

Full Professor Renata Barić, PhD, sport psychologist

(July 26, 1972)

Formal Education

- 2005-2007** PhD in Psychology, University of Ljubljana, Department of Psychology, Faculty of Arts
2001-2006 Graduate Study at Department of Psychology, Faculty of Arts, University of Zagreb, Croatia
2000-2004 Master degree in clinical psychology. University of Ljubljana, Department of Psychology, Faculty of Arts
1997-2001 Master's Degree in Sports Education, University of Zagreb, Faculty of Kinesiology
1991-1996 Graduate Study, Faculty of Kinesiology, University of Zagreb, Croatia

Working experience

- 2020- Full professor, Faculty of Kinesiology, University of Zagreb
2014-2020 Associate professor, Faculty of Kinesiology, University of Zagreb
2009-2013 Assistant professor, Faculty of Kinesiology, University of Zagreb
1998-2009 Research Assistant, Senior Research Assistant, Faculty of Kinesiology, University of Zagreb
1996 –1998 PE teacher in elementary schools ‘ Ivo Andrić’ and ‘Trnjanska’, Zagreb

Research projects

- 2023-2024 Eating disorders in sport: Opening coaches' eyes (Erasmus sport project; ERASMUS LS; proposal number 101134476)
2016-2020 Cro Pals (funded by Croatian Science Foundation, IP-06-2016-9926), (project collaborator/investigator – psychology)
2015-2017 Coach's behaviour and psychological wellbeing of athletes (funded by the University of Zagreb, project leader Zrinka Greblo PhD) (project collaborator/investigator)
2013-2014 Quality of life, risk behaviours and self-esteem in adolescent athletes and non-athletes (funded by the University of Zagreb, 3.8.2.1.) (project leader)
2010-2013 Situational and dispositional determinants of exercise and quality of life (Ministry of Science, Education and Sports of the Republic of Croatia, grant number 034-0342282-2605) (project leader)
2007-2009 Research of human resources in Croatian army (project leader, project organised in collaboration of faculty of Kinesiology, Ministry of defence of the Republic of Croatia and Research institute for research and development of defence systems IROS)
2009-2012 Evaluation and following up of anthropological status of Croatian soldiers in peacekeeping missions) (project leader, project organised in collaboration of faculty of Kinesiology, Ministry of defence of the Republic of Croatia and Research institute for research and development of defence systems IROS)
2006-2010 Situational and dispositional determinants of exercise and quality of life (Ministry of Science, Education and Sports of the Republic of Croatia, grant number 034-0342282-2605) (senior research assistant/investigator)
2003-2006 Motivational processes in exercise and sport (Ministry of Science, Education and Sports of the Republic of Croatia, grant number 034 011)(research assistant/investigator)

2002-2004 Psychological characteristics and leadership styles in Slovene sport (L5-6407, project leader prof. dr. M. Tušak) (collaborator/investigator)

1999-2001 Psychological changes under the influence of exercise (research assistant/investigator)

Professional projects

2018 Psychological preparation of perspective and elite gymnasts, Gymnast club Sokol Zagreb (organiser, project leader)

2018-2012 Psychological preparation of perspective shooters within Olympic hope project Shooting association Zagreb (project leader)

2016-2020: Psychological preparation of skaters, Zagreb skating association (organiser, project leader)

2017-2018 *Sport Myway Multisport* (Hašk Mladost, Erasmus Sport Plus)(consultant)

Grants and prizes

2005 -1st prize for the best paper presented orally on 4th International scientific conference of Kinesiology.

2007 – grant for doctoral study abroad scholarship from Croatian Ministry for Science in Education

2015 - prize for a significant contribution to development to applied psychology in Croatia awarded by Croatian psychological association

2018 – award for exceptional achievements in professional work on psychological preparation of Croatian elite athletes (University of Zagreb, Faculty of Kinesiology)

Research interest

Sport motivation, leadership, physical activity and quality of life, psychological preparation in elite athletes

Teaching/lecturing experience (current)

Lecturer at the courses of Motivational processes in sport, Psychological aspects of physical activity, Measurement techniques in experimental kinesiology at University of Zagreb, Faculty of Kinesiology (doctoral study)

Lecturer at the courses Sport and Exercise Psychology, Elements of Psychology, Basics of Health Psychology (compulsory courses); Children in Sport, Motor learning (elective courses) at University of Zagreb, Faculty of Kinesiology (integrated study, MA study)

Lecturer at the course Sport Psychology, Motor learning at University of Zagreb, Faculty of Kinesiology (integrated study for coaches – basic level)

Lecturer at the course Motivation and leadership; Middle age psychology; Developmental aspects of children in skating sports at University of Zagreb, Faculty of Kinesiology (integrated study for coaches – specialisation level)

Lecturer at the course Basics of Sport Psychology at University of Zagreb, Faculty of Arts, Department of psychology Zagreb (integrated study of psychology, MA study); Basics of Sport Psychology at University of Zadar, Faculty of Arts, Department of psychology Zadar (integrated study of psychology, MA study)

Lecturer at the course Sport and Exercise Psychology for Erasmus exchange students (2019 & 2020)

Creator, educator and organiser of Education for licence for work in psychological preparation in sport (Croatian psychological Chamber, Croatian association of psychology)

Educator on Master course for elite handball coaches, European certification (Croatian handball federation, 2018-2021)

Educator for FIFA referees - psychology (Croatian football federation, 2015-2018)

Educator on licensing seminars for coaches from different sports (karate, judo, water polo, triathlon, handball, basketball, twirling, skating, artistic gymnastics, rowing, wrestling) (2007..)

Creator, organiser and lecturer of Croatian certification education for specialisation in Sport psychology and psychological preparation for athletes in cooperation with Croatian psychological society and Croatian psychological chamber (2016..)

Educator on World skills Croatia project made for preparation of vocation school students for World and European championships in their professions (Agency for vocational education, sub-project leader, 2018...)

Educator on Docu rough boutique - seminar for documentary film directors (2019..)

Professional work (psychological preparation in sport)

- 20 years of professional experience in psychological preparation of many olympic, elite, perspective and young athletes. Some of the best international results:
- official sport psychologist of diver Marcela Marić (junior European championship 2011, bronze)
- official sport psychologist of rowing team for Olympic games London 2012 (silver medal)
- official sport psychologist of water-polo and shooting team for Rio OG 2016 (silver medal – water polo)
- official sport psychologist of gymnast world champion 2017, world vice champion 2019, 2023, European vice champion 2018, 2020, 2023 Tin Srbić (horizontal bar) and part of his expert team for preparation for Tokio 2020 OG (silver medal) and Paris 2024 OG (qualified)
- Official sport psychologist for national selection in artistic gymnastics (Filip Ude, Tin Srbić, Jakov Vlahek, Liam Rabić, Tina Zelčić, Christina Zwicker, Sara Šulekić, Nika Kukuljan Frleta) (2017-2023)
- official sport psychologist and part of expert team for Croatian senior water polo team preparation for Olympic games Rio 2016 (silver medal), Tokyo 2016-2021 (5th place); World championship: gold 2017, bronze 2019; European championship: bronze 2018); Croatian junior water polo team (European championship: silver 2017)
- official sport psychologist and part of expert team for Croatian Paralympic swimmers, competed on Paraolympic games Tokyo 2020 (Paula Novina, 100m breaststroke, 9th place; Tomy Brajša 200m free style, 12th place; 50 m free style –competition race is not finished)
- Official sport psychologist of Croatian kayak/kanu rower Matija Marinić for European and World championships in 2021, 2022 and 2023 and preparation for Paris 2024 OG (qualified)
- Official sport psychologist of Croatian skiing national team (Filip Zubčić, Istok Rodeš), 2019-2023, Beijing 2022 OG

- president of Sport and exercise psychology section within Croatian Psychological Association (2012-2023).
- Member of expert section for Sport and exercise psychology within Croatian psychological chamber 2015-2023

Other education

Cognitive behavioural therapy, Level 1 and 2

Mindfulness (education for professionals)

Mindfulness in sport

Compassion focused therapy (introduction)

Drama approach in group work

Use of projective cards in counselling

Eating disorders education (volunteering in Daily hospital for ED, Clinic for psychiatry S. Ivan, Zagreb in 2022 and 2023; supervision in Center for eating disorders Bea, Zagreb in 2023)

Organisation of international conferences (member of PC or OC)

International conference on Kinesiology (2005, 2011, 2017, 2021, 2024) – section editor

2013 - 1st international scientific and professional symposium on sport psychology ‘Sport success – how psychology can help?’, Zagreb (organiser, president of PC)

2015 – 2nd international scientific and professional symposium on sport psychology ‘Citius, altius, fortius with sport psychology’, Zagreb (organiser, president of PC)

2017 – 3rd international scientific and professional symposium on sport psychology ‘*Be better with sport psychology*’, Zagreb (organiser, president of PC)

2022 – 4th international scientific and professional symposium on sport psychology ‘*Reach your full potential with sport psychology*’, Zagreb (organiser, president of PC, educator)

Journals

Frontiers in Psychology (topic editor, reviewer; 2022-2023)

Kinesiology (proof reader, reviewer, section editor, EB member; 1998-2020)

Review of psychology (reviewer)

Turkish Journal of Sport and Exercise (reviewer)

Kinesiologia Slovenica (reviewer)

Croatian Medical Journal (reviewer)

South African Journal for Research in Sport (reviewer)

Physical Education and Recreation (reviewer)

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Publications

Renata Barić published more than 200 publications, some of them are:

Books

Barić, R. (2023). *Mentally fit in handball- Psychological skills training manual for coaches*. European Handball Federation, Competence academy & network.

Barić, R. (2021). *Važnost i uloga psihološka pripreme u rukometu. (The role and importance of psychological preparation in handball)* U: Bojić-Čačić, L. (ur.) Rukomet u 21. st - suvremeni pristup treniranju rukometa (str. 149-154), Zagreb: Hrvatska olimpijska akademija.

Barić, R. (2019). *Handbook for psychological preparation of WSC competitors*. ASOO, Zagreb

Barić, R. & Horga, S. (2018). *Utjecaj tjelesnog vježbanja na psihičku dobrobit. (The influence of physical exercise on psychological well being)* U: Mišigoj-Duraković, M. (ur.) *Tjelesno vježbanje i zdravlje* (str. 318-329), Zagreb: Znanje.

Leko, G., Novak, D., Barić, R., Guidotti, F. & Mijatović, B. (2018). *Multisport Approach for Young Athletes Age 6-11 years*. Zagreb: Hrvatski akademski športski klubovi Mladost Sveučilišta u Zagrebu

Prosoli, R. & Barić, R. (2018) *Psychological preparation for the judoka*. U: Callan, M. (ur.) *Science of judo* (str. 130-141), New York: Routledge.

Caput-Jogunica, R. & Barić, R. (2015). *Izvannastavne i izvanškolske aktivnosti i sadržaji za učenike od 1. do 4. razreda osnovne škole*. Zagreb: Školska knjiga.

Habibija, Dž., Barić, R., Balent, B. i Pinter, I. (2012). *Talenat, iskustvo, znanje. (Talent, experience, knowledge)* U: Dž. Habibija (Ur.), *Futsal priručnik: metodologija rada za igrače i trenere* (str. 170-180), Sarajevo: Kap

Barić, R. (2010). *Psihološki aspekti košarkaške igre - motivacija. (Psychological aspects of basketball play – motivation)*. U: B. Matković (Ur.), *Antropološka analiza košarkaške igre* (str. 131-155), Zagreb: Kineziološki fakultet.

Barić, R. (2006). *Osnove psihologije sporta. (The basics of sport psychology)* U: S. Heimer i R. Čajavec (Ur.), *Medicina sporta* (str. 385-397), Zagreb: Kineziološki fakultet.

Journals publication

Ljubešić, M. & Barić, R. (2023). *Intrinzična motivacija učenika i percepcija motivacijske klime na nastavi tjelesne i zdravstvene kulture (Intrinsic motivation and perception of motivational climate in PE)*//*Napredak*, 164(1-2); 5-24 <https://doi.org/10.59549/n.164.1-2.1>

Prosoli, R., Jelić, M., Barić, R., Sisneros, C. & Lochbaum, M. (2023). *Croatian Combat Athletes' Attribution Patterns for Their Successes and Failures*//*Youth (Basel)*, 3, 381-391 .

Nekić, J. & Barić, R. (2022). Zašto su bivši plivači bivši? (Why are former swimmers former?) *Hrvatski športskomedicinski vjesnik*, 37(2) ; 119-129 .

Maksimović, D. & Barić, R. (2022). Motivacija za vježbanje rekreativaca, polaznika škole trčanja - spolne razlike (Exercise motivation in recreational athletes, running schools' attendees)// *Hrvatski športskomedicinski vjesnik*, 37(1), 59-72.

Prosoli, R., Banai, B., Barić, R., Lochbaum, M., Cooper, S., Jelić, M. (2021). Causal attributions for success and failure among athletes: Validation of the Croatian version of the revised Causal dimension scale (CDS-II) // *Pedagogy of Physical Culture and Sports*, 25(4); 241-249

Prosoli, R, Lochbaum, M., Barić, R. (2021). Parents at the sport competition: How they react, feel and cope with the event. *Pedagogy of Physical Culture and Sports* 25(2), 114-124.

Šunda, M. & Barić, R. (2021). Sustav vrijednosti nastavnika Tjelesne i zdravstvene kulture srednjih škola Osječko - baranjske županije (The system of values of PE teachers in OB county) // *Napredak (Zagreb)*, 162 (1-2); 121-135

Štefan, L., Juranko, D., Prosoli, R., Barić, R. & Sporiš, G. (2017). Self-Reported Sleep Duration and Self-Rated Health in Young Adults. *Journal of Clinical Sleep Medicine*, 7, 899-904.

Greblo, Z., Barić, R i Cecić Erpič, S. (2016). Perfectionistic Strivings and perfectionistic concerns in Athletes: The role of peer motivation climate. *Current Psychology*, 35(3), 370-376.

Karlović, M., Jakšić, M., & Barić, R. (2016). Effect of motivational music on psychological and physiological responses during high-intensity interval training. *International journal of sport psychology*, 47, 571-584.

Barić, R. (2005). Motivacijska klima u sportskoj ekipi: situacijske i dispozicijske determinante. (Motivational climate in sports team: situational and dispositional determinants) *Društvena istraživanja*, 78-79(4-5), 784-805.

Leško, L., Barić, R. & Ivanko, A. (2018). Physical activity and sexual health in men. *Sports science and health*, 8(2), 117-126.

Leško, L., Barić, R. & Ivanko, A. (2018). Tjelesna aktivnost i zadovoljstvo tjelesnim izgledom: spolne razlike (Physical activity and body satisfaction: gender differences). *HŠMV*, 33(1), 5-18.

Glibo, I. & Barić, R. (2017). Roditeljski pritisak i kvaliteta života mladih sportaša (The parental pressure and quality of life in young athletes). *Hrvatska revija za rehabilitacijska istraživanja*, 53(1), 1-12.

Lochbaum, M., Prosoli, R. & Barić, R. (2017). Cardiovascular and Energy Requirements of Parents Watching Their Child Compete: A Pilot Mixed-Methods Investigation. *Pedagogics, psychology, medical-biological problems of physical training and sports*, 21 (6), 279-284.

Cvenić, J. & Barić, R. (2016). Razlike u intrinzičnoj motivaciji studentica u različitim sadijima promjene ponašanja povezanih s vježbanjem (The differences in intrinsic motivation in students in different stages of exercise related behavior). *HŠMV*, 31, 22-28.

Leško, L., Barić, R., & Možnik, M. (2016). Tjelesna aktivnost i kvaliteta seksualne funkcije-pregled istraživačkih studija u razdoblju od 1998. do 2016. godine (Physical activity and the quality of sexual function – review of literature from 1998-2016). *HŠMV*, 31, 49-57.

Cvenić, J. & Barić, R. (2015). Psihometrijske karakteristike hrvatske verzije upitnika intrinzične motivacije (IMI) (Psychometric characteristics of Croatian version of intrinsic motivation questionnaire). *Napredak*, 156(3), 341-355.

Prosoli, R., Štefan, L. Barić, R & Sporiš, G. (2015). Physical, physiological and psychological fitness of independent active and non-active older female adults. *Baltic Journal of Sport and Health Sciences* 4(99), 46-54.

Barić, R., Vlašić, J. & Cecič Erpič, S. (2014). Goal orientation and intrinsic motivation for physical education: does perceived competence matter? *Kinesiology*, 46(1), 117-126.

Perak, J. & Barić, R. (2014). Razlike u strategijama suočavanja sa stresom muških i ženskih sportskih trenera (The differences in coping strategies in male and female sport coaches). *HŠMV*, 29, 27-34.

Vižintin, M. i Barić, R. (2013). Ovisnost o vježbanju-spolne razlike (Exercise addiction: gender differences). *HŠMV*, 28(2), 71-80.

Lorger, M. i Barić, R. (2012). Metrijske karakteristike hrvatske verzije Upitnika kvalitete života za djecu i adolescente The Kidscreen-52 (Metric characteristics of Croatian version of Quality of life of children and adolescents questionnaire The Kidscreen 52). *Napredak*, 153(3-4), 373-398.

Barić, R. (2011). Psychological pressure and athletes' perception of motivational climate in team sports. *Review of psychology*, 18(1), 45-51.

Šimunić, V. i Barić, R. (2011). Motivacija za vježbanje povremenih rekreativnih vježbača: spolne razlike (the exercise motivation of recreational exercisers). *Hrvatski športskomedicinski vjesnik*, 26(1), 19-25.

Kajtana, T. i Barić, R. (2009). Psychological characteristics of coaches of successful and less successful athletes in team and individual sports. *Review of Psychology*, 16(1), 47-56.

Bungić, M. i Barić, R. (2009). Tjelesno vježbanje i neki aspekti psihološkog zdravlja (physical exercise and some aspects of mental health). *Hrvatski športskomedicinski vjesnik*. 24(2), 65-75.

Barić, R. i Bucik, V. (2009). Motivational differences in athletes trained by coaches of different motivational and leadership profiles. *Kinesiology*, 41(2), 181-194.

Rakovac, M., Barić, R. i Heimer, S. (2007). Prevalence of certain chronic diseases sensitive to kinesiological treatment in physically active vs inactive postmenopausal women. *Kinesiology*, 39(2), 124-130.

Barić, R. i Horga, S. (2007). Psychometric properties of the Croatian version of task and ego orientation in sport questionnaire (CTEOSQ). *Kinesiology*, 38 (2), 135-142.

Kajtna, T., Tušak, M., Barić, R. i Burnik, S. (2004). Personality in high risk sports athletes. *Kinesiology*, 36(1), 15-23.

Cecić Erpič, S., Boben, D., Škof, B., Zabukovec, V. i Barić, R. (2004). Psychometric properties of the motivational climate inventory in physical education: A confirmatory factor analysis. *Kinesiology Slovenica*, 10(2), 16-25.

Barić, R., Cecić-Erpič, S. i Babić, V. (2002) Intrinsic motivation and goal orientation in track-and-field children. *Kinesiology*, 34(1), 50-60.

Barić, R. (2001). Verification of a motivational climate inventory in the sport setting. *Kinesiology*, 32(2), 106-116.