

## Prof Andy Lane

PhD, CPsychol, CSci, FBASES  
HCPC Registered Sport and Exercise Psychologist  
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### Career

2022-2025. Associate Dean, Head of Psychology, UoW.  
2016-2021: Associate Dean, Research, Faculty of Education, Health and Well-being  
2004-present: Professor of Sport Psychology, University of Wolverhampton (UoW)..  
2000-2002: Senior Lecturer and MSc Sports Sciences course leader, UoW.  
1996-2000: Lecturer and subject leader in Research methods, Brunel University.  
1998: Awarded PhD Sport Psychology, Brunel University.  
1994: Awarded MSc Sports Sciences, Brunel University.  
1992-1995: Deputy Head of Physical Education Department, Park High School.  
1992: Awarded PGCE in Physical Education, Brunel University.  
1991: Awarded BA (Hons) 2:1 Sports Studies and History, West London Institute of Higher Education.  
1991: Coaching awards: Badminton, basketball, boxing, fencing, swimming, trampoline, & weights.  
1989-2000: Sport Facilities Supervisor. Price Waterhouse, London (part-time).  
1985-1988: Self-employed builder.

### Qualifications

2001-present: Re-accredited in 2021 Sport Psychologist for Research and Scientific Support from the British Association of Sport and Exercise Sciences (BASES)  
2009-present: Registered Practising Psychologist with the Health Professionals Council.  
2005: Awarded Chartered status and Practising Certificate as a Psychologist by the British Psychological Society.

### Impact work

I worked with the BBC LabUK and partners from the [EROS](#) to produce a project titled “[Can you perform under pressure](#)”, which produced an article which has had over 70,000 views, and the BBC has produced a user guide along with a great deal of additional press coverage ([BBC news on the web](#)). The Altmetric <https://frontiers.altmetric.com/details/6307985>

### Selected highlights

#### Editorial

2022 – Guest editor with Peter Terry and Marc Lochbaum. Approaches to Live a More Sustainable Lifestyle from Physical Activity and Healthy Habits. Sustainability. <http://www.mdpi.com/journal/sustainability>  
2021- Associate Editor on the board of *Frontiers in Psychology* - Movement Science and Sport Psychology.  
2020 - Guest editor: Frontiers COVID. A review of recommendations for Players and Athletes Well-Being during the COVID-19 Global Pandemic

#### Grant reviewing roles

2010-present: Member of the Economic and Social Research Council review college.

#### Published Research

Google Scholar link: <http://scholar.google.co.uk/citations?user=08xxh6cAAAAJ&hl=en> (citations = 15719; h-index = 63)  
Research Gateway: [https://www.researchgate.net/profile/Andrew\\_Lane](https://www.researchgate.net/profile/Andrew_Lane)  
Orchid: <https://orcid.org/0000-0002-8296-1248>

#### Selected publications

- Berger, N. A., Best, R., Best, A. W., Lane, A. M., Millet, G. Y., Barwood, M., Marcora, S., Wilson, P., & Bearden, S. (2024). Limits of ultra: Towards an interdisciplinary understanding of ultra-endurance running performance. *Sports Medicine*, 54, 73-93, <https://doi.org/10.1007/s40279-023-01936-8>
- Terry, P.C., Parsons-Smith, R.L., Vlachopoulos, S. P., & Lane, A. M. (2024). Mood Profile Clusters among Greek Exercise Participants and Inactive Adults. *Sci*. 2024; 6(2):18. <https://doi.org/10.3390/sci6020018>
- Meijen, C., Brick, N. E., Lane, A.M., Marchant, D. C., Marcora, S. M., McCormick, A., Micklewright, D., & Robinson, D. T. (2023). A review of psychological strategies to resist slowing down or stopping during endurance activity. *Sport & Exercise Psychology Review*. <https://doi.org/10.53841/bpssepr.2023.18.1.4>

4. Albertella, L., Kirkham, R., Adler, A. B., Crampton, J., Drummond, S. P. A., Fogarty, G. J., Gross, J. J., Zaichkowsky, L., Andersen, J. P., Bartone, P. T., Boga, D., Bond, J. W., Brunyé, T. T., Campbell, M. J., Ciobanu, L. G., Clark, S. R., Crane, M. F., Dietrich, A., **Lane, A. M.**,... Aidman, E., Yücel, M. (2023). Building a transdisciplinary expert consensus on the cognitive drivers of performance under pressure: An international multi-panel Delphi study. *Frontiers in Psychology*, 13. <https://www.frontiersin.org/articles/10.3389/fpsyg.2022.1017675>
5. Beedie, C. J., **Lane, A. M.**, Udberg, R., & Terry, P. C. (2022). The 4R Model of Emotion and Mood for Sustainable Mental Health. *Sustainability*, 4(18):11670. <https://doi.org/10.3390/su141811670>
6. Lochbaum, M., Sherburn, M., Sisneros, C., Cooper, S., **Lane, A.M.**, & Terry, P. C. (2022). Revisiting the Self-Confidence and Sport Performance Relationship: A Systematic Review with Meta-Analysis. *International Journal of Environmental Research and Public Health*, 19(11), 6381. <http://dx.doi.org/10.3390/ijerph19116381>
7. Lochbaum, M., Stoner, E., Hefner, T., Cooper, S., **Lane, A.M.**, & Terry, P. C. (2022). Sport psychology and performance meta-analyses: A systematic review of the literature. *PLoS one*, 17(2), e0263408. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0263408>
8. **Lane, A.M.**, Beedie, C. J., Devonport, T. J., & Friesen, A. P. (2021). Considerations of control groups: Comparing active-control with no treatment for examining the effects of brief intervention. *Sports*, 9(11), 156. <https://www.mdpi.com/2075-4663/9/11/156>
9. Roberts, R. J., & **Lane, A.M.** (2021). Mood responses and regulation strategies used during COVID-19 among boxers and coaches. *Frontiers in Psychology*, 10.3389/fpsyg.2021.624119 <https://www.frontiersin.org/articles/10.3389/fpsyg.2021.624119/abstract>
10. Kent, S., Devonport, T., **Lane, A.M.**, & Nichols, W. (2021). Implementing a pressure training program to improve decision-making and execution of skill among premier league academy soccer players, *Journal of Applied Sport Psychology*, DOI: [10.1080/10413200.2020.1868618](https://doi.org/10.1080/10413200.2020.1868618)
11. Beedie, C.J., Whyte, G., **Lane, A.M.**, Cohen, E., Raglin, J., Hurst, P., Coleman, D., & Foad, A. (2017). Caution, this treatment is a placebo. It might work, but it might not": Why emerging mechanistic evidence for placebo effects does not legitimise complementary and alternative medicines in sport." *British Journal of Sports Medicine*. <http://bjsm.bmj.com/content/bjsports/early/2017/07/19/bjsports-2017-097747.full.pdf>
12. **Lane, A.M.**, Terry, P.C., Friesen, A.P., Devonport, T. J., & Totterdell, P. (2017). A Test and Extension of Lane and Terry's (2000) Conceptual Model of Mood-Performance Relationships using a Large Internet Sample. *Frontiers in Psychology*, 8, 470. doi: 10.3389/fpsyg.2017.0047
13. **Lane A. M.**, Totterdell, P., MacDonald, I., Devonport, T.J., Friesen, A.P., Beedie, C.J., Stanley, D., & Nevill, A. (2016). Brief Online training enhances competitive performance: Findings of the BBC Lab UK psychological skills intervention study. *Frontiers in Psychology*, 7:413. doi: 10.3389/fpsyg.2016.00413
14. **Lane, A.M.**, Devonport, T. J., Friesen, A. P., Beedie, C. J., Fullerton, C. L. & Stanley, D M. (2016). How should I regulate my emotions if I want to run faster? *European Journal of Sports Science*. 16(4), 465-472. DOI: 10.1080/17461391.2015.1080305
15. Beedie, C., Alfonso, J., Kennedy, L., **Lane, A.M.**, Mann, S., Domone, S., & Whyte, G. P. (2015). Death by effectiveness: Exercise as medicine caught in the efficacy trap!" *British Journal of Sports Medicine*, 50(6), 323-324. <http://bjsm.bmj.com/content/early/2015/02/12/bjsports-2014-094389.full>
16. Beedie, C. J., & **Lane. A. M.** (2012). The role of glucose in self-control: Another look at the evidence and an alternative conceptualization. *Personality and Social Psychology Review*, 16, 2,143-153. 10.1177/1088868311419817. <http://psr.sagepub.com/content/16/2/143.abstract>

#### Funded Projects

1. **RESIST**: 2017-2022. Research-evaluated Endurance Strategies Intending to Support Training. Carla Meijen, Dr Alister McCormick, Dominic Micklewright, David Marchant, Noel Brick, & Samuele Marcora. A seminar award grant funded by the Division of Sport and Exercise Psychology, *British Psychology Society*.
2. **2008-2012: ESRC: Emotion Regulation on Others and Self (EROS)**, a 4-year Research Network. £2.9 million. UoW share; £485,000 <http://www.erosresearch.org>
3. 2023-2028: PhD student Wolverhampton Wanderers FC £100k with Dr Ross Cloak

**Successful PhD student completions: N= 20, with 2 MPhil**

#### Research Awards

2017: European College of Sports Sciences. Best paper award: **Lane, A.M.**, et al. (2016). How should I regulate my emotions if I want to run faster? [http://sport-science.org/index.php?option=com\\_content&view=article&id=697:ejss-best-paper-annouc&catid=56&Itemid=118](http://sport-science.org/index.php?option=com_content&view=article&id=697:ejss-best-paper-annouc&catid=56&Itemid=118)

2005: Best established researcher award for Sport Sciences, BASES.

1998: Young investigators award at the European College of Sport Science Congress.

1997: The Psychology prize at the British Association of Sport and Exercise Sciences (BASES) Conference.