


DR. STEPHEN MURPHY

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RESEARCH INTERESTS

Motivation, Self-Regulation, Self-Determination Theory, Experience Sampling

ACADEMIC POSITIONS

Ruhr University Bochum, Postdoctoral Research Fellow 2019–present

EDUCATION

Loughborough University, UK, Ph.D. (Psychology) 2015–2019

Dissertation: *Self-determined motivation and its effects on health-based self-regulatory processes.*

Teesside University, UK, MSc Sport and Exercise Science 2013–2015

Teesside University, UK, BSc Sport and Exercise Science 2008–2011

PUBLICATIONS

Peer-Reviewed Journal Articles

1. **Murphy, S. L.** & Steel, R. (2021). P-Curve analysis of autonomous and controlling motivation priming effects supports their evidential value. *Motivation and Emotion*.
2. **Murphy, S. L.**, Ozaki, Y., Friese, M., & Hofmann, W. (2021). Testing Buddha: is acute desire associated with lower momentary happiness?. *Journal of Happiness Studies*, 1-18.
3. **Murphy, S. L.**, & Taylor, I. M. (2020). Priming autonomous and controlling motivation and effects on persistence. *Current Psychology*, 1-13.
4. Taylor, I. M., Boat, R., & **Murphy, S. L.** (2020). Integrating theories of self-control and motivation to advance endurance performance. *International Review of Sport and Exercise Psychology*, 13, 1-20.
5. **Murphy, S. L.**, & Taylor, I. M. (2019). Self-determination in recreational exercise: Associations with lapse and post-lapse emotions. *Psychology of Sport and Exercise*, 45, 101548.
6. **Murphy, S. L.**, & Eaves, D. L. (2016). Exercising for the pleasure and for the pain of it: the implications of different forms of hedonistic thinking in theories of physical activity behavior. *Frontiers in psychology*, 7, 843.

Submitted/Working Papers

1. van Meer, F., **Murphy, S. L.**, Hofmann, W., van Steenbergen, H. & van Dillen, L. (Under Review). Driven to Snack: Simulated Driving Reduces Taste Perception and Increases Subsequent Consumption.
2. **Murphy, S. L.**, van Dillen, L., van Meer, F. & Hofmann, W. (In Preparation). The Implications of Distraction During Hedonic Consumption: An Experience Sampling Investigation.

CONFERENCE PRESENTATIONS

Talks

1. **Murphy, S. L.**, van Dillen, L., van Meer, F. & Hofmann, W. (July, 2021). The Implications of Distraction During Hedonic Consumption: An Experience Sampling Investigation. Paper presented at the Society for Ambulatory Assessment Conference, Online.
2. **Murphy, S. L.**, van Dillen, L., van Meer, F. & Hofmann, W. (April, 2021). The Implications of Distraction During Hedonic Consumption: An Experience Sampling Investigation. Paper presented at the Society for Affective Science Conference, Online.
3. **Murphy, S. L.** & Taylor, I. M. (August, 2018). Self-determination in exercise and emotional and behavioral responses to lapse. Paper presented at the European Health Psychology Society Conference, Galway, Ireland
4. **Murphy, S. L.** & Taylor, I. M. (June, 2018). Self-determination in exercise and emotional and behavioral responses to lapse. Paper presented at the School of Sport, Exercise, and Health Sciences Conference, Loughborough University, UK

5. **Murphy, S. L.** & Taylor, I. M. (July, 2017). Priming autonomous and controlling motivation and effects on persistence. Paper presented at the International Society of Sport Psychology Conference, Seville, Spain
6. **Murphy, S. L.** & Taylor, I. M. (December, 2016). Priming autonomous and controlling motivation and effects on persistence. Paper presented at the British Psychological Society (Division of Sport and Exercise Psychology) Conference, Cardiff, UK

Posters

1. **Murphy, S. L.** & Taylor, I. M. (June, 2017). Priming autonomous and controlling motivation and effects on persistence. Poster presented at the School of Sport, Exercise, and Health Sciences Conference, Loughborough University, UK

AWARDS AND DISTINCTIONS

Santander Mobility Award to attend ISSP Conference 2017, Seville	2017
Sir Richard Stapley Educational Trust Grant for Academic Excellence	2017
Sir Richard Stapley Educational Trust Grant for Academic Excellence	2016

COURSES/TRAINING

Machine Learning, Stanford University (Online)	2021
Improving Your Statistical Inferences, Eindhoven University of Technology (Online)	2020
Experience Sampling Course Using Multilevel Modelling, Leuven University	2019

TEACHING EXPERIENCE

Ruhr University Bochum, Germany

Course Leader - Psychology of Self-Regulation Oct 2020–April 2021
 Delivered synchronous and asynchronous online classes (30 students)

Loughborough University, UK

Tutor, Quantitative Methods Feb 2018–May 2018
 Delivered weekly classes on topics including regression, power analysis, chi-square, ANOVA, and research design (25 students).

Tutor, Applied Exercise Psychology Feb 2016–May 2018
 Delivered weekly classes on Narrative Theory and exercise participation, designing theory-based exercise interventions, etc (30 students).

Tutor, Psychological Issues & Strategies in Sport Sep 2016–Dec 2017
 Delivered weekly classes on topics including exploring depression in sport, exploring psychological assessment, etc. (30 students).

Tutor, Professional & Academic Skills Sep 2016–Dec 2017
 Delivered weekly classes on topics including plagiarism, measures of central tendency, GLM, academic writing skills (30 students).

Teesside University, UK

Tutor, Foundation Psychology of Sport and Exercise Sep 2014–Apr 2015
 Delivered weekly classes covering cognitive, developmental, social, personality, and neuro psychology (35 students).

PROFESSIONAL SERVICE

Ad-Hoc Reviewer

British Journal of Psychology, Journal of Sports Sciences, Social Psychological and Personality Sciences, Frontiers in Psychology

NOTABLE EMPLOYMENT/EXPERIENCE

Loughborough University, Research Assistant	Aug 2018–Jan 2019
Loughborough University, Subwarden	Sep 2015–Jan 2019
International Futsal Academy, Sport Scientist/Psychologist	Aug 2016–Mar 2018
Teesside University, Sport Science Technician	Sep 2014–Aug 2015
British Armed Forces, Royal Military Policeman	Sep 2004–Dec 2008

STUDENT SUPERVISION

Lara Wilkop, Bachelors Dissertation, Ruhr University Bochum	2021
Anita Kandzia, Bachelors Dissertation, Ruhr University Bochum	2021
San Seo, Bachelors Dissertation, Ruhr University Bochum	2021
Narmin Shahwan, Bachelors Dissertation, Ruhr University Bochum	2021
Anna Knorr, Bachelors Dissertation, Ruhr University Bochum	2020
Manuel Rein, Bachelors Dissertation, Ruhr University Bochum	2020
Amelie Schmidt, Bachelors Dissertation, Ruhr University Bochum	2020
Lea Wojtisiak, Bachelors Dissertation, Ruhr University Bochum	2020
Yngve Kelch, Bachelors Dissertation, Ruhr University Bochum	2020

NOTABLE SKILLS

Experience Sampling Research - Planned and ran large experience sampling study investigating distraction and consumption in everyday life

Statistical Software Expertise - SPSS, JASP, MPlus, MLWin, R, Python, Octave, Excel

Advanced Statistical Techniques - machine learning, structural equation modelling, multi-level/cross-classified modelling, time-series analyses, bayesian analyses, meta-analyses

LANGUAGES

English - Native

French - Beginner

German - Beginner

REFERENCES

Dr. Wilhelm Hofmann, Professor, Department of Social Psychology, Ruhr University Bochum, Germany, wilhelm.hofmann@ruhr-uni-bochum.de

Dr. Ian M. Taylor, Senior Lecturer, School of Sport, Exercise, and Health Sciences, Loughborough University, i.m.taylor@lboro.ac.uk

Dr. Elke Rohmann, Associate Professor, Department of Social Psychology, Ruhr University Bochum, Germany, elke.rohmann@ruhr-uni-bochum.de