paris, France, 4th to 7th July, 2023
2. **Hurst, P.** and Edwards, A. Overcoming challenges of COVID-19 for sport and exercise scientists: harnessing remote technology to measure sport and exercise outcomes, at the Annual Congress of the European College of Sport Science, Seville, Spain, 1-3rd of September, 2022
3. Kavussanu, M. and **Hurst, P.** Understanding and Preventing Doping in Sport: Psychological perspectives, 16th European Congress of Sport & Exercise Psychology, Padova, Italy, 11-16th of July, 2022
4. **Hurst, P.** (2019). Psychological mechanisms underlying morality in sport, at 15th European Congress of Sport & Exercise Psychology, Munster, Germany, 15-20th of July, 2019
5. Kavussanu, M. and **Hurst, P.** Preventing doping in sport: From theory to application, at Division of Sport & Exercise Psychology Annual Conference 2018, Belfast, United Kingdom, 3-4th of December, 2018

References

Professor Chris Beedie

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Professor Andrew Edwards

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