

# J.D. DeFreese, PhD

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## EDUCATION

<b>Purdue University</b> Doctor of Philosophy Department of Health & Kinesiology Specialization: Sport & Exercise Psychology Advisor: Dr. Alan L. Smith	December 2012 West Lafayette, IN
<b>Indiana University</b> Bachelor of Arts, Highest Distinction Department of Psychology Major: Psychology, Minors: Kinesiology, Political Science	May 2007 Bloomington, IN

## RESEARCH EXPERIENCE

<b>Clinical Assistant Professor</b> University of North Carolina – Chapel Hill Center for the Study of Retired Athletes (CSRA)	2016-Present Chapel Hill, NC
<b>Postdoctoral Research Associate</b> <b>Research Associate</b> 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
<b>Research Assistant</b> Purdue University College of Health & Human Sciences Supervisor: Dr. Alan Smith	2011-2012 West Lafayette, IN
<b>Research Assistant</b> Purdue University U.S. Department of Education Carol M. White PEP Grant Supervisor: Dr. Alan Smith	2008-2011 West Lafayette, IN

**Research Assistant**  
Purdue University  
Kinley Trust  
Supervisor: Dr. Alan Smith

2007-2008  
West Lafayette, IN

## PUBLICATIONS

### Peer-Reviewed

- Kroshus, E., Kerr, Z. Y., **DeFreese, J. D.**, & Parsons, J. (*in press*). Concussion knowledge and communication behaviors of collegiate wrestling coaches. *Health Communication*.
- 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., 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*.

Kroshus E., & **DeFreese, J. D.** Athlete burnout prevention strategies utilized by U.S. collegiate soccer coaches. (*under review*). *The Sport Psychologist*.

Romaine, A., **DeFreese, J. D.**, Guskiewicz, K., M., & Register-Mihalik, J. K. (*under review*). Parent perceptions of youth football costs, benefits, and safety. *Journal of Clinical Sport Psychology*.

Varangis, E., Giovanello, K., Foster, C., Kerr, Z., **DeFreese, J. D.**, Marshall, S. W., & Guskiewicz, K. M. (*under review*). Effects of concussion history and football participation history on working memory performance in retired National Football League and college football players. *Neuropsychologia*.

#### Invited Articles

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.

#### Invited Book Chapters

Arvinen-Barrow, M., Hamson-Utley, J., Conder, R., & **DeFreese, J. D.** Injury, Concussion and Rehabilitation (*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.,** 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.

#### Refereed - Poster

**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

#### Service

**DeFreese, J. D.** (2015). *Introduction to sport & exercise psychology: Important topics for athletes and coaches*. Invited presentation for Visitors from Cayman Islands, Chapel Hill, North Carolina.

**DeFreese, J. D.** (2011). *Overtraining, burnout, and work/life balance in triathlon*. Invited presentation for TriTippecanoe Spring Symposium, West Lafayette, Indiana.

**DeFreese, J. D.** (2010). *Anxiety and equestrian performance*. Invited presentation for the Purdue Equestrian Team, West Lafayette, Indiana.

Dorsch, T. E., & **DeFreese, J. D.** (2009). *Goal setting*. Invited presentation for the Purdue Athletes Life Success Program, West Lafayette, Indiana.

## GRANTS, RESEARCH AWARDS, AND FELLOWSHIPS

### Funded

Templin Graduate Student Research Award (\$1,000) Spring 2011  
Purdue University, Department of Health & Kinesiology

HKGSO Professional Development Grant (\$150, \$200) Spring 2009 & 2011  
Purdue University, Department of Health & Kinesiology

Donald L. Corrigan Professional (\$300, \$50) Spring 2009 & 2010  
Development Grant  
Purdue University, Department of Health & Kinesiology

### Unfunded Submissions

NCAA Innovations in Research and Practice Grant Fall 2015  
**DeFreese, J. D.**, Kroshus, E., & Guskiewicz, K. M.  
*Longitudinal Athlete Burnout Monitoring Program (LAMP): Tracking psychosocial and behavioral predictors of collegiate athlete burnout to inform best practice monitoring and prevention strategies.* PI (\$48,289)

NCTraCS 2K Pilot Grant Fall 2015 – Re-submission  
**DeFreese, J. D.**, Baucom, D. & Guskiewicz, K. M.  
*CoupLE-based former Athlete depression Treatment (CLEAT) program: Pilot study for a couple-based intervention for depression in former elite football athletes.* PI (\$1,800)

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

#### Guest Lab Instructor

HK 611 Data Analysis in Health & Kinesiology	Fall 2010
<i>Multilevel Linear Modeling</i>	
HK 611 Data Analysis in Health & Kinesiology	Fall 2010
<i>Cluster Analysis</i>	

#### 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	Spring 2016 (anticipated)
<i>The associations between SRC, football seasons played, head impact biomechanics, and neurobehavioral measures in high school and collegiate athletes</i>	



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 Fall 2016 (anticipated)  
*Changes in athlete psychological health following injury*  
Committee: Prentice, W., **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

Victoria McGree – Honors Thesis Spring 2016  
*Association between the coach-athlete relationship and athlete psychological outcomes*  
Committee: **DeFreese, J. D.**, Pietrosimone, B., & Myers, J. B.

Sarah Little, Ashwin Bhadury, Natalie Ritter, Aaron Johnson  
*Emotional intelligence and athlete psychosocial health* Spring 2015-Spring 2016

Andrew Romaine Spring 2014  
*Parent perceptions of youth football costs, benefits, and safety*

SERVICE AND ENGAGEMENT

**Greenlaw 101 Classroom Redesign Project** Fall 2014-Spring 2016  
Center for Faculty Excellence Chapel Hill, NC

**Graduate Student Representative** 2011-2012

Department Head Search Committee Purdue University, Department of Health & Kinesiology	West Lafayette, IN
<b>On-site Activity Director</b> 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
<b>Special Program Director</b> Purdue Athletes' Life Success Program Purdue University, Department of Health & Kinesiology Supervisor: Dr. William Harper	2008-2009 West Lafayette, IN
<b>HKGSO Graduate Student Faculty Representative</b> Purdue University, Department of Health & Kinesiology	2010-2011 West Lafayette, IN
<b>President HKGSO</b> Purdue University, Department of Health & Kinesiology	2009-2010 West Lafayette, IN

PROFESSIONAL DEVELOPMENT

<b>Grant Development Program</b> Department of Exercise and Sport Science	Fall 2014-Present Chapel Hill, NC
<b>Preparing Future Faculty</b> Purdue Graduate School	Spring 2011 West Lafayette, IN

PROFESSIONAL SERVICE

Ad Hoc Manuscript Reviewer  
*Ammons Scientific*  
*European Journal of Sports Science*  
*International Journal of Environmental Research and Public Health*  
*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