

Emeritus Honorary Professor Janice L. Thompson, Ph.D., FACSM, FECSS
Brief CV – ECSS Masterclass on Mixed Methods Research

DEGREES

- Ph.D. (Exercise Science, with an emphasis in Exercise Physiology and Nutrition).
Arizona State University, Tempe. December, 1991.
- M.S. (Physical Education). California State University, Sacramento. December, 1987.
Graduated with honors.
- B.S. (Physical Education). California State University, Sacramento. May, 1985.
Graduated with honors.

ACADEMIC APPOINTMENTS

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| 2022-
Present | Emeritus Honorary Professor of Public Health Nutrition and Exercise, University of Birmingham, UK. |
| 2012 -
2022 | Professor of Public Health Nutrition & Exercise, The University of Birmingham, UK. School of Sport, Exercise & Rehabilitation Sciences. <ul style="list-style-type: none">• 2016-18 - Head of School of Sport, Exercise & Rehabilitation Sciences• 2012-16 - Head of Research and Deputy Head of School• 2018-20 - School Impact Lead for REF2021, UoA24• 2015-16 School Lead for REF2021, UoA24 |
| 2005 -
2012 | Professor of Public Health Nutrition, The University of Bristol, UK. Centre for Exercise, Nutrition and Health Sciences. <ul style="list-style-type: none">• Head of Centre (01/2008 through 12/2011)• Lead of the Interdisciplinary Pathway in Health and Wellbeing, and Programme Director for the MRes in Health and Wellbeing for the ESRC Southwest Doctoral Training Centre• Acting Head of School of Applied Community and Health Sciences (SACHS) (March 2009 – September 2009) |
| 2001 -
2005 | Director of Centre and Research Assistant Professor, The University of New Mexico Health Sciences Center, USA. Department of Internal Medicine, Office of Native American Diabetes Programs (NADP). <ul style="list-style-type: none">• Director of The Office of Native American Diabetes Programs• Affiliated Faculty, Masters of Public Health Program• Adjunct Assistant Professor of Nutrition, College of Education |
| 1998-2001 | Research Scientist III and Assistant Professor, The University of New Mexico Health Sciences Center, USA. Department of Pediatrics, Center for Health Promotion and Disease Prevention (CHPDP). |

- Hired and supervised up to 17 field data collectors each year for Pathways obesity prevention research study; supervisor of satellite office overseeing activities of 10 academic and 2 administrative staff.
 - Affiliated Faculty, Masters of Public Health Program
 - Adjunct Assistant Professor of Nutrition, College of Education
- 1995-8 **Assistant Professor, University of North Carolina at Charlotte, USA.**
Department of Health Promotion and Kinesiology.
- Director, Functional Health Laboratory
- 1992-5 **Postdoctoral Fellow - Stanford University School of Medicine, USA.**
- Responsible for planning and execution of clinical research studies on the effects of IGF-I, growth hormone, diet and exercise on body composition, physical fitness, and protein metabolism in elderly women.
 - Principal Investigator of a study of energy requirements and cardiovascular risk in spinal cord injured men and women.
 - Principal Investigator of a National Institutes of Health training grant to assess the effect of growth hormone, IGF-I, diet, and exercise on body composition in post-menopausal women.
- 1993-5 **Part-time Faculty - California State University, Sacramento.**
- Responsible for teaching Graduate courses in Exercise Physiology and Perceptual Motor Development.
- 1992 **Research Consultant, Arizona State University, Tempe, AZ.**
- Responsible for directing a study on the effects of a strength training program on walking economy in elderly men and women.
 - Laboratory technician – responsibilities included drawing blood via venipuncture and preparing blood for analyses of lactate, glucose, catecholamine, and hemoglobin concentration. Directed clinical laboratory staff on quality control and biochemical assessment methods.
- 1991-92 **Faculty Associate, Arizona State University, Tempe, AZ.**
- Responsible for teaching Exercise Prescription course.
- Adjunct Faculty, Chandler-Gilbert Community College.**
- Responsible for teaching Introductory Nutrition and Exercise testing courses.
 - Served as a nutritional consultant and exercise instructor at the Fitness Center. Involved in study design and research methods in the studies of exercise, fitness program development, and nutrition.

AWARDS

- 2018 **Fellow of the European College of Sport Science (FECSS).**

2017	University of Birmingham. Award for Excellence in Doctoral Researcher Supervision.
2015	American College of Sports Medicine (ACSM) Citation Award. Granted to an individual or group who has made significant and important contributions to sports medicine and/or the exercise sciences.
2009	Sarah Mazelis Best Paper of the Year Award for Society for Public Health Education's (SOPHE) journal <i>Health Promotion Practice</i>. Awarded for the paper judged to make a significant contribution to advancing the practice of health education and health promotion programmes, policy or professional preparation.
2007-08	University of Bristol Engagement Award. Awarded for research and community engagement activities in the area of 'Developing Culturally Appropriate Lifestyle Programmes to Reduce Obesity, Cardiovascular Disease, and Type 2 Diabetes Risk Among South Asian Women.'
1997-1996-97	Fellow of the American College of Sports Medicine (FACSM). Award for Excellence in Undergraduate Teaching, College of Nursing and Health Professions, University of North Carolina Charlotte.

RELATED FUNDED GRANTS & CONTRACTS (out of 63 total grants)

1. **Co-investigator.** "ACE – Active, Connected and Engaged." NIHR Public Health Research Programme. 42 months. 01/06/21 – 30/11/24. £1,717,757. (Chief Investigator: Dr Afroditi Stathi, University of Birmingham).
2. **Co-investigator.** "Optimising social media for physical activity and nutrition during COVID-19." 9 months. 01/04/20 – 31/12/20. £8678.75. University of Birmingham ESRC IAA Urgency Fund. (PI: Dr Victoria Goodyear).
3. **Principal Investigator.** "Diabetes Prevention in Diverse Communities: informing the NHS National Diabetes Prevention Programme (NDPP)." University of Birmingham ESRC IAA Impact Fund. 01/09/18 – 31/07/19. £10,207.80. (Co-I: Professor Colin Greaves, University of Birmingham).
4. **Co-investigator and co-supervisor.** "Physical activity and health in homeless young people." ESRC Doctoral Training Programme Collaborative Studentship (Grace Tidmarsh). 3 years. 01/10/17 – 30/09/20. £81,104. (PI and Primary Supervisor: Dr Jennifer Cumming, University of Birmingham).
5. **Co-investigator,** "Physical Activity and Nutrition Influences In ageing (PANINI)." European Commission Horizon 2020 Innovative Training Networks (ITN), 01/01/16 – 31/12/19. €2,893,198 over 48 months. (PI: Dr Anna Whittaker, University of Birmingham).
6. **Principal Investigator (Birmingham Site),** "A randomised controlled trial and economic evaluation of a community-based physical activity intervention to prevent mobility-related disability for retired older people. The REACT (Retirement in ACTION) study." NIHR Public Health Research, 13/164/51. 01/09/2015 – 31/05/2020. £1,641,796 over 54 months. (Chief Investigator: Dr Afroditi Stathi, University of Bath). Amount to

Birmingham, £311,789. Additional funds via costed extension from NIHR (Aug 2019-May 2020) of £104,709 to Birmingham.

7. **Principal Investigator (Birmingham Site)**, “Community-based Prevention of Diabetes (ComPoD): A randomised trial with a waiting list control group to evaluate the effectiveness and cost-effectiveness of a third sector led, community-based diabetes prevention programme.” NIHR School for Public Health Research, SPHR-EXE-PES-COM. 01/07/2014 – 30/06/2016. £249,369 over 24 months. (co-Chief Investigators: Drs Colin Greaves and Jane Smith, University of Exeter). Amount to Birmingham, £95,984.
8. **Principal Investigator**, “Migration, Nutrition, And Ageing Across The Lifecourse In Bangladeshi Families: A Transnational Perspective (Project MINA).” New Dynamics of Ageing (NDA), Economic and Social Research Council (ESRC), 01/12/2008 – 30/11/2011, £516,330.

RELATED PUBLICATIONS (from 200 publications)

1. Tidmarsh G, R Whiting, **JL Thompson**, and J Cumming. Assessing the fidelity of delivery style of a mental skills training programme for young people experiencing homelessness. *Evaluation and Program*, 2022, 94, 102150. <https://doi.org/10.1016/evalprogplan.2022.102150>.
2. Stathi, A, CJ Greaves, **JL Thompson**, J Withall, P Ladlow, G Tayloer, A Medina-Lara, T Snowsill, S Gray, C Green, H Johansen-Berg, CE Sexton, JLJ Bilzon, J deKoning, JC Bollen, SJ Moorlock, MJ Western, N Demnitz, P Seager, JM Guralnik, WJ Rejeski, M Hillsdon, and KR Fox. Effect of a physical activity and behavior maintenance programme on prevention of mobility decline in older adults: The REACT [REtirement in ACTION] randomized controlled trial. *The Lancet Public Health*, 2022, 7(4):e316-e326.
3. Goodyear VA, Boardley I, Chiou S-Y, Fenton S, Makopoulou K, Stathi A, Wallis G, Veldhuijzen van Zanten J, and **Thompson JL**. Social media use informing behaviours related to physical activity, diet and quality of life during COVID-19: A mixed methods study. *BMC Public Health*, 2021, 21:1333. <https://doi.org/10.1186/s12889-021-11398-0>.
4. Asamane EA, Greig CA, and **Thompson JL**. The association between nutrient intake, nutritional status and physical function of community-dwelling, ethnically diverse older adults: A longitudinal study. *BMC Nutrition*, 2020, 6:36. <https://bmcnutr.biomedcentral.com/articles/10.1186/s40795-020-00363-6>.
5. Asamane, EA, CA Greig, and **JL Thompson**. Social networks and their influences on nutrient intake, nutritional status and physical function in community-dwelling ethnically diverse older adults: A mixed-methods longitudinal study. *BMC Public Health*, 2020, 20:1011. <https://doi.org/10.1186/s12889-020-09153-y>.
6. Withall J, Greaves C, **Thompson JL**, de Koning J, Bollen J, Moorlock S, Fox K, Western M, Snowsill T, Medina-Lara A, Cross R, Ladlow P, Taylor G, Zisi V, Clynes J, Grey S, Agyapong-Badu S, Guralnik J, Rejeski WJ, Stathi A. The tribulations of trials: Lessons learnt recruiting 777 older adults into REtirement in ACTION (REACT) a community, group-based active ageing intervention targeting mobility disability. *Journal of Gerontology: Series A*, 2020, glaa051, doi.org/10.1093/gerona/glaa051.

7. Pallan, M.J., Griffin, T.L., Hurley, K.L., Lancashire, E.R., Blissett, J., Frew, E., Gill, P., Griffith, L., Jolly, K., McGee, E., Parry, J.M., **Thompson JL**, and Adab, P. Cultural adaptation of a children's weight management programme: Child weight management for Ethnically diverse communities (CHANGE) study. *BMC Public Health*, 2019, 19:848. <https://doi.org/10.1186/s12889-019-7159-5>.
8. Castaneda Gameros D, S Redwood, and **JL Thompson**. Nutrient intake and factors influencing eating behaviours in older migrant women living in the UK. *Ecology of Food and Nutrition*, 2018, 57(1):50-68.
9. Castaneda-Gameros D, S Redwood, and **JL Thompson**. Physical activity, sedentary time, and frailty in older migrant women from ethnically diverse backgrounds: a mixed-methods study. *Journal of Aging and Physical Activity*, 2018, 26(2):194-203.
10. **Thompson, J.L.**, Merrell, J., Bogin, B., Jennings, H., Heinrich, M., Garaj, V., Harper, D., Molik, B., and Chowdhury, J. Migration and nutrition. In *New Dynamics of Ageing, Volume 2*. Bristol: Policy Press. 2018. ISBN: 1447314794.
11. Emadian A, CY England, and **JL Thompson**. Dietary intake and factors influencing eating behaviours in overweight and obese South Asian men living in the United Kingdom - A mixed method study. *BMJ Open*. 2017, 7:e016919. <https://doi:10.1136/bmjopen-2017-016919>.
12. Emadian A, and **JL Thompson**. A mixed-methods examination of physical activity and sedentary time in overweight and obese South Asian men living in the United Kingdom. *International Journal of Environmental Research and Public Health*. 2017, 14(4):348, <https://doi:10.3390/ijerph14040348>.
13. **Thompson JL**, S Sebire, J Kesten, J Zahra, M Edwards, E Solomon-Moore, and R Jago. How parents perceive screen viewing in their 5-6 year old child within the context of their own screen viewing time: a mixed-methods study. *BMC Public Health*. 2017, 17:417, <https://doi:10.1186/s12889-017-4394-5>.
14. Castaneda Gameros D, S Redwood, and **JL Thompson**. Low nutrient intake and frailty among overweight and obese migrant women from ethnically diverse backgrounds aged 60+ years: a mixed-methods study. *Journal of Nutrition Education and Behavior*, 2017, 49(1):3-10.e1.
15. England CY, **JL Thompson**, R Jago, A Cooper, and R Andrews. Development of a brief, reliable and valid diet assessment tool for diabetes: The UK Diabetes and Diet Questionnaire. *Public Health Nutrition*, 2017, 20(2):191-199. DOI:10.1017/S1368980016002275.
16. Vera-Sanso P, Barrientos A, Damodaran L, Gilhooly K, Gilhooly M, Goulding, A, Hennessey C, Means R, Murray M, Newman A, Olphert W, Tew P, **Thompson JL**, Victor C, and Walford N. Participation and social connectivity. In: *The New Science of Ageing*. Bristol: Policy Press. 2014, pp. 181-208.
17. Babakus W and **Thompson JL**. Physical activity among South Asian women: a systematic mixed-methods review. *International Journal of Behavioral Nutrition and Physical Activity* 9:150, 2012. <http://www.ijbnpa.org/content/9/1/150>
18. Stathi, A, Gilbert H, Coulson JC, Davis MG, **Thompson JL**, and Fox KR. Determinants of neighborhood activity of adults aged 70 and over: A mixed methods study. *Journal of Aging and Physical Activity*. 20(2):148-170, 2012.