

# Dr Carla Meijen

PhD, CPsychol, MSc, Drs, PGCHPE, FHEA

## Biography

Dr Carla Meijen is an assistant professor in organizational and sport psychology at the University of Amsterdam. She is a chartered psychologist with the British Psychological Society and registered with the HCPC, and has experience working with athletes (recreational to Olympic medal winners). She has initiated several initiatives to bridge the gap between research and practice, such as introducing mental support at large scale running events. Carla has written numerous journal articles and authored two books. She is a Fellow of the Higher Academy and an associate fellow of the British Psychological Society.

## Professional Experience and Committee Work

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|----------------|---|-------------------------------|
| • 2024-present | Assistant Professor   | University of Amsterdam       |
| • 2017-2024    | Associate Professor<br>Course Leader MSc Applied Sport Psychology | St Mary's University, London. |
| • 2010-2017    | Lecturer (B)  | University of Kent            |
| • 2016-2020    | Consultant Sport Psychologist                                     | English Institute of Sport    |
| • 2019         | Guest editor  | Frontiers in Psychology       |
| • 2016-2018    | Committee member  | DSEP                          |
| • 2011-2015    | Member of the managing council                                    | ENYSSP                        |

## Qualifications, Awards, Fellowships and Professional Body Memberships

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|------------------|----------------------------------|--|
| • 2014 – current | British Psychological Society    | Associate Fellowship                         |
| • 2010 – current | Higher Education Academy         | Fellowship                                   |
| • 2009 – current | British Psychological Society    | Chartered Psychologist (CPsychol)            |
| • 2009 – current | HCPC                             | Registered Practitioner Psychologist         |
| • 2004 – current | Vereniging voor Sportpsychologie | Member                                       |
| • 2007-2011      | Staffordshire University         | PhD Sport and Exercise Psychology            |
| • 2008-2010      | Staffordshire University         | PG Cert. (Higher and Professional Education) |
| • 2005-2006      | University of Edinburgh          | MSc Performance Psychology                   |
| • 2005           | VSB fonds                        | Scholarship to study abroad                  |
| • 2000 – 2005    | University of Amsterdam          | Drs (equivalent to MSc) Social Psychology    |

## Peer Review and Quality Assurance

Reviewed for numerous journals (i.e. Journal of Applied Social Psychology, Motivation and Emotion, Psychology of Sport and Exercise, International Journal of Sport and Exercise Psychology, British Journal of Psychology, International Journal of Psychophysiology, Qualitative Research in Sport and Exercise, Sport and Exercise Psychology Review, Journal of Sport and Exercise Psychology, Journal of Sports Sciences, Sports Medicine), books, and acted as external reviewer for revalidation of programs. External examiner DPsych Sport and Exercise Psychology, Glasgow Caledonian University (2022-2024)

## Research and Publications

- Well-being in sport** Performing under stress and challenge and threat states on challenge and threat states, motivation, emotions.
- Endurance sport:** The psychological determinants of (ultra)endurance performers and the use of psychological strategies to deal with demands that can benefit endurance performers.

### Selected Peer Reviewed Journal Articles:

- **Meijen, C.,** & Martin, E. A. (2024). 'I don't want to be seen as period prone': An exploration of psychological strategies used across the menstrual cycle. *International Journal of Sports Science & Coaching*, 17479541241269274.
- **Meijen, C.,** Lane, A., Brick, N., McCormick, A., Micklewright, D., & Marchant, D. (2023). A review of psychological strategies to resist slowing down or stopping during endurance activity. *Sport and Exercise Psychology Review*, 18(1). DOI: <https://doi.org/10.53841/bpssepr.2023.18.1.4>
- Dale, J., Muniz-Pumares, D., Cimadoro, G., **Meijen, C.,** & Glaister, M. (accepted). Sprint cycling: current practice and motivational considerations for performance recovery. *Journal of Psychophysiology*.
- Earl, S.R., **Meijen, C.,** Taylor, I. M., & Passfield, L. (2023). Explaining trajectories in cognitive engagement, fatigue, and school achievement: The Role of Young Adolescents' Psychological Need Satisfaction Learning and Individual Differences. *Learning and Individual Differences*. DOI: 10.1016/j.lindif.2022.102248
- Albertella, L., et al. (2023). Building a transdisciplinary expert consensus on the cognitive drivers of performance under pressure: An international multi-panel Delphi study. *Frontiers in Psychology*, 13, 1017675. doi: 10.3389/fpsyg.2022.1017675
- Devonport, T. J., **Meijen, C.,** & Lloyd, J. (2022). Walking on thin ice: Exploring demands and means of coping during an extreme expedition. *Journal of Human Performance in Extreme Environments*, 17(1). DOI: 10.7771/2327-2937.1148
- Hirose, K., & **Meijen, C.** (2022). An exploration of elite Japanese female footballers' acute cultural transition experiences in Europe. *Science and Medicine in Football*, 6(5), 660-667. DOI: 10.1080/24733938.2022.2133161
- Turner, M. J., Miller, A., Youngs, H., Barber, N., Brick, N. E., Chadha, N. J., Chandler, C., Coyle, M., Didymus, F. F., Evans, A. L., Jones, K., McCann, B., **Meijen, C.,** & Rossato, C. J. L. (2022) "I must do this!": A latent profile analysis

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approach to understanding the role of irrational beliefs and motivation regulation in mental and physical health, *Journal of Sports Sciences*, 40(8), 934-949, DOI: 10.1080/02640414.2022.2042124

- **Meijen, C.**, Turner, M., & Jones, M. V. (2022). Feeling the pressure when playing sports? How to see pressure as a challenge, not a threat. *Frontiers for Young Minds*, 10, 681496.
- **Meijen, C.**, McCormick, A., Anstiss, P. A., & Marcora, S. M. (2021). 'Short and Sweet': A randomized controlled initial investigation of brief online psychological interventions with endurance athletes. *The Sport Psychologist*, 36(1), 20-28.
- **Meijen, C.**, Jones, M. V., Turner, M., Sheffield, D., & McCarthy, P. J. (2020). A theory of challenge and threat states in athletes: A revised conceptualization. *Frontiers in Psychology*, 11:126. DOI: 10.3389/fpsyg.2020.00126
- Anstiss, P., **Meijen, C.**, & Marcora, S. (2020). The sources of self-efficacy in experienced competitive endurance athletes. *International Journal of Sport and Exercise Psychology*, 18(5), 622-638. DOI: 10.1080/1612197X.2018.1549584
- Earl, S., Taylor, I., **Meijen, C.**, & Passfield, L. (2019). Young adolescent psychological need profiles: Associations with classroom achievement and well-being. *Psychology in the Schools*. DOI: 10.1002/pits.22243
- McCormick, **Meijen, C.**, Anstiss, P. A., & Jones, H. (2019). Self-regulation in endurance sports: Theory, research, and practice. *International Review of Sport and Exercise Psychology*. DOI: 10.1080/1750984X.2018.1469161
- Anstiss, P., **Meijen, C.**, & Marcora, S., & Madigan, D. (2018). Development and initial validation of the Endurance Sport Self-Efficacy Scale (ESSES). *Psychology of Sport and Exercise*, 38, 176-183. DOI: 10.1016/j.psychsport.2018.06.015
- McCormick, A., **Meijen, C.**, & Marcora, S. (2018). Psychological demands experienced by recreational endurance athletes. *International Journal of Sport and Exercise Psychology*, 16(4), 415-430. DOI: 10.1080/1612197X.2016.1256341
- McCormick, A., **Meijen, C.**, & Marcora, S. M. (2018). Effects of a motivational self-talk intervention for endurance athletes completing an ultramarathon. *The Sport Psychologist*, 32(1), 42-50. DOI: 10.1123/tsp.2017-0018
- **Meijen, C.**, Day, C., Hays, K. (2017). Running a psyching team: Providing mental support at long-distance running events. *Journal of Sport Psychology in Action*, 8(1), 12-22. DOI: 10.1080/21520704.2016.1205697
- McCormick, A., **Meijen, C.**, & Marcora, S. (2015). Psychological determinants of whole-body endurance performance: A systematic review. *Sports Medicine*. DOI: 10.1007/s40279-015-0319-6.
- Jones, M., **Meijen, C.**, McCarthy, P. J., & Sheffield, D. (2009). A theory of challenge and threat states in athletes. *International Review of Sport and Exercise Psychology*, 2, 161-180. DOI:10.1080/17509840902829331

**Books and Book Chapters:**

- **Meijen, C.** (2023). *Empowered birth: Lessons from sport psychology for your maternity journey*. Sequoia Books.
- Winter, S. & **Meijen, C.** (2021). Psychology of distance running. In R. C. Blagrove & P. R. Hayes (Eds.), *The science and practice of middle and long distance running* (pp. 66-76). Oxon, UK: Routledge.
- **Meijen, C.** (2019). *Endurance performance in sport: Psychological theory and interventions*. Routledge.
- **Meijen, C.**, & Marcora, S. (2019). An introduction to *Endurance Performance in Sport: Psychological Theory and Interventions*. In C. Meijen (ed.) *Endurance performance in sport: Psychological theory and interventions* (pp. 1-12). Oxon, UK: Routledge.
- **Meijen, C.** (2019). Prelude: Interventions for endurance performance. In C. Meijen (ed.) *Endurance performance in sport: Psychological theory and interventions* (pp. 109-112). Oxon, UK: Routledge.
- **Meijen, C.**, & McCormick, A. (2019). Pursuing the next challenges: Directions for research on the psychology of endurance performance. In C. Meijen (ed.) *Endurance performance in sport: Psychological theory and interventions* (pp. 212-224). Oxon, UK: Routledge.

**Selected media engagement activities:**

- Sports Psychology has an evidence problem (March, 2024). Expert interview <https://www.outsideonline.com/health/training-performance/sports-psychology-evidence/>
- The Theory of Challenge and Threat States in Athletes (July, 2023). The Sport Psych Show podcast <https://player.fm/series/the-sport-psych-show-2893808/ep-242-prof-marc-jones-dr-carla-meijen-dr-martin-turner-the-theory-of-challenge-and-threat-states-in-athletes>
- How can an empowered mindset support the childbirth experience? (August, 2023). The sports career podcast. <https://open.spotify.com/episode/2LuodD6c00ZNca0ahwpLkG>
- How exercise aids your psychological birth preparation (June, 2023). Podcast with Midwife Pip <https://www.midwifepip.com/podcast/episode/2feeb8e7/e114-how-exercise-aids-your-psychological-birth-preparation>
- How training for ultras can empower your pregnancy (June, 2023). Koopcast Podcast with ultrarunner Stephanie Howe and ultra running coach Jason Koop <https://podcasts.apple.com/us/podcast/how-training-for-ultras-can-empower-your-pregnancy/id1489494447?i=1000617229771>
- BBC Reel – 'The strange appeal of extreme endurance sport' (July 2022) <https://www.bbc.com/reel/playlist/the-science-of-fitness?vpid=p0cmkn6t>
- Build mental endurance like a pro' (November 2020), provided expert endurance sport psychology commentary for article in the New York Times as on how to translate mental strategies used in endurance activities to the pandemic. <https://www.nytimes.com/2020/11/07/well/mind/athletes-pandemic-advice.html>
- BBC News – 'Are women better ultra-endurance athletes than men?' (August 2019) <https://www.bbc.co.uk/news/world-49284389#>