

J.D. DeFreese, PhD

Work

Fetzer Hall Room 209
Campus Box 8700
Chapel Hill, NC 27599-8700
(919) 962-0774

Home

9305 Falkwood Road
Raleigh, NC 27617
(765) 491-4388
defreese@email.unc.edu

EDUCATION

Purdue University

Doctor of Philosophy
Department of Health & Kinesiology
Specialization: Sport & Exercise Psychology
Advisor: Dr. Alan L. Smith

December 2012
West Lafayette, IN

Indiana University

Bachelor of Arts, Highest Distinction
Department of Psychology
Major: Psychology, Minors: Kinesiology, Political Science

May 2007
Bloomington, IN

RESEARCH EXPERIENCE

Clinical Assistant Professor

University of North Carolina – Chapel Hill
Center for the Study of Retired Athletes (CSRA)

2016-Present
Chapel Hill, NC

Postdoctoral Research Associate

Research Associate
University of North Carolina – Chapel Hill
Center for the Study of Retired Athletes (CSRA)
Supervisor: Dr. Kevin Guskiewicz

2013-2016
2012-2013
Chapel Hill, NC

Research Assistant

Purdue University
College of Health & Human Sciences
Supervisor: Dr. Alan Smith

2011-2012
West Lafayette, IN

Research Assistant

Purdue University
U.S. Department of Education Carol M. White PEP Grant
Kinley Trust
Supervisor: Dr. Alan Smith

2007-2011
West Lafayette, IN

PUBLICATIONS

Peer-Reviewed

- Kroshus E., & **DeFreese, J. D.** Athlete burnout prevention strategies utilized by U.S. collegiate soccer coaches. (*in press, 2017*). *The Sport Psychologist*.
- Kroshus E., **DeFreese, J. D.**, & Kerr, Z. Y. (*in press, 2017*). College athletic trainers' knowledge about the Female Athlete Triad and Relative Energy Deficiency in sport. *Journal of Athletic Training*.
- Kroshus, E., Kerr, Z. Y., **DeFreese, J. D.**, & Parsons, J. (*in press, 2016*). Concussion knowledge and communication behaviors of collegiate wrestling coaches. *Health Communication*.
- Romaine, A., **DeFreese, J. D.**, Guskiewicz, K., M., & Register-Mihalik, J. K. (2016). Sport parent perceptions of youth football costs, benefits, and safety. *Journal of Clinical Sport Psychology, 10*, 253-271.
- Pietrosimone B., Blackburn J. T., Golightly Y. M., Harkey M. S., Luc B. A., **DeFreese, J. D.**, Padua D. A., Jordan J. M., & Bennell K. L. (2016). Knowledge and Perceptions of Posttraumatic Osteoarthritis Following Knee Injury by Certified Athletic Trainers. *Journal of Athletic Training, 51*.
- DeFreese, J. D.** & Mihalik, J. P. (2016). Work-based social interactions, perceived stress, and workplace incongruence as antecedents of athletic trainer burnout. *Journal of Athletic Training, 51*, 28-34.
- Smith, A. L., Troped, P. T., McDonough, M. H., & **DeFreese, J. D.** (2015). Youth perceptions of how neighborhood physical environment and peers affect physical activity: A focus group study. *International Journal of Behavioral Nutrition and Physical Activity, 12*.
- Kerr Z. Y., Littleton A. C., Cox L. M., **DeFreese J. D.**, Varangis E., Lynall R. C., Schmidt J. D., Marshall S. W., & Guskiewicz K. M. (2015). Estimating contact exposure in football using the Head Impact Exposure Estimate. *Journal of Neurotrauma, 32*, 1083-1089.
- Owlett, J. S., Richards, K. A. R., Wilson, S. R., **DeFreese, J. D.**, & Roberts, F. D. (2015). Privacy management in the military family during deployment: Adolescents' perspectives. *Journal of Family Communication, 15*, 141-158.
- DeFreese, J. D.**, & Smith, A. L. (2014). Athlete social support, negative social interactions, and psychological health across a competitive sport season. *Journal of Sport & Exercise Psychology, 36*, 619-630.

- Kerr, Z. Y., **DeFreese, J. D.**, & Marshall, S. W. (2014). Current physical and mental health of former collegiate athletes. *The Orthopaedic Journal of Sports Medicine*, 2.
- Gay, J. L., Monsma, E. V., Smith, A. L., **DeFreese, J. D.** & Torres-McGehee, T. (2014). A cross-sectional assessment of growth and maturation in female athletes at a single time point. *Women in Sport and Physical Activity Journal*, 22, 76-82.
- DeFreese, J. D.**, & Smith, A. L. (2013a). Teammate social support, burnout, and self-determined motivation in collegiate athletes. *Psychology of Sport & Exercise*, 14, 258-265.
- DeFreese, J. D.**, & Smith, A. L. (2013b). Areas of worklife and the athlete burnout–engagement relationship. *Journal of Applied Sport Psychology*, 25, 180-196.

Under Review

- DeFreese, J. D.**, & Barczak, N. (*under review*). Athlete burnout and psychosocial health in college athletes. *Athletic Training & Sports Healthcare*.
- McGee, V., & **DeFreese, J. D.** (*under review*). The coach-athlete relationship and athlete psychological outcomes. *Journal of Applied Sport Psychology*.
- Kerr, Z., Kay, M., Register-Mihalik, J. K., **DeFreese, J. D.**, Marshall, S. W., & Guskiewicz, K. (*under review*). Concussion non-disclosure during professional career among a cohort of former NFL athletes. *American Journal of Sports Medicine*.
- Mihalik J. P., Baum M. J., Schmidt J. D., Goerger B. M., **DeFreese J. D.**, & Guskiewicz K. M. (*under review*). Influence of psychological distress on baseline concussion measures. *Athletic Training & Sports Healthcare*.
- DeFreese, J. D.**, Dorsch, T. D., & Flitton, T. Associations among markers of the parent-child relationship and parent experiences of burnout and engagement in youth sport. (*under review*). *The Sport Psychologist*.

In Preparation

- Barczak, N., & **DeFreese, J. D.** Retrospective athlete burnout and current psychosocial health in college students.
- DeFreese, J. D.**, & Smith, A. L. A person-centered exploration of athlete burnout across a competitive season.
- DeFreese, J. D.**, Thompson, K. L., Cox Thomas, L., & Guskiewicz, K. M. Examining former elite American football athlete depression symptoms using the BDI-II.

Invited Articles

Gustafsson, H., **DeFreese, J. D.**, & Madigan, D. J. (*in press*). Athlete burnout. *Current Opinion in Psychology*.

Eklund, R. C., & **DeFreese, J. D.** (2015). Athlete burnout: What we know, what we could know, and how we can find out more. *International Journal of Applied Sport Science*, 27, 63-75.

Book Chapters

Eklund R. C., & **DeFreese, J. D.** Burnout in Sport and Performance (*in press*). *Oxford Encyclopedia of Sport, Exercise, and Performance Psychology*.

Arvinen-Barrow, M., Hamson-Utley, J., & **DeFreese, J. D.** Sport Injury, Rehabilitation and Return to Sport (*in press*). In J. M. Taylor (Ed.), *Assessment in Sport Psychology Consulting*.

DeFreese, J. D., Smith, A. L., & Raedeke, T. D. Individual and Organizational Solutions to Athlete Burnout (2015). In J. M. Williams & V. Krane (Eds.), *Applied Sport Psychology* (pp. 444-461), New York: McGraw-Hill.

PRESENTATIONS

Refereed - Verbal

DeFreese, J. D., Weight, E., Kerr, Z., Kroshus, E. (2017). *Health and well-being outcomes of former NCAA athletes and non-athletes*. Paper presented at the annual meeting for the College Sport Research Institute Conference on College Sport, Columbia, SC.

DeFreese, J. D., Dorsch, T. D., & Flitton, F. (2015). *Associations among markers of the parent-child relationship and parent experiences of burnout and engagement in organized youth sport*. Paper presented at the annual meeting for the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Portland, Oregon.

DeFreese, J. D., Cox, L. M., & Guskiewicz, K. M. (2014). *Relationship status and mental and physical functioning in a targeted sample of former professional football athletes*. Paper presented at the annual meeting for the NASPSPA, Minneapolis, Minnesota. [abstract published in *Journal of Sport & Exercise Psychology*, 36, S86]

DeFreese, J. D. & Smith, A. L. (2013). *Social support, negative social interactions, and the perceived stress-athlete burnout relationship*. Paper accepted for presentation at the annual meeting for the NASPSPA, New Orleans, Louisiana. [abstract published in *Journal of Sport & Exercise Psychology*, 35, S13]

- DeFreese, J. D. & Smith, A. L. (2013).** *Sport-based social interactions and the athlete burnout–subjective well-being relationship.* Paper presented at the annual meeting for the NASPSPA, New Orleans, Louisiana. [abstract published in *Journal of Sport & Exercise Psychology*, 35, S82]
- DeFreese, J. D. & Smith, A. L. (2013).** *A person-centered approach to the examination of athlete burnout development.* Paper presented at the annual meeting for the NASPSPA, New Orleans, Louisiana. [abstract published in *Journal of Sport & Exercise Psychology*, 35, S82]
- Owlett, J. S., Richards, K. A., **DeFreese, J. D.**, Wilson, S. R., Roberts, F. D. & Miller, K. D. (2012). Extending communication privacy management theory: Topic avoidance and privacy rules in military adolescents' experiences of deployment. Paper presented at the annual convention of the National Communication Association, Orlando, Florida.
- DeFreese, J. D. & Smith, A. L. (2011).** *Teammate social support, self-determined motivation, and athlete burnout.* Paper presented at the annual meeting for the NASPSPA, Burlington, Vermont. [abstract published in *Journal of Sport & Exercise Psychology*, 33, S140-141]
- DeFreese, J. D. (2011).** *Teammate social support, self-determined motivation, and athlete burnout.* Paper presented at the Midwest Sport and Exercise Psychology Symposium, Oxford, Ohio.
- DeFreese, J. D. (2010).** *Athletes' evaluations of supportive messages for burned-out teammates.* Paper presented at the Midwest Sport and Exercise Psychology Symposium, Muncie, Indiana.
- DeFreese, J. D., & Smith, A. L. (2009).** *The areas of worklife and the athlete burnout-engagement relationship.* Paper presented at the annual meeting for the NASPSPA, Austin, Texas. [abstract published in *Journal of Sport & Exercise Psychology*, 31, S116]
- Smith, A. L., Sampson, M., **DeFreese, J. D.**, Blankenship, B. T., & Templin, T. J. (2009). *Peer victimization and student motivation in middle-school physical education.* Paper presented at the annual meeting for the NASPSPA, Austin, Texas. [abstract published in *Journal of Sport & Exercise Psychology*, 31, S137]
- DeFreese, J. D., & Smith, A. L. (2009).** *The areas of worklife and the athlete burnout–engagement relationship.* Paper presented at the Midwest Sport and Exercise Psychology Symposium, Bowling Green, Ohio.

Invited – Verbal

DeFreese, J. D. (2017). *Psychosocial considerations: Beyond the injury*. Paper presented at the 4th Annual Matthew Gfeller Neurotrauma Symposium, Chapel Hill, North Carolina.

Refereed – Poster

DeFreese, J. D., Barczak, N., Romaine, A., Thomas, L., Baucom, D., Kerr, Z., & Guskiewicz, K. (anticipated, 2017). *Athlete burnout, romantic relationship quality and lifespan psychological health outcomes in former elite American football athletes*. Paper accepted for presentation at the annual meeting for the NASPSPA, San Diego, CA.

Barczak, N., & **DeFreese, J. D.** (anticipated, 2017). *High school sport participation and current college student psychosocial health*. Paper accepted for presentation at the annual meeting for the NASPSPA, San Diego, CA.

Barczak, N., Barker, A., **DeFreese, J. D.**, Dorsch, T. E., & Lyons, L. K. (anticipated, 2017). *The association of scholarship status with sport- and school-oriented motivational outcomes in collegiate student-athletes*. Paper accepted for presentation at the annual meeting for the NASPSPA, San Diego, CA.

DeFreese, J. D., Baucom, D., Thomas, L., Romaine, A., & Guskiewicz, K. (2016). *Pilot study of romantic relationship quality and life satisfaction in former American professional football athletes*. Paper presented at the annual meeting for AASP, Phoenix, AZ.

Smith, L., **DeFreese, J. D.**, Fraser, M. A., Mihalik, J. P., & Kucera, K. L. (2016). *Associations among optimism, affect, life satisfaction and burnout in collegiate athletes*. Paper presented at the annual meeting for AASP, Phoenix, AZ.

DeFreese, J. D., Little, S., Bhadury, A., Ritter, N., & Johnson, A. (2016). *Associations among emotional intelligence, social perceptions, burnout and well-being in collegiate athletics*. Paper presented at the annual meeting for the NASPSPA, Montreal, Canada.

McGee, V., **DeFreese, J. D.**, Pietrosimone, B. G., & Myers, J. B. (2016). *The coach-athlete relationship and athlete psychological health outcomes*. Paper presented at the annual meeting for the NASPSPA, Montreal, Canada.

DeFreese, J. D., Thompson, K. L., Kerr, Z. Y., Cox Thomas, L. & Guskiewicz, K. M. (2015). *Mental health outcomes of former collegiate and professional football athletes: Association with age of first exposure to football*. Paper presented at the annual meeting for the Association for Applied Sport Psychology (AASP), Indianapolis, Indiana.

Blackburn J. T., Harkey M. S., Luc B. A., Golightly Y. M., **DeFreese J. D.**, Padua D. A., Bennell K. L., Pietrosimone B. *Awareness of posttraumatic osteoarthritis in certified athletic trainers: Influence of previous injury*. Presented at the 2015 National Athletic Trainers' Association Annual Meeting & Clinical Symposia, St. Louis, MO. [abstract published in *Journal of Athletic Training*, June 2015, 50(6) S-290]

Pietrosimone B, Blackburn J. T., Harkey M. S., Luc B. A., Golightly Y. M., **DeFreese J. D.**, Padua D. A., Bennell K. L. *Perception of knee osteoarthritis as a major health concern in certified athletic trainers: Influence of athletic trainers' perceptions of education and treatment of patients with knee injury*. Presented at the 2015 National Athletic Trainers' Association Annual Meeting & Clinical Symposia, St. Louis, MO. [abstract published in *Journal of Athletic Training*, June 2015, 50(6) S-291]

DeFreese, J. D., Kerr, Z. Y., Baucom, D. H., & Guskiewicz, K. M. (2015). *Relationships status and mental and physical functioning in former professional football athletes across a ten year study period*. Paper presented at the annual meeting for the NASPSPA, Portland, Oregon.

Hughes, P. B., Kerr, Z. Y., & **DeFreese, J. D.** (2015). *Associations among athlete burnout and markers of athletic injury*. Paper presented at the annual meeting for the NASPSPA, Portland, Oregon.

DeFreese, J. D. & Smith, A. L. (2012). *Early season sport-based social interactions and athlete burnout and well-being*. Paper presented at the annual meeting for the NASPSPA, Honolulu, Hawaii. [abstract published in *Journal of Sport & Exercise Psychology*, 34, S220-221]

Smith, A. L., Troped, P. J., McDonough, M. H., & **DeFreese, J. D.** (2011). *Youth perceptions of neighborhood physical environment and peer availability as contributors to physical activity behavior*. Paper presented at the annual meeting for the NASPSPA, Burlington, Vermont. [abstract published in *Journal of Sport & Exercise Psychology*, 33, S186]

Refereed Symposia

Advances in sport-based burnout research (2013). Symposium presented at the annual meeting for the NASPSPA, New Orleans, LA. [abstract published in *Journal of Sport & Exercise Psychology*, 35, S13]

Moderation

Female Athletes and Injury: Prevention, Treatment and Recovery Fall 2013.
Conference
Concussion Symposium

UNC-Greensboro, Program for the Advancement of Girls and Women in Sport in Physical Activity at UNC Greensboro

NCAA Innovations in Research and Practice Grant Fall 2014
DeFreese, J. D., Baucom, D., Guskiewicz, K M. & Dorsch, T. D.
Healthy romantic relationship development for current and former student-athletes: Development, implementation and evaluation of the Comprehensive Athlete Relationship Enhancement (CARE) training program, Co-PI (\$48,365).

NCAA Innovations in Research and Practice Grant Spring 2014
Popp, N., Weight, E., & **DeFreese, J. D.**
Scaffolding for Success: Analysis and recommendations for impactful student-athlete summer bridge programs, Co-I (\$33,575).

NSF Graduate Research Fellowship Program Spring 2008 & 2009

TEACHING EXPERIENCE

University of North Carolina – Chapel Hill

Primary Instructor

EXSS 181 – Sport & Exercise Psychology Fall, 2012 - Present
RECR 430 – Leadership and Group Dynamics Spring 2013
EXSS 101 – Foundations of Exercise and Sport Science Summer 2013

Purdue University

Primary Instructor

HK 372 – Sport and Exercise Psychology I Summer 2010, 2012

Teaching Assistant

HK 490 – Youth Physical Activity Behavior Fall 2011
HK 611 – Data Analysis in HK Fall 2010
HK 445 – Principles of Epidemiology Spring 2008
HK 372 – Sport and Exercise Psychology I Fall 2007

Guest Lecturer

HK 611 - Data Analysis in Health & Kinesiology Fall 2010
Brief Introduction to Multilevel Linear Modeling
PSY 100 - Introduction to the Science and Fields of Psych. Fall 2010
Sport & Exercise Psychology
HK 135 - Introduction to Health & Kinesiology Fall 2009
Graduate School in Health & Kinesiology
HK 329 - Curriculum in Physical Education Fall 2009
Operation Purple, PALS, and Cultural Responsiveness

Undergraduate Research Mentor

HK 496 – Independent Inquiry in Fall 2007 & 2008
Movement and Sport Sciences Spring 2010 & 2011

COMMITTEE SERVICE AND RESEARCH MENTORSHIP

Doctoral Dissertation Committees

Melissa Fraser Fall 2016
The associations between SRC, football seasons played, head impact biomechanics, and neurobehavioral measures in high school and collegiate athletes
Committee: Guskiewicz, K. M., Fredrickson, B., Hackney, A., Marshall, S., Register-Mihalik, J., Mihalik, J. P., & **DeFreese, J. D.** (ex officio)

Master's Thesis Committees

Ruth Fuqua Spring 2017
Psychological changes in athletes following injury
Committee: Prentice, W. E, **DeFreese, J. D.**, Kucera, K. L.

Alex Rankin Spring 2016
Performance under pressure: A comparison of NCAA Division I athletes with general college students
Committee: Weight, E., Popp, N., & **DeFreese, J. D.**

Amy Bonfiglio Spring 2016
Educational outcomes of athletic participation related to career preparation, satisfaction and salary
Committee: Weight, E., Osborne, B., & **DeFreese, J. D.**

Lindsay Smith Spring 2015
The relationship between optimism and markers of psychological health in collegiate athletes
Committee: Mihalik, J. P., **DeFreese, J. D.**, Kucera, K. L., & Fraser, M.

Pamela Hughes Summer 2014
Association between athlete burnout and athletic injury
Committee: Prentice, W., **DeFreese, J. D.**, & Pietrosimone, B.

Mentored Undergraduate Research

Makaela Jones – Honors Thesis Spring 2017
Psychosocial antecedents of athlete burnout in black student athletes
Committee: **DeFreese, J. D.**, Salyer, S., & Lane, C.

Destinee Grove – Honors Thesis Spring 2017
Athlete perceptions of their engagement and motivation when completing the concussion assessment battery
Committee: Register-Mihalik, J. K., Kay, M., **DeFreese, J. D.**

Shelby Waldron – EXSS 395 <i>Perceived training load and burnout over time</i>	Fall 2016-Spring 2017
Victoria McGee – Honors Thesis <i>Association between the coach-athlete relationship and athlete psychological outcomes</i> Committee: DeFreese, J. D. , Pietrosimone, B., & Myers, J. B.	Spring 2016
Sarah Little, Ashwin Bhadury, Natalie Ritter, Aaron Johnson – Volunteer Research <i>Emotional intelligence and athlete psychosocial health</i>	Spring 2015-Spring 2016
Andrew Romaine – Volunteer Research <i>Parent perceptions of youth football costs, benefits, and safety</i>	Spring 2014

SERVICE AND ENGAGEMENT

Greenlaw 101 Classroom Redesign Project Center for Faculty Excellence	Fall 2014-Spring 2016 Chapel Hill, NC
Graduate Student Representative Department Head Search Committee Purdue University, Department of Health & Kinesiology	2011-2012 West Lafayette, IN
On-site Activity Director Operation L.E.A.D. / Purple Camp Purdue University, Department of Health & Kinesiology / Purdue Military Family Research Institute Supervisor: Dr. Bonnie Blankenship	2008-2011 West Lafayette, IN
Special Program Director Purdue Athletes' Life Success Program Purdue University, Department of Health & Kinesiology Supervisor: Dr. William Harper	2008-2009 West Lafayette, IN
HKGSO Graduate Student Faculty Representative Purdue University, Department of Health & Kinesiology	2010-2011 West Lafayette, IN
President HKGSO Purdue University, Department of Health & Kinesiology	2009-2010 West Lafayette, IN

PROFESSIONAL DEVELOPMENT

New Faculty Learning Community Center for Faculty Excellence	Fall 2016-Spring 2017 Chapel Hill, NC
--	--

Grant Development Program
Department of Exercise and Sport Science

Fall 2014-Present
Chapel Hill, NC

PROFESSIONAL SERVICE

Ad Hoc Manuscript Reviewer

Ammons Scientific

European Journal of Sports Science

International Journal of Environmental Research and Public Health

International Sport Coaching Journal

Journal of Applied Social Psychology

Journal of Applied Sport Psychology

Journal of Intercollegiate Sport

Journal of Mental Health

Journal of Sport & Exercise Psychology

Journal of Sports Sciences

Psychology of Sport & Exercise

Research Quarterly for Exercise and Sport

Scandinavian Journal of Medicine & Science in Sport

Sport, Exercise & Performance Psychology

The Journal of Clinical Sport Psychology

Conference Poster Session Moderator

2015

North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
Portland, Oregon

Conference Abstract Reviewer

Association for Applied Sport Psychology Conference

2014-Present

PROFESSIONAL ORGANIZATIONS

American Psychological Association (APA)

2011-Present

Division 47 (Exercise & Sport Psychology) membership

The Association for Applied Sport Psychology (AASP)

2011-Present

North American Society for the Psychology
of Sport and Physical Activity (NASPSPA)

2008-Present

REFERENCES

Darin Padua, PhD, Professor and Chair
Department of Exercise and Sport Science, University of North Carolina at Chapel Hill,
204 Fetzer Hall CB#8700, Chapel Hill, North Carolina 27599
Office: 919-843-5117. Email: dpadua@email.unc.edu

Kevin Guskiewicz, PhD, ATC, Dean College of Arts & Sciences and Kenan
Distinguished Professor
Department of Exercise and Sport Science, University of North Carolina at Chapel Hill,
204 Fetzer Hall CB#8700, Chapel Hill, North Carolina 27599
Office: 919-962-5175. Email: gus@email.unc.edu

Alan Smith, PhD, Chairperson and Professor
Department of Kinesiology, Michigan State University
130 IM Sports Circle, East Lansing, Michigan 48824
Office: 517-355-4731. Email: alsmith@msu.edu