

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

2022- **Emeritus Honorary Professor of Public Health Nutrition and Exercise, University of Birmingham, Present UK.**

2012 - **Professor of Public Health Nutrition & Exercise, The University of Birmingham, UK.**

2022 School of Sport, Exercise & Rehabilitation Sciences.

- 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 - **Professor of Public Health Nutrition, The University of Bristol, UK.** Centre for Exercise, Nutrition
2012 and Health Sciences.

- 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 - **Director of Centre and Research Assistant Professor, The University of New Mexico Health**

2005 **Sciences Center, USA.** Department of Internal Medicine, Office of Native American Diabetes Programs

- 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- **Research Scientist III and Assistant Professor, The University of New Mexico Health Sciences**

2001 **Center, USA.** Department of Pediatrics, Center for Health Promotion and Disease Prevention (CHPDP).

- Affiliated Faculty, Masters of Public Health Program
- Adjunct Assistant Professor of Nutrition, College of Education

1995- **Assistant Professor, University of North Carolina at Charlotte, USA.** Department of Health

1998 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.

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 *Health Promotion Practice*.** 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 (from 63 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 205 publications)

1. Stathi A, J Withall, D Crone, H Hawley-Hague, R Playle, E Frew, S Fenton, M Hillsdon, C Pugh, C Todd, K Jolly, N Cavill, M Western, S Roche, N Kirby, E Boulton, **J Thompson**, K Chatwin, A Davies, Z Szekeres, and C Greaves. A peer-volunteer led active ageing programme to prevent decline in physical function in older people at risk of mobility disability (Active, Connected, Engaged [ACE]): study protocol for a randomised controlled trial. *Trials*, 2023, 24:772.
2. Ladlow P, MJ Western, CJ Greaves, **JL Thompson**, J Withall, J deKoning, JC Bollen, SJ Moorlock, JM Guralnik, KR Fox, and A Stathi. The RETirement in ACTION (REACT) exercise programme and its effects on elements of long-term functionality in older adults. *Frontiers Public Health*, 2023, 11 - 2023.
3. Ramsey KA, Meskers CGM, Trappenburg MC, Bacalini MG, Delle Donne M, Garagnani P, Greig C, Kallen VL, van Meeteren N, van Riel N, Santos NC, Sipilä S, **Thompson JL**, Whittaker AC, and Maier AB. The Physical Activity and Nutritional Influences In Ageing (PANINI) Toolkit: A standardized approach towards physical activity and nutrition assessment of older adults. *Healthcare (Special Issue: Mental and Behavioral Healthcare)*, 2022, 10, 1017.
4. 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.
5. 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.
6. 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.
7. 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.

8. 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. **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.
14. 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.
15. 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.
16. **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.
17. 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.
18. 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.
19. 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.
20. 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.
21. 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.