
Dr Helen Jones

Date of birth: 29th March 1980 **Address:** Research Institute for Sport and Exercise Sciences
Nationality: British Liverpool John Moores University

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Research and Scholarship overview

- 132 peer reviewed manuscripts, H-index 35 (Scopus), citations 30 (web of science)
- 30 invited presentations at national and international conferences and Universities
- 11 conference awards and competitive prizes
- >100 peer reviewed conference abstracts
- > £3.8 million competitive funding

Total PhD completions: 28, Current PhD students: 8, Internal Thesis Examiner: 8, Post-doctoral mentorships, External Thesis Examiner: 14

Degrees

2008-2009 **Post-Graduate Certificate** in Learning and Teaching in Higher Education Liverpool John Moores University. Distinction.

2004-2007 **PhD** Liverpool John Moores University. Diurnal variation in post-exercise cardiovascular function. Liverpool John Moores University

1998-2001 **BSc (Hons) Sports Science (Physiology)**. Grade: Upper Second Class. Liverpool John Moores University

Employment

2016- **Professor of Cardiovascular Physiology**. *Liverpool John Moores University*

2012-2016 **Reader in Exercise Physiology**. *Liverpool John Moores University*

2009-2012 **Lecturer/Senior Lecturer in Exercise Physiology**. *Liverpool John Moores University*

2007-2009 **Post-Doctoral Research Fellow**. Liverpool John Moores University

2001-2004 **Physical Activity Development Manager**. *Sefton Metropolitan Borough Council*

Selection of relevant publications

1. Hoad, K.H., **Jones, H.**, Miller, G.D., Abdul-Rahim, A., Lip, G., Buckley, B.J.R. (2024). Stroke-Heart Syndrome: Incidence and Clinical Outcomes of Cardiac Complications Following Intracerebral Haemorrhage. *European Stroke Journal*. (in press).
2. Crozier, A., Watson, P.M., Graves, L.E., Richardson, D.J., George, K.P., Naylor, L., Green, D.J., Rosenberg, M., **Jones, H.** (2024). A multi-method exploration of a cardiac rehabilitation service delivered by registered Clinical Exercise Physiologists in the UK: key learnings for current and new services. *BMC Sport Science, Medicine and Rehabilitation* (in press).
3. Osin, C., Sadler, I., Crozier, A., Graves, L.E.F., Dawson, E.A., Miller, G.D., Naylor, L.H., Green, D.J., Askew, C.A., **Jones, H.** (2024). Clinical Exercise Physiologists in the UK: multi-stakeholder perspectives. *Journal of Clinical Exercise Physiology* (in press).
4. **Jones, H.**, Crozier, A., George, K.P., Miller, G.D., Whyte, G.P., Rycroft, J., Scott, A., Buckley, J.P., McGregor, G., Askew, C.D., Jack, S., Birkett, S., Broom, D., Tolfrey, K., Campbell, A., Skelton, D.A., Steenkamp, L., Savage, J., Green, D.J. (2024). Establishment of Clinical Exercise Physiology as a regulated healthcare profession in the UK: A Progress Report. *British Medical Journal Open Sport and Exercise Medicine* (in press).

5. Crozier, A., Miller, G.D., Cocks, M., Thomas, L., McGregor, G., Jones H. (2023). Mobile Health Biometrics to prescribe immediate remote physical activity for enhancing uptake to cardiac rehabilitation (MOTIVATE-CR+): protocol for a randomised controlled feasibility trial. *BMJ open* <https://doi.org/10.1136/bmjopen-2023-076734>
6. Crozier, A., Watson, P.M., Graves, L.E., Richardson, D.J., George, K.P., Naylor, L., Green, D.J., Rosenberg, M., **Jones, H.** (2023). Insights and recommendations into service model structure, staff roles and qualifications in a UK cancer specific clinical exercise service: a multi-method qualitative study. *Disability and Rehabilitation* (in press).
7. Bannell, D.J., France, M.V., Buckley, B.J.R., Crozier, A., Davies, A., Hesketh, K.M., **Jones, H.**, Cocks, M., Sprung, V.S. Adherence to Unsupervised Exercise in Sedentary Individuals: A Randomised Feasibility Trial of Two mHealth Interventions. *Digital Health* <https://doi.org/10.1177/20552076231183552>
8. Denton, F., Waddel, A., Kiet, C., Atkinson, L., Cocks, M., **Jones, H.**, Randeve, H., Davenport, N., Powell, R., Clark, C., Kyrou, I., Hardwood, A.E., McGregor, G. (2023). Remote maintenance cardiac rehabilitation (MAINTAIN): A protocol for a randomised feasibility study. *Digital Health*, 9:20552076231152176.
9. Almenning, I.K., **Jones, H.** Lionett, S., Rosbjorgen, R., Lydersen, S., Vanky, E., Moholdt, T. (2022). Cardiovascular health does not change following high-intensity interval training in women with polycystic ovary syndrome. *Journal of Clinical Medicine* 11,1626.
10. Almenning, I.K., Lionett, S., Parr, E.B., **Jones, H.**, Røset, M.A.H., Salvesen, O Hawley, J.A. Vanky, E., Moholdt, T. (2022). High-intensity interval training in polycystic ovary syndrome: a two-centre, three-armed randomized controlled trial. *Medicine and Science in Sport and Exercise* 54:717-727.

| Current External research grant funding | Role | Amount |
|--|--------------|----------|
| April 23- April 24 The Clatterbridge Centre for Innovation A Personalised, home-based Digital Physical Activity Programme for Patients receiving Immunotherapy at The Clatterbridge Centre, Liverpool | PI | £40,000 |
| April 23- April 24 British Association for Sport and Exercise Sciences Advocacy and professional development of Clinical Exercise Physiologists | PI | £15,000 |
| Feb 23- Jan 24 Health Education England Mapping of career pathway and banding of Exercise professionals in cardiac rehabilitation services | Co-applicant | £7,500 |
| Oct 22-Oct 24 Heart Research UK Mobile Health Biometrics to prescribe immediate remote physical activity for enhancing uptake to cardiac rehabilitation- MOTIVATE-CR+ | PI | £122,000 |
| April 22-May 23 Department of Health and Social Care Mobile Health Biometrics to Enhance Exercise and Physical Activity Adherence for weight management (MOTIVATE Liverpool City Region) | Co-applicant | £90,000 |
| Sept 21-Aug 24 British Heart Foundation Daphne Jackson Fellowship The menopausal hot flush: cutaneous and sudomotor function and structure in symptomatic women | Co-applicant | £150,000 |

Professional Roles

Heart Research UK Medical Review Panel Deputy Vice chair (2021- present)
 Chair, Clinical Exercise Physiology-UK (2021- present)
 Academy of Healthcare Science registered Clinical Exercise Physiologist (since 2022)
 Academy of Healthcare Science Education and professional standards committee member (2020- present)
 Professional member, British Association Sport and Exercises (2021- present)
 Research group leader for Cardiovascular Health Sciences within the Research Institute for Sport and Exercise Sciences at LJMU (2021- present)