

CURRICULUM VITAE

Andreas Stamatis

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Degrees in Higher Education

Ph.D. (2016)	Educational Psychology Baylor University, Waco, TX, USA
M.S.Ed. (2013)	Sport Pedagogy Baylor University, Waco, TX, USA
M.S. (2010)	Computer Systems (Technology Management emphasis) City University of Seattle, Seattle, WA, USA
M.B.A. (2006)	Executive MBA University of Indianapolis, Indianapolis, IN, USA
B.S. (2006)	Economics University of Piraeus, Athens, Greece

Language

Greek	Native language
English	Highly competent in reading, writing, and speaking
French	Highly competent in reading, writing, and speaking
Italian	Basic competence in reading, writing, and speaking

Professional Experience

2023-Present	<u>Clinical Associate Professor</u> (University of Louisville, Kentucky).
2023-Present	<u>Mental Performance Specialist</u> (University of Louisville Health, Kentucky).
2020-2023	<u>Associate Professor, Coordinator of the Undergraduate Program, and Lab Director</u> (SUNY Plattsburgh, New York).
2016-2020	<u>Assistant Professor, Coordinator of the Undergraduate Program, and Lab Director</u> (SUNY Plattsburgh, New York). Academic advising, student recruitment and retention, curriculum development, university and

community service, undergraduate/graduate research, and undergraduate/graduate teaching in the Department of Exercise and Nutrition Sciences.

- 2015-2016 Teacher of Record (Baylor University, Texas). Teach a graduate class in the Health, Human Performance, and Recreation Department.
- 2014-2016 Fitness Specialist/Master Trainer (Baylor University, Texas).
Hold several workshops.
Teach the NASM personal training preparation class each semester.
Interview, hire, and train new personnel.
Teach 3 TRX classes each semester.
Design the fitness center's yearly budget (>\$100,000).
- 2013-2014 Co-teaching (Baylor University, Texas). Co-taught a graduate class in the Health, Human Performance, and Recreation Department.
- 2013-2014 Fitness Graduate Assistant (Baylor University, Texas).
In charge of the 10,000 square feet fitness facility.
Supervise 42 student-workers and the personal trainers.
Interview and hire new personnel.
Train staff through presentations and clinics.
- 2012-2016 Personal Trainer (Baylor University, Texas).
Conduct personalized exercise sessions with Recreation Center (SLC) patrons.
- 2012-2013 Intern Strength Coach (Baylor University, Texas).
Schedule strength and conditioning workouts in cooperation with the head strength coach. Rehabilitation of injured athlete. RestWise software application. Recruiting European players.
Big12 and Big12 Tournament Champions.
- 2011-2012 Lecturer and ACSM coordinator (City Unity College, Athens, Greece).
Lecturer of sports-related courses.
ACSM coordinator, including promotion, pricing, application processing, and teaching.
- 2011-2012 Strength and Conditioning Coach (Asteras Exarhion WBC, Athens, Greece).
Design, implement, conduct, and monitor strength and conditioning practices. Professional Women's Basketball Team.
- 2010-2011 Strength and Conditioning Coach (Panathinaikos WBC, Athens, Greece).
Design, implement, conduct, and monitor strength and conditioning practices. Professional Women's Basketball Team.

2008-Present	<u>Co-owner/Manager</u> (Regenesi Stores, Athens, Greece). Overall management of the four Regenesi Stores. Preparing athletes for various competitions. Wellness Coaching.
2008-Present	<u>President of Health Club / Gym co-owner</u> (Regenesi Gym, Athens, Greece). Overall management of the Health Club. Corporate wellness.
Summer 2004	<u>Volunteer, Sports Information Assistant</u> (Athens 2004 Olympic & Paralympic Games). Registration of athletes.
2003-2005	<u>Assistant General Manager/Store Manager</u> (BodyEnergy Extreme, Athens, Greece). Franchising. Business Analysis. Product Managing.
2000-2003	<u>Sales Manager</u> (BodyEnergy Extreme, Athens, Greece). B2B sales. Account Managing. Public Relations.

Teaching

University of Louisville

- **HSS293**: Social and Psychological Dimensions of Physical Activity
- **HSS392**: Principles of Sport and Exercise Psychology

SUNY Plattsburgh

- **PED333WB**: Exercise Physiology
- **PED210**: Introduction to Fitness and Wellness Leadership
- **PED212/PED212WB**: Introduction to Personal Fitness Training
- **PED214/PED214WB**: Advanced Personal Training
- **PED305**: Exploring Sport and Exercise Psychology
- **PED310**: Research Methods in Exercise Science
- **PED318**: Foundations of Sport Management
- **PED319**: Analyzing Human Movement
- **PED319CM**: Common Problem Project: Sports Neuroscience
- **PED333**: Science of Exercise/Exercise Physiology
- **FIT585WB**: Research Methods in Fitness

Baylor

- **HP5354**: Advanced Methods of Strength and Conditioning

Scholarship – 2024: *h*-index: 10, citations: 389 (Google Scholar); Research Interest Score: 471.5, Higher than 95% of ResearchGate members who first published in 2015

¹ Graduate Student

² Undergraduate Student

A. Refereed Publications

Stamatis, A., Papadakis, Z., & Beitia, P. (2024). Concurrent Validity and Inter-Rater Reliability Assessment of Two Mental Toughness Instruments in Firefighting: A Two-Wave Longitudinal Study. *Behavioral Sciences*, 14(7), 523.

Papadakis, Z., **Stamatis, A.**, & Beitia, P. (2024). Personal protective equipment impacts firefighters' anaerobic fitness. *Occupational Medicine*, 74(5), 342-347.

Robinson, K., Booth, A., & **Stamatis, A.** (2004). Exploring Retention and Orientation Data for Internationally Educated Nurses Transitioning to U.S. Nursing Practice. *Journal for Nurses in Professional Development*.

Stamatis, A., Morgan, G. B., Boolani, A., & Papadakis, Z. (2024). The Positive Association between Grit and Mental Toughness, Enhanced by a Minimum of 75 Minutes of Moderate-to-Vigorous Physical Activity, among US Students. *Psych*, 6(1), 221-235.

Veeranki, Y. R., Garcia-Retortillo, S., Papadakis, Z., **Stamatis, A.**, Appiah-Kubi, K. O., Locke, E., ... & Posada-Quintero, H. F. (2024). Detecting Psychological Interventions Using Bilateral Electromyographic Wearable Sensors. *Sensors*, 24(5), 1425.

Boolani, A., Gruber, A. H., Torad, A. A., & **Stamatis, A.** (2023). Identifying Current Feelings of Mild and Moderate to High Depression in Young, Healthy Individuals Using Gait and Balance: An Exploratory Study. *Sensors*, 23(14), 6624.

Stamatis, A., Morgan, G. B., Spinou, A.¹, & Tsigaridis, K. G.¹ (2023). Mental toughness and osteoarthritis: Postsurgery improvement in knee pain/functionality in older adults. *Rehabilitation Psychology*, 68(2), 212–219.

Stamatis, A., Garcia-Retortillo, S., Morgan, G. B., & Sanchez-Moreno, A.¹ (2023). Case report: Cortico-ocular interaction networks in NBA2K. *Frontiers in Network Physiology*, 3, 1151832.

Olivan, Z.², Cherubini, J. & **Stamatis, A.** (2022). The Effect of a Division 1 Women's Basketball Strength and Conditioning Protocol on Mental Toughness. *International Journal of Exercise Science*, 16(5), 315-326.

Papadakis, Z., **Stamatis, A.**, Manierre, M., & Boolani A. (2022). Preventive Medicine via Lifestyle Medicine Implementation Practices Should Consider Individuals' Complex Psychosocial Profile. *Healthcare*, 10(12), 2560.

Beitia, P.¹, **Stamatis, A.**, Amasay, T., & Papadakis, Z. (2022). Predicting Firefighters' Physical Ability Test Scores from Anaerobic Fitness Parameters & Mental Toughness Levels. *International Journal of Environmental Research and Public Health*, 19(22), 15253.

- Stamatis, A.**, Adams, J.¹, Martin, J., Smith, M. L., Milani, I.¹, Caswell, S. V., Cortes N., & Boolani, A. (2022). Physical Activity, Sitting Time, and Feelings of Energy and Fatigue During the Early Stages of the COVID-19 Pandemic: Does Grit Make a Difference? *Health Behavior Research*. 5(3), 16.
- Stamatis, A.**, Morgan, G. B., Nyamaruze, P., & Koutakis, P. (2022). Mental Toughness Development via Military-Style Training in the NCAA: A Three-Phase, Mixed-Method Study of the Perspectives of Strength and Conditioning Coaches. *Sports*. 10(6), 92-116.
- De Kock, J., Latham, H. A., Cowden, R. G., Cullen, B., Narzisi, K., Jerdan, S., Munoz, S.-A., Leslie, S. J., **Stamatis, A.**, & Eze, J. (2022). Brief digital interventions to support the psychological well-being of NHS staff during the COVID-19 pandemic: A three-arm pilot randomised controlled trial. *JMIR Mental Health*. 9(4), e34002.
- Stamatis, A.**, Morgan, G. B., Moreno, P. J. F., Pineda, L. T. B., & Sánchez, A. I. A. (2022). Invarianza Multicultural y Validación del Índice de Fortaleza Mental entre Deportistas Norteamericanos y Mexicanos. *Retos*, 43, 643-650.
- Stamatis, A.**, Papadakis, Z., Morgan, G. B., & Boolani, A. (2021). Offseason Fitness Tests a Collegiate Strength Coach Should Choose to Predict In-Season Performance Based on Sex. *International Journal of Computer Science in Sport*, 20(2), 164-174.
- Papadakis, Z., **Stamatis, A.**, Kukic, F., Koropanovski, N. (2021). Moving Past the One-Size-Fits-All Education-Training Model of Police Academies to the Self-Prescribed Individualized Exercise Prescription Model. *International Journal of Environmental Research and Public Health*, 18, 11676.
- Stamatis, A.**, Morgan, G. B., Cowden, R., & Koutakis, P. (2021). Conceptualizing, Measuring, and Training Mental Toughness in Sport: Perspectives of Master Strength and Conditioning Coaches. *Journal for the Study of Sports and Athletes in Education*. 15(3), 1-28.
- Stamatis, A.** & Magnusen, M. (2021). Nontraumatic Injuries in the NCAA: Collegiate Football Strength Coaches Should Exercise Caution this Off-Season. *International Journal of Exercise Science*, 14(6), 980-98.
- Papadakis, Z., Forsse, J. S., & **Stamatis, A.** (2021). High-Intensity Interval Exercise Performance and Short-Term Metabolic Responses to Overnight-Fasted Acute-Partial Sleep Deprivation. *International Journal of Environmental Research and Public Health*, 18(7), 3655.
- Papadakis, Z., Padgett, R. N.¹, **Stamatis, A.**, & Karasch, R. A. (2021). Baseball performance via the lens of anthropometric testing, fitness metrics, and statistics: a longitudinal cross-sectional study. *Current Orthopaedic Practice*, 32(2), 151-160.
- Stamatis, A.**, Deal, P. J., Morgan, G. B., Forsse, J. S., Papadakis, Z., McKinley-Barnard, S., ... & Koutakis, P. (2020). Can athletes be tough yet compassionate to themselves? Practical implications for NCAA mental health best practice no. 4. *Plos one*, 15(12), e0244579.

- Stamatis, A.,** Grandjean, P., Morgan, G., Padgett, N.¹, Cowden, R., & Koutakis, P. (2020). Developing and Training Mental Toughness in Sport: A Systematic Review and Meta-Analysis of Observational Studies and Pre- and Post-Test Experiments. *BMJ Open Sport & Exercise Medicine*, 6(1), e000747.
- Stamatis, A.,** Morgan, G., Papadakis, Z., Mougios, V., Bodganis, G., & Spinou, A.¹ (2019). Cross-cultural Invariance of the Mental Toughness Inventory among American and Greek Athletes. *Current Psychology*, 1-8.
- Papadakis, Z., **Stamatis, A.,** Padgett, N.¹, & Sander, B. (2019). NCAA In-Season Coaching Time Regulations Negate Pre-Season Lower-Body Performance Gains in Women's Division-II Basketball Team. *International Journal of Sports Science*. 9(4), 92-99.
- Stamatis, A.** & Papadakis, Z. (2019). What a Difference a Mentally-toughening Offseason Makes: A case of NCAA DI rowers. *International Journal of Sports Science*. 8(5), 152-157.
- Myers, C., **Stamatis, A.,** Drezner, J., & Morgan, G. (2018). Cardiovascular Screening Practices and Attitudes from the NCAA Autonomous 'Power 5' Conferences. *Sports Health*. 10(6), 547-551.
- Stamatis, A.,** Robinson, E., & Morgan, G. (2018). Mental Toughness in Collegiate Strength and Conditioning Coaching: Widely, used, widely misunderstood. *International Research in Higher Education*. 3(2), 35-50.
- Stamatis, A.** & Papadakis, Z. (2018). The Deleterious Effects of NCAA Division I Programs. A comparison of the Current Activities of Student-athletes of Two Different Division Schools through the Prism of the Wellness Paradigm. *International Research in Higher Education*. 3(2), 76-82.
- Stamatis, A.,** (2017). The "Unregulated" World of Collegiate Strength and Conditioning. Are CSCCa coaches the most effective? *CSCCa Monthly*
- Gucciardi, D., **Stamatis, A.,** & Ntoumanis, N. (2017). Controlling Coaching and Athlete Thriving in Elite Adolescent Netballers: The Buffering Effect of Athletes' Mental Toughness. *Journal of Science and Medicine in Sport*. (20)8, 718-722.
- Walsh, S.¹, Umstattd-Meyer, R., **Stamatis, A.,** & Morgan, G. (2015). Why Women Sit: Determinants of Leisure Sitting Time for Working Women. *Women's Health Issues*. 25(6), 673-679.

B. Book Chapters

Stamatis A. (2022). ¿Como se le llama a esto del running? Una exploración a la existencia, las características y los mecanismos involucrados en este fenómeno. *Anti manual para runners*. Elementum.

C. Conference Proceedings (Selected)

‡Also, *Poster Presentation* in Regional and/or National ACSM Conferences

‡Hirsch, J.², Rothstein, A., Augustus, A., & **Stamatis, A.** (2024). Network Physiology Approach to Assessing Emotion Regulation Workshop Effects on Mental Toughness in Collegiate Swimmers. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 4, p. 27).

‡Gonzalez, M.², Rothstein, A., Augustus, A., & **Stamatis, A.** (2024). Reevaluating Team-Based Mental Skills Training: Insights from NCAA Soccer Players' Mental Toughness Development. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 4, p. 16).

‡Cavan, S.¹, & **Stamatis, A.** (2024). Enhancing Cohesion in Collegiate Female Dance Teams: The Impact of Mental Toughness Workshops. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 4, p. 19).

‡Hunter, C.², & **Stamatis, A.** (2024). Mitigating Social Media Addiction and Screen Time Among Female Dancers: A Longitudinal Study on Mental Toughness Intervention Effects. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 4, p. 17).

‡Vilmeau, S. R.¹, Siddiq, B.¹, Gravvanis, N., LeBlanc, B., Papadakis, Z., & **Stamatis, A.** (2024). Advanced Management of Complex Foot Pathology in a Senior Athlete—Recreational. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 4, p. 34).

‡Acevedo, B.², Gravvanis, N., Rothstein, A., Daily, J., & **Stamatis, A.** (2024). Chronic Exertional Compartment Syndrome—Female Soccer Player. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 4, p. 14).

‡Siddiq, B.¹, Gravvanis, N., Tsikouris, G., & **Stamatis, A.** (2023). Comprehensive Evaluation of Hip Arthroscopy for Elite Athletes with Femoroacetabular Impingement and Associated Pathology, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 3, p. 23).

‡Beck, Z.², Lefke, L.¹, Morgan, G., & **Stamatis, A.** (2024). Enhancing Mental Toughness in Dancers: An Intervention Study with Longitudinal Analysis and Clustering Approaches. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 16, p. 61).

- ‡Hudson, A.², & **Stamatis, A.** (2024). Machine Learning Analysis of Chronotype and Mental Toughness in Predicting Sleepiness Among Collegiate Dancers: Preliminary Findings. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 16, p. 35).
- ‡Barber, A.J.² & **Stamatis, A.** (2023). Five Minutes of Psychological Skills Training Intervention Increase Mental Toughness Levels in Female Athletes, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 3, p. 24).
- ‡Phillips, S.², Beitia, P., **Stamatis, A.**, Papadakis, Z., & Rossi, A. (2023). Inter-Rater Reliability Validation Via the Military Training Mental Toughness Inventory in Firefighters: Follow-up Psychometric Analysis, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 3, p. 6).
- ‡Zeno, M.², Chapman-Lopez, T.¹, Torres, R.¹, Ledington, J.¹, Siedler, M.R.¹, Rodriguez, C.¹, Forse, J.S., Tinsley, G.M., & **Stamatis, A.** (2023). Exploring the Role of Mental Toughness in Bone Mineral Content: A Preliminary Study, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 3, p. 18).
- ‡Caon, M.¹, Armstrong, C.¹, **Stamatis, A.**, Egret, C., Amasay, T., & Papadakis, Z. (2023). Inter-Rate Reliability of Mental Toughness Scores by Head and Assistant Coaches: A Repeated-Measure Design, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 3, p. 16).
- ‡Ribeiro, V.L.¹, Beitia, P., **Stamatis, A.**, & Papadakis, Z. (2023). Association of Body Composition Methods and Occupational Readiness: Differences between Veterans and Rookies, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 3, p. 20).
- ‡Vilmeau, S.R.¹, Beitia, P., **Stamatis, A.**, & Papadakis, Z. (2023). Body Mass Index Misclassify Obesity in Firefighters, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 3, p. 19).
- ‡Vilmeau, S.R.¹, Boolani, A., & **Stamatis, A.**, & Papadakis, Z. (2023). Identifying Anger through Gait and Balance Analysis using Machine Learning Models, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 5).
- ‡Pluviose, R.¹, Rincon Cortes, A.¹, **Stamatis, A.**, & Papadakis, Z. (2023). Perceived Feelings and Dyspnea During Maximal Exercise Testing with Different Masks: A Randomized Crossover Study, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 7).
- ‡Ramus-Wright, D.¹, Rincon Cortes, A.¹, Vilmeau, S.R.¹, **Stamatis, A.**, & Papadakis, Z. (2023). Facemask Type Impacts Dyspnea During Maximal Exercise Testing, but Mental Toughness Does Not Mediate, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 10).

- ‡Golzari, K.¹, Boolani, A.; Papadakis, Z.; Garcia-Retortillo, S.; **Stamatis, A.**; Locke, E., McCarthy, R., Appiah-Kubi, K.O., Kadry, A., Torad, A., Elwan, M., & Posada-Quintero, H. (2023). Cervical Erector Spinae Intermuscular Coordination While Using Noise Cancellation Headphones During Walking, *International Journal of Exercise Science: Conference Proceedings* (Vol. 16: No. 2, p. 226).
- ‡Stillwell, K.², Gravvanis, N., Hayes, B., & **Stamatis, A.** (2023). Bilateral ACL Tear—Basketball, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 6).
- ‡Siddiq, B.¹, Evanson, R., Hirani, K., & **Stamatis, A.** (2023). Hip Developmental Dysplasia and Labral Tear—Weightlifting, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 8).
- ‡Hayes, N.², Papadakis, Z., Boolani, A., & **Stamatis, A.** (2023). Effect of Last Meal Timing on Sleep Efficiency in College Students during COVID-19, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 2).
- ‡Herrera, G.², Papadakis, Z., Boolani, A., & **Stamatis, A.** (2023). Screen Time and Mental Work in College Students During COVID-19: Implications for Occupational Therapy, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 1).
- ‡Cormie, E.², Boolani, A., Papadakis, Z., & **Stamatis, A.** (2023). Impact of Mood States on Executive Function Testing: Considerations for Sports Medicine Professionals, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 4).
- ‡Armstrong, C.¹, Harris, MAD.¹, **Stamatis, A.**, & Papadakis, Z. (2023). Testing the Self-Verification Theory in Female Rowers Using Mental Toughness: Implications for Positive Sport Psychology, *International Journal of Exercise Science: Conference Proceedings* (Vol. 15: No. 2, p. 3).
- ‡Siddiq, B.¹, Gravvanis, N., Kyratzoglou, C., Hayes, B., & **Stamatis, A.** (2023). Sacral Stress Fracture — Wrestling, *International Journal of Exercise Science: Conference Proceedings* (Vol. 2: No. 15, p. 2).
- ‡Guzzetta, L.², Papadakis, Z., Morgan, G., & **Stamatis, A.** (2022). Strength Versus Deficit Educational-based Mental Toughness Interventions on Mental Health of Female Student-athletes. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 9).
- ‡Siddiq, B.¹, Gravvanis, N., Vicencio, L. A., & **Stamatis, A.** (2022). Femur Stress Fracture-Marathon. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 16).
- ‡Wigger, T.², Matsuo, H.¹, McCarthy, R.¹, Locke, E., Morgan, G., Martin, J., ... & **Stamatis, A.** (2022). Sleep, Diet, and Physical Activity during COVID-19: Practitioners Should Be

Aware of Considerable Individual Differences. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 15).

- ‡Barber, J.¹, Papadakis, Z., Manierre, M., Boolani, A., & **Stamatis, A.** (2022). Barriers to Adopting Lifestyle Behaviors under the Prism of Lifestyle Medicine. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 11).
- ‡Taylor, M.², Matsuo, H.¹, Morgan, G., Papadakis, Z., Boolani, A., & **Stamatis, A.** (2022). Grit Explained 29.4% of the Variability in Mental Toughness of Student-athletes: Perseverance Was Primarily Responsible. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 12).
- ‡Beitia, P.¹, **Stamatis, A.**, & Papadakis, Z. (2022). Measuring Mental Toughness in Firefighters: Preliminary Results on the Concurrent Validity of Two Inventories. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 10).
- ‡Szuch, R.², Dulaney, C. S., Retortillo, S. G., & **Stamatis, A.** (2022). Pupil Dilation Differences When Playing Valorant Under Practice and Competition Conditions: A Case Study. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 17).
- ‡Sochia, L.², Spinou, A.¹, Tsigaridis, K. G.¹, Matsuo, H.¹, Morgan, G., & **Stamatis, A.** (2022). Older Adults with Osteoarthritis: Higher Mental Toughness Associated with Greater Improvement in Knee Pain/Functionality. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 15, No. 1, p. 14).
- ‡Flores-Moreno, P.J., Barajas-Pineda, L.T., **Stamatis, A.**, Rios-Rangel, M., Mendoza-Mejia, B.E.¹, Contreras-Gudino, M.¹. (2022, May). Relationship of Anthropometric Variables in the Jumping Performance of Volleyball Players. *Medicine & Science in Sports & Exercise*, 54(9S), 366.
- ‡Gravvanis, N., Tsikouris, G., Dvorscak, N.², Siddiq B.¹, Vicencio, L., & **Stamatis, A.** (2022, May). Shoulder Arthroscopy with Versus Without Suprascapular Nerve Release: Clinical Translation for Elite Volleyball Athletes. *Medicine & Science in Sports & Exercise*, 54(9S), 434.
- ‡Vicencio, L., Pachter, J., Turkula, S., Raaen, L.², **Stamatis, A.**, & Gravvanis, N. (2022, May). Right Scapula Osteoid Osteoma – Baseball. *Medicine & Science in Sports & Exercise*, 54(9S), 535.
- ‡Barrios, N.¹, Dodamgodage, S.¹, Ogunleye, O., Wickramasinghe, M.¹, Mondal, S., **Stamatis A.**, & Boolani, A. (2022). Mood Responses to Various Exercise Types Using the Ontological Definitions of Exercise. In *International Journal of Exercise Science: Conference Proceedings*, 15(1), 7.
- ‡Pellerin, K.², Parrillo, T.², Morgan, G., Martin, J., Caswell, S.V. Cortes, N., Boolani, A., & **Stamatis A.** (2022). Grit Had a Positive Impact on Moderate-to-high Intensity Physical Activity During the COVID-19 Health Crisis. In *International Journal of Exercise*

Science: Conference Proceedings, 15(1), 3.

- ‡Guzzetta, L.², Morgan, G., Papadakis, Z., & **Stamatis A.** (2022). Strength Versus Deficit Educational-based Interventions on Mental Toughness: A Case Study of Female Student-athletes. In *International Journal of Exercise Science: Conference Proceedings, 15(1), 6.*
- ‡Rapaport, L.¹, Matsuo, H.¹, Morgan, G., & **Stamatis A.** (2022). Position Profiles Based on GPS Metrics: A NCAA Division III Men's Soccer Case Study. In *International Journal of Exercise Science: Conference Proceedings, 15(1), 4.*
- ‡Piper, J.², Siddiq, B.¹, Matsuo, H.¹, Morgan, G., Boolani, A., & **Stamatis A.** (2022). Predicting In-season Performance from Pre-season Power and Gait Metrics in Collegiate Basketball: Preliminary Evidence. In *International Journal of Exercise Science: Conference Proceedings, 15(1), 2.*
- ‡Barber, A. J²., McKone, N. J²., Martin, J. R., Mondal, S¹., Sur, S., Milani, I. ¹, Cortes, N¹., Caswell, S. V., Boolani, A., & **Stamatis, A.** (2022). Factors Influencing Motivation to Perform Mental and Physical Tasks during the Initial Lockdown Period of the COVID-19 Pandemic. In *International Journal of Exercise Science: Conference Proceedings, 2(14), 9.*
- ‡Fountain, C²., Boolani, A., Amsbaugh, S¹., Matsuo, H¹., Morgan, G. B., & **Stamatis, A.** (2022). Association Between Efficiency of Movement Patterns and Basketball Performance: An Exploratory Study. In *International Journal of Exercise Science: Conference Proceedings, 2(14), 30.*
- ‡Lecher, M²., Matsuo, H¹., Morgan, G. B., & **Stamatis, A.** (2022). Sports Analytics in NCAA Division III Men's Soccer: A Case of Practical Application of GPS Metrics. In *International Journal of Exercise Science: Conference Proceedings, 2(14), 57.*
- ‡Pelton, W²., Matsuo, H¹., Morgan, G. B., Maynard, S., & **Stamatis, A.** (2022). Facilitation of Mental Health in Undergraduate, Adventure-Sport Curricula Students: The Effect of Mental Toughness. In *International Journal of Exercise Science: Conference Proceedings, 2(14), 31.*
- ‡McDuffie, A²., Gravanis, N., Tsikouris, G., Papadakis, T., Vicencio, L. A., & **Stamatis, A.** (2022). Shoulder Arthroscopy After a Proximal Humeral Fracture Malunion: Athlete Care and Clinical Medicine in Middle-Aged Athletes. In *International Journal of Exercise Science: Conference Proceedings, 2(14), 44.*
- ‡Siddiq, B¹., Boolani, A., Huang, H¹., Yu, L¹., Stark, M¹., Grin, Z¹., Yager, C. C., Teymouri, S., Bradley, D¹., Martin, R., Martin, J., & **Stamatis, A.** (2022). Association between Self-Reported Prior Nights' Sleep and Single-Task Gait in Healthy Young Adults: An Exploratory Study Using Machine Learning. In *International Journal of Exercise Science: Conference Proceedings, 2(14), 14.*
- ‡Harris, M. A. D²., Nesshoeover, L¹., Carpenter, A²., Sampieri, S²., Keefer, J²., Yager, C. C., Pickett, A. C., Smith, M. L., Boolani, A., **Stamatis, A.**, & Papadakis, Z. (2022).

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- ‡Carter, M.², Adams, J.¹, Martin, J.¹, Smith, M. L., Milani, I.¹, Caswell, S. V.¹, Cortes, N.¹, Boolani, A., **Stamatis, A.**, & Papadakis, Z. (2022). The Limited Role of Grit in the Associations between Lifestyle Behavior and Feelings of Energy and Fatigue during the Early Stages of the COVID-19 Pandemic. In *International Journal of Exercise Science: Conference Proceedings*, 2(14), 10.
- ‡**Stamatis, A.**; Morgan, G. B., Cowden, R. G., Davis, E. B., Glowiak, K. J.¹, Lemke, A. W.¹, Worthington, E. L. Jr., & Rueger, S. Y. (2021). Latent Profile Analysis of Positive Psychology Constructs Identified Classes of CID Individuals with Depression Symptoms. *Medicine & Science in Sports & Exercise*, 53(8S), 219.
- ‡Dorvily, M.², Etchebaster, M.², **Stamatis, A.**, Forsse, J.S., Amasay, T., & Papadakis, Z. (2021). Covid-19 Adherence to Physical Activity Guidelines Moderates the Mental Health/toughness Relationship on Black/Hispanic Females. *Medicine & Science in Sports & Exercise*, 53(8S), 323.
- ‡Fell, S. P.², Hodge, B.², **Stamatis, A.**, Papadakis, Z. (2021). Differences In Acute:chronic Workload Ratio Preceding Injury Occurrence in United Soccer League Players. *Medicine & Science in Sports & Exercise*, 53(8S), 28.
- ‡Beitia, P.¹; Grondin, S., **Stamatis, A.**, Papadakis, Z. (2021). Evaluating A Fire Department's Conditioning Program's Ability to Predict Tactical Performance from Physical Fitness. *Medicine & Science in Sports & Exercise*, 53(8S), 24.
- ‡Hansen, G.², Fell, S. P.², Lubbers, J., Langlois, M., Talcott, J., **Stamatis, A.**, Papadakis, Z. (2021). United States Special Operations Command South Training Program's Effectiveness: A Case Study. *Medicine & Science in Sports & Exercise*, 53(8S), 23.
- ‡Flores, P. J.¹, **Stamatis, A.**, Barajas, Lenin T., Zepeda, M., Moret, A. (2021). Anthropometrics, Cardiorespiratory Fitness, And Explosive Strength of Men's and Youth's Mexican National Beach Handball Teams. *Medicine & Science in Sports & Exercise*, 53(8S), 23.
- ‡Etchebaster, M.², Dorvily, M.², **Stamatis, A.**, Forsse, J.S., Amasay, T., & Papadakis, Z. (2021). Physical Inactivity During Covid-19 Moderates Body Fat Percentage - Relative Handgrip Strength Relationship on Black Females. *Medicine & Science in Sports & Exercise*, 53(8S), 322-3.
- ‡Morgan, G. B., **Stamatis, A.**; Cowden, R. G., Deal, P. J., Davis, E. B., Glowiak, K. J.¹, Lemke, A. W.¹, Worthington, E. L. Jr., & Rueger, S. Y. (2021). The Role of Religious Commitment in Transitioning Between Religion/spirituality Profiles Patterns. *Medicine & Science in Sports & Exercise*, 53(8S), 219.
- ‡Kingsley, N.², Amsbaugh, S.², Papadakis, Z., Morgan, G., Boolani, A., & **Stamatis, A.** (2021). Sex Moderates the Fitness Tests-Performance Index Relationship in Collegiate Basketball:

A Case Study. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 17.

- ‡Moak, E.², Morgan, G., Cowden, R. G., Davis, E. B., Glowiak, K. J.¹, Lemke, A. W.¹, ... & Rueger, S. Y. (2021). Functional Social Support Moderates Stress on Depression in Individuals with CID during the COVID-19 Pandemic: A Two-Wave Study. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 37.
- ‡Moodie, C. R.², Kukic, F., Koropanovski, N., Vesković, A., Petrović, N., **Stamatis, A.**, & Papadakis, Z. (2021). Fear of COVID-19 and Adherence to Lockdown Deteriorated Police Cadets' Handgrip Strength Relative to BMI. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 4.
- ‡Morris, K.², Kukic, F., Koropanovski, N., **Stamatis, A.**, & Papadakis, Z. (2021). Handgrip Strength and VO2max Trends in Police Cadets: A Case Study. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 6.
- ‡Dorvily, M.², Etchebaster, M.², Forsse, J. S., Amasay, T., **Stamatis, A.**, & Papadakis, Z. (2021). COVID-19 Adherence to Physical Activity Guidelines Moderates the Mental Health/Toughness Relationship on Black/Hispanic Females. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 3.
- ‡Hansen, G.², Fell, S.², Lubbers, J., Langlois, M., Talcott, J., **Stamatis, A.**, & Papadakis, Z. (2021). United States Special Operations Command South Training Program's Effectiveness: A Case Study. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 5.
- ‡Fell, S. P.², Hodge, B.², **Stamatis, A.**, & Papadakis, Z. (2021). Differences in Acute: Chronic Workload Ratio Preceding Injury Occurrence in United Soccer League Players. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 8.
- ‡Etchebaster, M.², Dorvily, M.², **Stamatis, A.**, Forsse, J. S., Amasay, T., & Papadakis, Z. (2021). Physical Inactivity during COVID-19 Moderates Body Fat Percentage-Relative Handgrip Strength Relationship on Black Females. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 2.
- ‡Flores-Moreno, P. J.,¹ Ramos-Carranza, I. R., Barajas-Pineda, L. T., & **Stamatis, A.** (2021). The Inter-relationship of Coaching Profiles and Levels of Mental Toughness: Preliminary Results of a Pilot Study. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 71.
- ‡Beitia, P.¹, Grondin, S., **Stamatis, A.**, & Papadakis, Z. (2021). Evaluating a Fire Department's Conditioning Program's Ability to Predict Tactical Performance from Physical Fitness Testing. In *International Journal of Exercise Science: Conference Proceedings*, 2(13), 7.
- ‡Moscatti, K.², Boyea, J.², **Stamatis, A.**, & Maynard, S. (2020). The Effect of Short-Term Adventure-Sport Curriculum on the Level of Mental Toughness of Undergraduate

- Students. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 27.
- ‡Van der Mark, M.², Flores, P.¹, Barajas, L., Salazar, C., Morgan, G., Forsse, J., & **Stamatis, A.** (2020). XIV Men's Volleyball Pan American Cup: Team mental toughness correlates perfectly with final placement. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 46.
- ‡Morris, K. O.², Anderson, A.², Astrachan, Q.², Moodie, C.², **Stamatis, A.**, & Papadakis, D. (2020). The Effect of Sleep Quality and Being Physically Active on Developing Mental Toughness. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 54.
- ‡MacDonell, C. H.², Fukushima, T.², Hudlin, F.², Morgan, G., **Stamatis, A.**, & Papadakis, Z. (2020). Sex Impacts Regression Models Predicting Upper-Body Muscular Endurance. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 67.
- ‡Valadez, E.², Buckley, D. J., Ismaeel, A., Oliver, A., Adair, K., Papoutsis, E., ... & Forsse, J. S. (2020). Is Age an Independent Factor in Assessing Renal Health and Function in Healthy Individuals? A Pilot Study. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 75.
- ‡Merrell, H.², Morgan, G., Forsse, J. S., & **Stamatis, A.** (2020). Arbitrary Metrics in Mental Toughness Research: A Pilot Study of Female, NCAA, Division I Basketball Players and Their Strength and Conditioning Coach. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 106.
- ‡Rivera, C.², Morgan, G., Forsse, J. S., & **Stamatis, A.** (2020). Mental Toughness Trait or State a Case of Female, NCAA Division I Soccer Players. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 107.
- ‡Costa, C.², Alling, T.², Whitney, M.², Morgan, G., & **Stamatis, A.** (2020). Sex Differences in Speed and Acceleration Metrics in Soccer A Case of NCAA, Division III Student-Athletes. In *International Journal of Exercise Science: Conference Proceedings*, 2(12), 108.
- ‡**Stamatis, A.**, Andre, T. L., Padgett, R. N., & Valladao, S. P.². (2019). Mental Toughness as A Moderator of the Physical Exercise-eSports Performance Relationship: A Pilot Study. *Medicine & Science in Sports & Exercise*, 51(6), 722.
- ‡Morgan, G. B., **Stamatis, A.**, Moreno, P. J. F.¹, Pineda, L. T. B., & Sánchez, A. I. A. (2019). Cross-cultural Invariance of the Mental Toughness Index among American and Mexican Athletes. *Medicine & Science in Sports & Exercise*, 51(6), 736.
- ‡Padgett, N.¹, Forsse, J., Papadakis, Z, Deal, P., & **Stamatis, A.** (2019). Mental Health Best Practices in NCAA: The Bidirectional Relationship between Mental Toughness and Self-Compassion. *International Journal of Exercise Science*. 2(11), 11.

- ‡**Stamatis, A.**, Grandjean, P., & Morgan, G. (2018). Training Mental Toughness in Sport. *Medicine & Science in Sports & Exercise*, 50(5S), 327.
- ‡Morgan, G., **Stamatis, A.**, Papadakis, Z., Mougios, V., Bodganis, G., & Spinou, A¹. (2018). Cross-cultural Invariance of the Mental Toughness Inventory Among American and Greek Athletes. *Medicine & Science in Sports & Exercise*, 50(5S), 328.
- ‡Purcell, J.², Beach, K.², Nikzad, N.², Papadakis, Z., & **Stamatis, A.** (2018). Quantity of Deliberate Play and Collegiate Sports: A Comparison of Two Case Studies. *Medicine & Science in Sports & Exercise*. 50(5S), 326.
- ‡Scott, F.², Ales, J.², & **Stamatis, A.** (2018). The “unregulated” world of strength and conditioning: Are CSCCa coaches the most effective? *Medicine & Science in Sports & Exercise*. 50(5S), 418.
- ‡Anantasagar, T.², Abbott, K.², **Stamatis, A.**, & Papadakis, Z. (2018). Mental Toughness in Sport: Moving towards conceptual clarity and consensus. *International Journal of Exercise Science: Conference Proceedings*. 2(10), 81.
- ‡**Stamatis, A.**, Robinson, E., & Morgan, G. (2017). Mental Toughness in Strength and Conditioning Training: Is it really necessary? Perspectives of elite NCAA Strength and Conditioning Coaches. *International Journal of Exercise Science: Conference Proceedings*. 2(9), 56.
- ‡Nikzad, N.², **Stamatis, A.**, & Papadakis, Z. (2017). What experiences are needed to become a Division 1 Baseball, Football, or Track Athlete? A Retrospective Study of the Quantity of Deliberate Play. *International Journal of Exercise Science: Conference Proceedings*. 2(9), 76.

Professional Presentations

- Stamatis, A.** (2024, May). *Mental Toughness for Strength Coaches: Practical Applications through Pressure Training*. Presentation at the 2024 National CSCCa Conference. Ft. Worth, TX. *Peer-Reviewed*.
- Ivey, P., Rimer, E., & **Stamatis, A.** (2024, April). *Fostering Well-being Across the Board: A Comprehensive Mental Health Framework for Student-Athletes, Coaches, and Administrators*. Presentation at the 2024 Athlete Engineer Summit. Starkville, MS. *Invited*.
- Stamatis, A.** (2023, December). *AI-Driven Analysis Reveals Diverse Secondary Diagnosis Profiles in COVID-19 Patients*. Presentation at the UofL Health Research Day. Louisville, KY. *Peer-Reviewed*.
- Stamatis, A.** (2023, June). *Developing a Holistic Coaching Certification Aligned with USCCE Standards: The Case of the University of Louisville*. Presentation at the North American Coach Development Summit. Birmingham, AL. *Peer-Reviewed*.

- Stamatis, A.** (2023, June). *Mental Toughness in Healthcare*. Presentation at the Alice Hyde Medical Center Leadership Retreat. *Invited*.
- Stamatis, A.** (2023, April). *Mental Toughness in Healthcare*. Presentation at the Champlain Valley Physicians Hospital Leadership Retreat. *Invited*.
- Stamatis, A.** (2023, April). *Exercise and Psychological Well-being*. Presentation at the Graduate Program in Physical Education of the Democritus University of Thrace, Greece. *Invited*.
- Stamatis, A.** (2022, November). *Organizaciones Deportivas: Fomentando la Salud Mental a través de la Fortaleza Mental*. Presentation at the Segundo Congreso Virtual de la Red Americana de Investigación en Ciencias del Movimiento Humano. Virtual. *Invited*.
- Stamatis, A.** (2022, November). *Development of Best Mental Health Practices: Strength Coaches, Hyper-masculine Cultures, and Mental Toughness*. Presentation at the Euroleague Strength & Conditioning Coaches Association. Webinar. *Invited*.
- Stamatis, A.** (2022, October). *Mental Toughness in Sport: Current Status, our Student Research, and Opportunities for Future Collaborations*. Presentation at the Universidad de Costa Rica. San Jose, Costa Rica. *Invited*.
- Stamatis, A.** (2022, October). *Sport Organizations: Fostering Mental Health through Mental Toughness*. Presentation at the I Seminario Internacional de Gestion del Deporte. San Jose, Costa Rica. *Invited*.
- Stamatis, A.** (2022, June). *Strength Coaches, Hyper-masculine Subcultures, and the NCAA: Adding on the Development of Best Practices*. Presentation at the North American Coach Development Summit. Spokane, WA. *Peer-Reviewed*.
- Stamatis, A.** (2022, May). *Mental Toughness in Sport: Critical Reflections and Future Considerations*. Presentation at the Collegiate Strength and Conditioning Coaches Association (CSCCa) Annual National Conference. Oklahoma City, OK. *Peer-Reviewed*.
- Stamatis, A.** (2022, May). *Mental Toughness Development via Military-style Training in the NCAA*. Presentation at the Collegiate Strength and Conditioning Coaches Association (CSCCa) Annual National Conference. Oklahoma City, OK. *Invited*.
- Stamatis, A.** (2021, November). *Sport Neuroscience and Psychophysiology: Let's Start with the Basics* ("Student Spotlight Lecture"). 2021 Greater NY ACSM Fall Conference. *Invited*.
- Stamatis, A.** (2021, May). *Mental Toughness: How Can it Support You in the Enactment and Maintenance of Goal-directed Pursuits?* Presentation at the 1er Encuentro Nacional de Semillero de Investigación en Cultura Física, Deporte y Recreación. Colima, MX. *Invited*.
- Stamatis, A.** (2021, May). *Strengthening American Society Through Undergraduate Research: Call for Increase and Support*. Presentation at the Institute of Ethics in Public Life. Plattsburgh, NY. *Invited*.

Stamatis, A. (2021, May). *Military-style training in NCAA by CSCCa coaches: Follow-up Study*. Presentation at the Collegiate Strength and Conditioning Coaches Association (CSCCa) Annual National Conference. Fort Worth, TX. *Invited*.

Stamatis, A. (2021, March). *Mental Toughness in Sport: Scientific Evidence Needs to Meet Enthusiasm*. ACSM Brown Bag in Science Webinar. *Invited*.

Stamatis, A. (2021, February). *Βελτιώνοντας την Αθλητική Απόδοση μέσω Εκπαίδευσης Ψυχολογικών Δεξιοτήτων: Το Παράδειγμα της Ψυχικής Δύναμης*. GRAFTS Hellas. *Invited*.

Stamatis, A. (2021, February). *Exercise at Psychological Well-being*. Universidad Veracruzana. *Invited*.

Stamatis, A. (2021, February). *Mental Toughness in Sport: Progress and Prospects*. Red Americana de Investigación en Ciencias del Movimiento Humano. *Invited*.

Stamatis, A. (2020, November). *Mental Toughness in Strength and Conditioning: Are there any safe and evidence-based interventions out there?* 2020 ACSM Greater NY Virtual Annual Meeting. *Invited*.

Stamatis, A. (2019, July). *The Moderation Effect of Sleep Quality on the Physical Activity – Mental Toughness Relationship: A Pilot Study*. Presentation at the 15th Annual International Conference on Sport & Exercise Science. Athens, Greece. *Peer-Reviewed*.

Stamatis, A. (2019, May). *Military-style training in NCAA by CSCCa coaches*. Presentation at the Collegiate Strength and Conditioning Coaches Association (CSCCa) Annual National Conference. Saint Louis, MO. *Invited*.

Stamatis, A. (2019, April). *¿Pueden ser los atletas mentalmente fuertes y al mismo tiempo ser amables consigo mismos? Un avance en las mejores prácticas de salud mental*. Presentation 5to Congreso International en Educación Física y Salud. VeraCruz, Mexico. *Invited*.

Stamatis, A. (2018, November). *The Death of the Fitness Industry*. Presentation at Baylor University. Waco, TX. *Invited*.

Stamatis, A. (2018, May). *Why Mental Toughness Research and Practice Must Die: From Rhabdo to Current Findings*. Presentation at the Collegiate Strength and Conditioning Coaches Association (CSCCa) Annual National Conference. Ft. Worth, TX. *Peer-Reviewed*.

Stamatis, A. (2018, May). *Mental Performance Consultation: Current Challenges in the Professional Ethics and Standards*. Presentation at the Institute of Ethics in Public Life. Plattsburgh, NY. *Invited*.

Stamatis, A. (2018, April). *Mental Toughness in Strength and Conditioning*. Presentation 4to Congreso International en Educación Física y Salud. VeraCruz, Mexico. *Invited*.

- Stamatis, A.** (2018, February). *Latest ACSM's Guidelines for Exercise Prescription: Healthy Populations with or without Special Considerations*. Presentation at Defiance College. Defiance, OH. *Invited*.
- Stamatis, A.** (2018, January). *Mind-Body Connection and Functional Training*. Presentation at Pepperdine University. Malibu, CA. *Invited*.
- Stamatis, A.** (2018, January). *Group Interaction: How Communication Affects Performance in Sport Settings*. Presentation at California State University. San Bernardino, CA. *Invited*.
- Stamatis, A.** (2018, January). *Neural Mechanisms in Planning and Initiating Movement*. Presentation at Southern Utah University. Cedar City, UT. *Invited*.
- Stamatis, A. & Morgan, G. B.** (2017, May). *Mental Toughness in Sport: Perspectives of Master Strength and Conditioning Coaches. A follow-up Study*. Presentation at the Collegiate Strength and Conditioning Coaches Association (CSCCa) Annual National Conference, Orlando, FL. *Invited*.
- Stamatis, A.** (2017, February). *Mental Toughness, Nutrition, and Wellness*. Presentation at the Baylor Fitness, Nutrition, and Health Club, Waco, TX. *Invited*.
- Stamatis, A. & Morgan, G. B.** (2016, May). *Mental Toughness in Sport: Perspectives of Master Strength and Conditioning Coaches*. Presentation at the Collegiate Strength and Conditioning Coaches Association (CSCCa) Annual National Conference, Fort Worth, TX. *Invited*.
- Stamatis, A.** (2016, April). *The Labyrinth of the Fitness Industry*. Presentation at SUNY Plattsburgh. Plattsburgh, NY. *Invited*.
- Stamatis, A.** (2016, April). *Mental Training and Performance Coaches: Bringing the gap between theory and practice*. Presentation at the Perceptions and Practices Symposium. Waco, TX. *Peer-Reviewed*.
- Stamatis, A.** (2016, January). *Resistance-training program design for all fitness levels*. Presentation at the FitWell Annual Expo. Waco, TX. *Invited*.
- Stamatis, A.** (2015, November). *Eat Well, Lift Strong*. Presentation at the Baylor Wellness Symposium. Waco, TX. *Invited*.
- Stamatis, A.** (2015, January). *Gender differences in resistance training*. Presentation at the FitWell Annual Expo. Waco, TX. *Invited*.

Poster Presentations (Selected)

- Morgan, G. B., Yager, C., Boolani, A., & **Stamatis, A.** (2023, October). AI-Driven Analysis of Diagnostic Profiles in COVID-19 Patients: Implications for Healthcare Interventions.

Poster presentation at the 2023 CAIRS Symposium on Artificial Intelligence in Healthcare. Louisville, KY. *Peer-Reviewed*.

Siqiqi¹, B., Gravvanis, N., Tsikouris, G., & **Stamatis, A.** (2023, October). Advancing Athlete Care: Efficacy of Wrist Denervation for Post-traumatic Osteoarthritis in Athletes – A Clinical Investigation. Poster presentation at the 2023 Midwest ACSM Annual Conference. Indianapolis, IN, *Peer-Reviewed*.

Egret, C, Papadakis, Z, **Stamatis, A.**, & Boolani, A. (2023, June). Bilateral Variability in Q-angle and Lower-Limb Performance among Division I Black Basketball Players: Sex Differences. Poster presentation at the 2023 Sport & Science ECSS Annual Conference, Paris, FR. *Peer-Reviewed*.

Anand, A., Coleman, K., **Stamatis, A.**, & Pepin, R.² (2023, January). Are Juvenile Justice-Serving Officers Burnout in Social Service Agencies? Examining The Effects of Job Demands and Workplace Resources. Poster presentation at the 2023 SSWR Annual Conference, Phoenix, AZ. *Peer-Reviewed*.

Olivan Z.², Cherubini J., & **Stamatis A.** (2021, November). The Effect of a Division 1 Women's Basketball Strength and Conditioning Protocol on Mental Toughness. Poster Presentation at the 2021 ACSM Greater NY Fall Meeting. *Peer-Reviewed*.

Barber J.², Morgan G. B., Forsse J., Hernandez S., Rosser C., & **Stamatis A.** (2021, November). Mental Toughness Increase Relates Positively to 6-min Walk Test Distance Increase in Cardiac Rehabilitation Patients. Poster Presentation at the 2021 ACSM Greater NY Fall Meeting. *Peer-Reviewed*.

Lecher M.², Morgan G. B., & **Stamatis A.** (2021, November). Pre- vs. Post-COVID-19 GPS Metrics: A Case Study of NCAA Division III Male Soccer Players. Poster Presentation at the 2021 ACSM Greater NY Fall Meeting. *Peer-Reviewed*.

Pelton W.², Morgan G. B., **Stamatis A.**, & Maynard S. (2021, November). Facilitation of Positive Psychological Characteristics in Undergraduate Students through Adventure-Sport Curricula: Preliminary Data. Poster Presentation at the 2021 ACSM Greater NY Fall Meeting. *Peer-Reviewed*.

Dvorscak R.², Gravvanis N., Tsikouris, G., Vicencio L., & **Stamatis A.** (2021, November). Shoulder arthroscopy with versus without suprascapular nerve release: Clinical translation for elite volleyball athletes. Poster Presentation at the 2021 ACSM Greater NY Fall Meeting. *Peer-Reviewed*.

Raaen L.², Pachter J., A **Stamatis A.**, Turkula S., Gravvanis N., & Vicencio L. (2021, November). Right Scapula Osteoid Osteoma - Baseball. Poster Presentation at the 2021 ACSM Greater NY Fall Meeting. *Peer-Reviewed*.

Reilly D.², Gravvanis N., Tsikouris G., Vicencio L., & **Stamatis A.** (2021, November). Hip Arthroscopy and Elite Athletes: A Retrospective Study with Clinical Translation in Sports

Medicine Outcomes. Poster Presentation at the 2021 ACSM Greater NY Fall Meeting. *Peer-Reviewed.*

Natskou E.², Morgan G., Forsse J., Hernandez S., Rosser C., & **Stamatis A.** (2021, April). Changes in Mental Toughness and Self-Compassion Based on Adherence of a Phase-II Cardiac Rehabilitation Program. Poster Presentation at the 2021 ACSM Greater NY Virtual Spring Meeting. *Peer-Reviewed.*

Giuliani M.¹, Morgan G., Cowden R., Forsse J., & **Stamatis A.** (2021, April). Enhancing Mental Toughness in Student-Athletes During the COVID-19 Pandemic via Educational-Based Psychological Skills Training: Preliminary Results of a Pilot Study. Poster Presentation at the 2021 ACSM Greater NY Virtual Spring Meeting. *Peer-Reviewed.*

Bell C.², **Stamatis A.**, & Papadakis Z. (2021, February). College Basketball Recreational & Club Level Power and Agility Scores vs. 2019 NBA Draft. Poster presentation at the 2021 Southeast Chapter ACSM Virtual Annual Meeting. *Peer-Reviewed.*

Patraw A.², Morgan G., Cowden R., Davis E., Glowiak K.¹, Lemke A.¹, Worthington E., Ruger S., & **Stamatis A.** (2020, November). The COVID-19 pandemic: Can optimism reduce anxiety? A five-wave study of people with chronic illness. Poster Presentation at the 2020 ACSM Greater NY Virtual Annual Meeting. *Peer-Reviewed.*

Vargas E.², Morgan G., Forsse J., Hernandez, S. Rosser C., & **Stamatis A.** (2020, November). Could Mental Toughness and Self-Compassion relate to Phase II Cardiac Rehabilitation Outcomes? A Pilot Study. Poster Presentation at the 2020 ACSM Greater NY Virtual Annual Meeting. *Peer-Reviewed.*

Valentin A.², Vicencio L., & **Stamatis A.** (2020, November). Clinical Case Study: TTO Knee Injury – Volleyball. Poster Presentation at the 2020 ACSM Greater NY Virtual Annual Meeting. *Peer-Reviewed.*

Rapaport L.², Gravvanis N., Papageorgiou F., Vicencio L., & **Stamatis A.** (2020, November). Clinical Case Study: Scapula Fracture – Boxing. Poster Presentation at the 2020 ACSM Greater NY Virtual Annual Meeting. *Peer-Reviewed.*

Barkauskas C.², Gravvanis N., Papageorgiou F., Vicencio L., & **Stamatis A.** (2020, November). Clinical Case Study: Ankle Sprain – Running. Poster Presentation at the 2020 ACSM Greater NY Virtual Annual Meeting. *Peer-Reviewed.*

Alexander T.², Papageorgiou F., Gravvanis N., Vicencio L., & **Stamatis A.** (2020, November). Clinical Case Study: Foot Sprain – Running. Poster Presentation at the 2020 ACSM Greater NY Virtual Annual Meeting. *Peer-Reviewed.*

Whitney, M.², Costa, C.², Alling, T.², Morgan, G., Mijacevic, D., & **Stamatis, A.** (2020, February). Internal Load Metrics in Division III Women's Soccer: The Significance of Sleep Quality. Poster presentation at the 2020 Southeast Chapter ACSM Annual Meeting, Jacksonville, FL. *Peer-Reviewed.*

- Grant, K.², Astrachan, Q.², Anderson, A.², Moodie, C., **Stamatis, A.**, & Papadakis, Z. (2020, February). Do Race, Physical Activity, Body Mass Index, and Sleep Quality Affect Mental Toughness? Poster presentation at the 2020 Southeast Chapter ACSM Annual Meeting, Jacksonville, FL. *Peer-Reviewed*.
- Sanchez, L.², Moodie, C.², Astrachan, Q.², Anderson, A.², Amasay, T., **Stamatis, A.**, & Papadakis, Z. (2020, February). Race and Gender Differences in Overweight-Obese Population on Mental Toughness. Poster presentation at the 2020 Southeast Chapter ACSM Annual Meeting, Jacksonville, FL. *Peer-Reviewed*.
- Hudlin, F.², Fukushima, T.², MacDonell, C.², Morgan, G., Papadakis, Z., & **Stamatis, A.** (2019, November). Using Regression Analysis to Prescribe Exercise for Increasing Cardiorespiratory Fitness Levels. Poster presentation at the 2019 Greater New York Chapter ACSM Fall Meeting, New York, NY. *Peer-Reviewed*.
- Boyea, J.², Moscati, K.², Maynard, S., & **Stamatis, A.** (2019, November). The Effect of Short-Term Adventure-Sport Curriculum on the Level of Mental Toughness of Undergraduate Students. Poster presentation at the 2019 Greater New York Chapter ACSM Fall Meeting, New York, NY. *Peer-Reviewed*.
- Jaquish, A.², Vicencio, L., & **Stamatis, A.** (2019, November). Clinical Case: Ankle Injury – Basketball. Poster presentation at the 2019 Greater New York Chapter ACSM Fall Meeting, New York, NY. *Peer-Reviewed*.
- Alling, T.², Whitney, M.², Costa, C.², Morgan, G., Mijacevic, D., & **Stamatis, A.** (2019, November). Internal Load Metrics in Division III Men's Soccer: The Significance of Sleep Quality. Poster presentation at the 2019 Greater New York Chapter ACSM Fall Meeting, New York, NY. *Peer-Reviewed*.
- Kurzum, R.¹, Ales, J.¹, **Stamatis, A.** & Deal, P. (2019, August). Mental Health and Self-Compassion in DIII student-athletes: The Moderating Role of Mental Toughness. Poster presentation at the 2019 Annual Convention of the American Psychological Association, Chicago, IL. *Peer-Reviewed*
- Chin, L.², Pellerin, K.², **Stamatis, A.**, & Iban̄ez-Casas, I. (2019, August). Brain Activity Pre, During, and Post an Aerobic Test in African–American Female Student-Athletes. Poster presentation at the 2019 Annual Convention of the American Psychological Association, Chicago, IL. *Peer-Reviewed*
- Padgett, N.¹, Morgan, G., & **Stamatis, A.** (2019, August). Measuring Mental Toughness in Sport: Which assessment tool is the most widely accepted? Poster presentation at the 2019 Annual Convention of the American Psychological Association, Chicago, IL. *Peer-Reviewed*.
- Pellerin, K.², Chin, L.², Fukushima, T.², Iban̄ez-Casas, I., & **Stamatis, A.** (2019, April). Frontal EEG asymmetry suggests hemispheric specialization in African-American female student-athletes during a submaximal aerobic test. Poster presentation at the 2019 Greater New York Chapter ACSM Spring Meeting, New York, NY. *Peer-Reviewed*.

Hudlin, F.², Fukushima, T.², Brahmbhatt, R.¹, Malik, V.¹, Mijacevic, D., Jasemi-Zargani, M., & **Stamatis, A.** (2019, April). The Moderation Effect of Upper Body Muscular Endurance in the Gender – Cardiorespiratory Fitness Relationship. Poster presentation at the 2019 Greater New York Chapter ACSM Spring Meeting, New York, NY. *Peer-Reviewed*.

Fukushima, T.², Hudlin, F.², Malik, V.¹, Brahmbhatt, R.¹, Mijacevic, D., Jasemi-Zargani, M., & **Stamatis, A.** (2019, April). Female college students must lose weight as a way to decrease the risk of premature death. Poster presentation at the 2019 Greater New York Chapter ACSM Spring Meeting, New York, NY. *Peer-Reviewed*.

Stamatis, A. & Papadakis, Z. (2019, February). What a Difference a Mentally-toughening Offseason Makes: A case of NCAA DI rowers. Poster presentation at the 2019 Annual Meeting of the Southeast Chapter of ACSM, Greenville, SC. *Peer-Reviewed*.

Ales, J.¹, Kurzum, R.¹, Deal, P., & **Stamatis, A.** (2018, November). *A Mental Health Case Study in NCAA: Are Mental Toughness and Self-Compassion Contradictory Concepts?* Poster presentation at the 2018 Greater New York Chapter ACSM Fall Meeting, New York, NY. *Peer-Reviewed*.

Beach, K.², Purcell, J.², & **Stamatis, A.** (2017, November). *What experiences are needed to become a Division III student-athlete? A Retrospective Study of the Quantity of Deliberate Play.* Poster presentation at the 2017 Greater New York Chapter ACSM Fall Meeting, New York, NY. *Peer-Reviewed*.

Ales, J.², Scott, F.², & **Stamatis, A.** (2017, November). *The “unregulated” world of strength and conditioning: Are CSCCa coaches the most effective?* Poster presentation at the 2017 Greater New York Chapter ACSM Fall Meeting, New York, NY. *Peer-Reviewed*.

Miars, C., **Stamatis, A.**, Drezner, J., & Morgan, G. B. (2017, May). *Cardiovascular Screening Practices and Attitudes from the NCAA Autonomous ‘Power’ 5 Conferences.* Poster presentation at the 2017 American Medical Society for Sports Medicine (AMSSM) Annual Meeting, San Diego, CA. *Peer-Reviewed*.

Stamatis, A., Odajima, R.¹, Smith, T.¹, & Wilson, R.¹ (2016, February). *Which AVID Strategies Increase Metacognitive Skills in Middle-School and High School Students? A Case Study.* Poster presentation at the twenty-seventh annual Ethnographic and Qualitative Research Conference (EQRC), Las Vegas, NV. *Peer-reviewed*.

Workshops/Seminars/Clinics

Stamatis, A. (2024, July-August). *Mental Toughness in Med School.* School of Medicine. Summer Prematriculation Program. *Invited*.

Stamatis, A. (2023, May). *Mental Toughness in Strength and Conditioning.* CSCCa Continuing Education CEU Program. *Invited*.

Stamatis, A. (2023, April). *Mental Health in Elite Sport: Prevalence, Stressors, Symptoms, and Management*. Cardinal Summit. *Invited*.

Stamatis, A. (2023, January). *Pre-competition Anxiety*. SUNY Plattsburgh's Track and Field Team. *Invited*.

Stamatis, A. (2022, August). *Team-level Performance: Team Dynamics and Cohesion*. SUNY Plattsburgh's Women's Volleyball Team. *Invited*.

Stamatis, A. (2022, July). *Support Mental Health Outcomes via Mental Toughness: A Psychological-skills Training Intervention*. SUNY Plattsburgh's Men's Soccer Team. *Invited*.

Stamatis, A. (2022, July). *Support Mental Health Outcomes via Mental Toughness: A Psychological-skills Training Intervention*. SUNY Plattsburgh's Women's Volleyball Team. *Invited*.

Stamatis, A. (2021, April). *Improving Performance via Psychological Skills Training: Mental Toughness and Mental Health*. Cardinal Strong Wellness Series. *Invited*.

Stamatis, A. (2021, April). *Improving Performance via Psychological Skills Training: Generalized Self-Efficacy and Overcoming Adversity*. Cardinal Strong Wellness Series. *Invited*.

Stamatis, A. (2021, March). *Improving Performance via Psychological Skills Training: Success Mindset and Context Knowledge*. Cardinal Strong Wellness Series. *Invited*.

Stamatis, A. (2021, February). *Improving Performance via Psychological Skills Training: Attention Regulation and Buoyancy*. Cardinal Strong Wellness Series. *Invited*.

Stamatis, A. (2020, January). *Improving Performance via Psychological Skills Training: Optimistic Style and Emotion Regulation*. Cardinal Strong Wellness Series. *Invited*.

Stamatis, A. (2020, December). *Improving Performance via Psychological Skills Training: Mental Toughness and Mental Health*. Cardinal Strong Wellness Series. *Invited*.

Stamatis, A. (2019, April). *FMS: Reconocer el movimiento como el lenguaje universal de la expresión humana*. VeraCruz, Mexico: Universidad Veracruzana.

Iakovou, C. & **Stamatis, A.** (2019, January). *The 8 Coaching Steps of Olympic Lifting*. Athens, Greece: LinePro Gym.

Stamatis, A. (2018, April). *Can TRX Training Become Dysfunctional for Athletes?* VeraCruz, Mexico: Universidad Veracruzana.

Stamatis, A. (2016, March). *TRX and Coaching Standards for Key Foundational Movements*. Waco, TX: Baylor University.

Stamatis, A. (2016, February). *Functional Movement Screening: Assessment, Evaluation, and Correctives*. Waco, TX: Baylor University.

Stamatis, A. (2016, January). *Introduction to TRX suspension training*. Waco, TX: Baylor University.

Stamatis, A. (2015, October). *Lift Strong Series: Gender Differences in Resistance Training*. Waco, TX: Baylor University.

Stamatis, A. (2015, October). *Lift Strong Series: Intro to Landmine and Kettlebell Techniques*. Waco, TX: Baylor University.

Stamatis, A. (2015, September). *Lift Strong Series: Core and Flexibility*. Waco, TX: Baylor University.

Stamatis, A. (2015, September). *Lift Strong Series: Free-Weight Basics*. Waco, TX: Baylor University.

Stamatis, A. (2015, June). *Free-Weight Series: Landmine and Kettlebells*. Waco, TX: Baylor University.

Stamatis, A. (2015, May). *Free-Weight Series: Shoulder, Biceps, and Triceps*. Waco, TX: Baylor University.

Stamatis, A. (2015, April). *Free-Weight Series: Back*. Waco, TX: Baylor University.

Stamatis, A. (2015, March). *Free-Weight Series: Legs*. Waco, TX: Baylor University.

Stamatis, A. (2015, February). *Free-Weight Series: Chest*. Waco, TX: Baylor University.

Stamatis, A. (2015, January). *Free-Weight Series: Landmine and Kettlebells*. Waco, TX: Baylor University.

Stamatis, A. (2014, November). *Introduction to TRX suspension training*. Waco, TX: Baylor University.

Stamatis, A. (2014, November). *Resistance Training Series: Shoulder, Biceps, and Triceps*. Waco, TX: Baylor University.

Stamatis, A. (2014, November). *Resistance Training Series: Legs*. Waco, TX: Baylor University.

Stamatis, A. (2014, October). *Resistance Training Series: Back*. Waco, TX: Baylor University.

Stamatis, A. (2014, October). *Resistance Training Series: Chest*. Waco, TX: Baylor University.

Stamatis, A. (2014, September). *Introduction to Olympic Lifting*. Waco, TX: Baylor University.

Stamatis, A. (2014, September). *Dead Lift, Squat, Bench Press, and Variations*. Waco, TX: Baylor University.

Stamatis, A. (2014, August). *Introduction to TRX suspension training*. Waco, TX: Baylor University.

Grants

Character-driven Cardinal: Competitors Developing Saliency through Sport |
2024 NCAA Innovations in Research and Practice Grant,
External Grant, not funded
Co-Investigator: \$32,850

Enhancing Mental Health and Mitigating Behavioral Addictions in NCAA Athletes: A Multi-Dimensional Approach | 2024 NCAA Innovations in Research and Practice Grant,
External Grant, not funded
Primary Investigator: \$35,000

Clinical Sports Medicine: XAI and the Revolutionization of Athletes' Active Care: Clinical Sports Medicine Endowment | Clinical Grant,
External Grant, not funded
Primary Investigator: \$6,199

Mental Health intervention at a high school in Shelbyville: Gheens Mini-grants,
Internal Grant, **funded**
Primary Investigator: \$3,000

Enhancing Mental Health in Athletics Administrators through Evidence-Based Mental Toughness Intervention: ACC Innovation Initiative Research Grant Program,
External Grant, rejected
Primary Investigator: \$7,053

Funding to Pay for Student Transportation to Fall 2022 Conference: GNYACSM,
External Grant, **funded**
Primary Investigator: \$500

Social Determinants of Rural & Remote Healthcare Workforce Turnover & Retention: An Exploratory Study Examining Burnout, Work-life Conflict, Organizational Support, and Job Satisfaction in Seven Counties in Rural New York: CIGNA Foundation: Health & Well-being focus area,
External Grant, rejected
Primary Investigator: \$300,000

Mental Illness via Disturbances in Gait, Balance, and Posture: Driving Well-being Improvements of Female Student-athletes Through VALD Technology: VALD Applied Research Initiative,
External Grant, rejected
Primary Investigator: \$20,000

Effectiveness of Remote Exercise Adherence in Esport Student-Athletes on Posture, Functional Movement, and Joint Pain Through VALD Technology: VALD Applied Research Initiative,
External Grant, rejected
Co-Investigator: \$20,000

Supporting Student-athletes Mental Health: A Telehealth, Education-based, Psychological Skills Training Intervention Rooted on Mental Toughness: Presidential Research Grant: 2022 SUNY Plattsburgh,
Internal Grant, rejected
Primary Investigator: \$5,000

Funding to Pay for Student Transportation to Spring 2022 Conference: GNYACSM,
External Grant, **funded**
Primary Investigator: \$500

Supporting Student-athletes' Mental Health: A Telehealth, Educational-based, Psychological Skills Training Intervention Rooted on Mental Toughness: NCAA Innovations in Research and Practice Grant Program,
External Grant, rejected
Primary Investigator: \$29,977

Social Work Community Assessment & Regional Educational Support System: A Trauma-informed Learning Cooperative on Resilience in the North Country: Rural Communities of Practice Phase III, C612357, NYS Division of Criminal Justice Services/Office of Youth Study
External Grant, **funded**
Primary Investigator: \$74,239

Received equipment for eSports Research from Curia, LLC (e.g., EEG, Eye tracker): \$6,000

Strength- Versus Deficit-based Approach in Applied Sport Positive Psychology: Comparing the Effects of Two Educational-based Psychological Skills Mental Toughness Trainings on the Mental Health of Female College Athletes: Dr. Raymond A. Weiss Research Endowment: 2022 ACSM Research Foundation,
External Grant, rejected
Primary Investigator: \$1,500

Recruiting Well-Established Exercise Professional for Conference: 2022 ACSM Regional Chapter Grant: ACSM Directors of Chapter Services
External Grant, **funded**
Co-Investigator: \$3,000

Mental Health, Mental Toughness and Heart Rate Deceleration: A Single-Case, Repeated Measures, Ambulatory, Ecological Study in NCAA Baseball: NCAA Graduate Student Research Grant Program,
External Grant, rejected

Co-Investigator/Mentor: \$7,500

Strength- Versus Deficit-based Approach in Applied Sport Positive Psychology: Comparing the Effects of Two Educational-based Psychological Skills Mental Toughness Trainings on the Mental Health of Female College Athletes: NCAA Graduate Student Research Grant Program,

External Grant, rejected

Co-Investigator/Mentor: \$7,265.75

Mental Toughness and Religion/Spirituality Moderating the Suffering-Flourishing Relationship: A Longitudinal/Intervention Study in US Students: John Templeton Foundation,

External Grant, rejected

Primary Investigator: \$328,000

Educational-Based PST: Enhancing Psychological Benefits of PA in Female Student-Athletes During the COVID-19 Pandemic: Greater NY ACSM, COVID-19 Health, and Fitness Grant,

External Grant, **funded**

Primary Investigator: \$1,500

Educational-Based PST: Enhancing Psychological Benefits of PA in Female Student-Athletes During the COVID-19 Pandemic: Dr. Raymond A. Weiss Research Endowment: 2021 ACSM Research Foundation,

External Grant, rejected

Primary Investigator: \$1,500

Undergraduate Research Design Competition: 2020 ACSM Regional Chapter Grant: ACSM Directors of Chapter Services

External Grant, **funded**

Co-Investigator: \$3,000

Brain Activity before, during, and after a submaximal aerobic test in African-American female student-athletes: Presidential Research Grant: 2020 SUNY Plattsburgh,

Internal Grant, **funded**

Primary Investigator: \$3,505

Undergraduate Research Design Competition: 2020 ACSM Regional Chapter Grant Application,

External Grant, **funded**

Co-Investigator: \$3,000

Pilot Study: Hydrogen-rich water supplementation use as an aid against acute exercise-induced acidosis and oxidative stress on physically-inactive population, Presidential Research Award,

Internal Grant, 2019, rejected,

Co-Investigator: 18,000

Lab Equipment: Internal Grant, 2019, SUNY Plattsburgh, **funded**

Primary Investigator: \$6,000

Several Sport Psychology Workshops: Internal Grant, 2018, SUNY Plattsburgh, **funded**
Primary Investigator: \$1,000

Lab Equipment: Internal Grant, 2018, SUNY Plattsburgh, **funded**
Primary Investigator: \$8,000

Physical Activity, Sleep, Mental Toughness, and Metabolic Syndrome in a University Worksite:
A Longitudinal Study, NSF-NIH Smart, and Connected Health Program, 2017, rejected
Co-Investigator: \$58,000

Building International Academic Partnerships to Enhance Physical Activity and Public Health.
2016 Baylor Centennial Professor Grant Program, **funded**
Co-Investigator: \$4,000

The impact of mental toughness on student-athletes' psychosocial well-being and mental health:
Development and Initial Validation of the Stronger Than Average Mentality II (S.T.A.M.
II) Instrument. 2016 NCAA Innovations in Research and Practice Grant Program,
rejected.
Primary Investigator: \$10,000

Success and failure of student-athletes: The impact of mental toughness and its role in
college sports. 2015 NCAA Graduate Student Research Grant, rejected.
Primary Investigator: \$10,000

The impact of mental toughness on student-athletes' psychosocial well-being and mental health:
Development and Initial Validation of the Stronger Than Average Mentality (S.T.A.M.)
Instrument. 2014 NCAA Innovations in Research and Practice Grant Program, rejected.
Primary Investigator: \$13,000

Success and failure of student-athletes: The impact of mental toughness and its role in
college sports. 2013 NCAA Graduate Student Research Grant, rejected.
Primary Investigator: \$10,000

Certifications/Memberships/Training

- Mental Health in Elite Sport Certificate, International Olympic Committee
- Certified Mental Health First Aider, National Council for Mental Wellbeing
- Department Chair Academy, SUNY SAIL Institute
- Certified Exercise Physiologist (American College of Sports Medicine)
- Certified Strength and Conditioning Specialist (National Strength and Conditioning Association)
- Functional Movement Screening certified (FMS)
- TRX certified Trainer (TRX)
- Kettlebell Level 1 Coach (Kettlebell Concepts)
- USA T&F Level 1 Coach (USA Track and Field)
- USAW Level 1 Coach (USA Weightlifting)

- CPR/First Aid/AED Certified (Red Cross, AHA)
- IAFA Personal Training Certified (Aerobics and Fitness Association of America)
- Member of KΔΠ (Kappa Delta Pi): International Honor Society in Education
- Certificate of Proficiency in English (Cambridge University, UK)
- English as Second Language Certified Teacher (Hellenic Department of Education)
- Diplôme approfondi de la langue française (Institute Français d'Athènes)

Service/Awards

a) Service to Field

- Association for Applied Sport Psychology, Research Development Committee, Member: 2024-Present
- Frontiers in Network Physiology, Systems Interactions and Organ Networks, Review Editor: 2023-Present
- Association for Applied Sport Psychology, External Partnerships Committee, Co-Chair: 2023-Present
- United States Council for Coaching Excellence, Folio Reviewer: 2023-Present
- Program External Reviewer, New York Institute of Technology (MS in Exercise and Sport Science): 2023
- American College of Sports Medicine Fellow: 2022-Present
- ACSM Greater New York Chapter, Executive Committee President-elect: 2022-Present
- Clinical Exercise Physiology Association, Advocacy Committee member: 2022-Present
- Guest Editor: Youth: *Collegiate Athletics in Crisis: Proactive and Reactive Measures towards Mental Health Outcomes*: 2022
- Guest Editor: Frontiers in Network Physiology: *Esports: Coordination and Network Interactions among Diverse Organ Systems and Sub-Systems*: 2022
- Book Reviewer: Doody Enterprises, Inc.: 2022-Present
- ACSM Greater New York Chapter, Executive Committee member-at-large: 2021-2022
- ACSM Greater New York Chapter, Research Committee member: 2019-Present
- Editorial Board Member, Journal for the Study of Sports and Athletes in Education: 2021-Present
- Advisory Board: Greek Athletic & Fitness Training School (GRAFTS): 2021-Present
- Advisory Board: Human Performance and Wellness (HPW) Master Program (Barry University): 2021-Present
- SEACSM 2021, 2022 Annual Meeting Abstract Reviewer
- Program External Reviewer, Hudson Valley Community College (Exercise Science Degree and Fitness Specialist Certificate): 2021
- Ad hoc reviewer: Psychology of Sport & Exercise, Research Quarterly for Exercise and Sport, International Journal of Esports: 2019-Present
- Founding member of Red Americana de Investigación en Ciencias del Movimiento Humano (RAICMH): 2019-Present
- Certification Board, Written Exam Committee, Collegiate Strength and Conditioning Coaches association (CSCCa): 2018-Present
- Section Editor for Psychology and Behavior: International Journal of Exercise Science: 2018-Present
- Editorial Board Member: International Research in Higher Education: 2018-Present

b) Service to University

- Faculty Mentoring in the First Year Experience, University of Louisville, 2023-2024
- Institutional Review Board member, SUNY Plattsburgh: 2022-2023
- Peer Review Group member, SUNY Plattsburgh, 2022-2023
- Racial Equity and Justice Fellow, SUNY Plattsburgh 2021-2023
- Committee Chair, SUNY Plattsburgh, FWL B.S. Program External Review: 2021
- Equity Advocate, SUNY Plattsburgh: 2020-2023
- Fellow at the Institute of Ethics in Public Life, SUNY Plattsburgh 2017-2018
- Faculty Senate member, SUNY Plattsburgh: 2017-2023
- Program Coordinator: Bachelor's Degree-Fitness & Wellness Leadership, SUNY Plattsburgh: 2016-2023
- Mentoring at least 45 students per semester, SUNY Plattsburgh: 2016-2023
- Member of departmental committees (e.g., Chair of Hiring Committee), SUNY Plattsburgh: 2016-2023

c) Service to Students

- Mentor of Undergraduate Clinical Case Study winning team: Greater New York ACSM Spring 2024 Meeting: First place
- Mentor of Graduate Clinical Case Study winning team: Greater New York ACSM Spring 2024 Meeting: First place
- Mentor of Graduate Original Research Study finalist team: Greater New York ACSM Spring 2024 Meeting: Second place
- Mentor of Graduate Original Research Study winning team: Midwest ACSM October 2023 Meeting: Outstanding Doctoral Student Poster Presentation
- Mentor of graduate Original Research Study finalist team: Greater New York ACSM November 2023 Meeting: Second place
- Mentor of Undergraduate Clinical Case Study winning team: Greater New York ACSM Spring 2023 Meeting: First place
- Mentor of Graduate Clinical Case Study winning team: Greater New York ACSM Spring 2023 Meeting: First place
- Mentor of undergraduate research winning team: Greater New York ACSM Spring 2022 Meeting: First place
- Mentor of undergraduate research winning team: Greater New York ACSM Fall 2021 Meeting, President's Cup: First place
- Mentor of graduate research awards: "Best Research Abstract" and "Outstanding Research Abstract": 2021 Greater New York ACSM Virtual Spring Meeting
- Mentor of undergraduate research winning team: 2020 Greater New York ACSM Virtual Annual Meeting, President's Cup: First place
- Mentor of undergraduate research winning team: 2020 Greater New York ACSM Virtual Annual Meeting, Clinical Case Study Competition: First place
- Mentor of student-bowl winning team: 2019 Greater NY ACSM Spring Meeting.
- Mentor of five undergraduate research award-winning teams:
 - 2019 Greater NY ACSM Spring Meeting: Second, Third, and Fourth places.
 - 2017 Greater NY ACSM Fall Meeting: Placement: Fourth and Fifth places.
- Mentor of graduate research winning team: Greater New York ACSM Fall 2018 Meeting, President's Cup: First place

d) Graduate Research/Examination Committees

- Doctoral dissertation committee (external member): Miloš Milošević – University of Belgrade, Serbia - The Relationship of The Mechanical Characteristics of The Hand Grip Expressed in Different Modules of Isometrical Contraction and Psychological Characteristics in Adults. 2023-Present
- Doctoral dissertation committee (external member): Kim S LaJoye-Redus – Grand Canyon University - A Qualitative Phenomenological Design Exploring the Common Meaning for Female Ultramarathon Athletes of Their Lived Experiences of Mental Toughness After the 2023 “Across the Years” 100-mile Event in Arizona. 2022-Present
- Graduate thesis committee (external member): Charlotte Lucie Lloyd Armstrong – Barry University – Mental Toughness on Female Collegiate Rowers: Its Significance on An Individual Performance. 2022-Present
- Graduate thesis committee (external member): Peter Beitia – Barry University – Predicting Firefighter’s Physical Ability Test (PAT) from Anaerobic Fitness Parameters and Mental Toughness (MT) component. 2018-2019
- Member of the comprehensive examination committee for the master’s program, Baylor University: 2016 –2017

e) Other

- 2013 Big12 Champions (Lady Bears Basketball), Strength and Conditioning Coach
- 2013 Big12 Tournament Champions (Lady Bears Basketball), Strength and Conditioning Coach
- 2016 FitWell Team Leader of the Year, Baylor University