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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

Roby, P. R., Ford, C. B., Wasserman, E. B., Rodrigo, C. J., **DeFreese, J. D.**, McCrea, M., & Mihalik, J. P. (*in press*). Psychological distress differs between female and male college athletes. *Athletic Training and Sports Healthcare*.

Walton, S. W., Kerr, Z. Y., Brett, B. L. Chandran, A., **DeFreese, J. D.**, Smith-Ryan, A. E., Stoner, L., Echemendia, R. J., McCrea, M., Meehan III, W. P., & Guskiewicz, K. M. (*in press*). Concussion history and health-promoting behaviors are associated with cognitive function, mood-related symptoms, and emotional-behavioral dyscontrol in former National Football League players: An NFL-LONG study. *British Journal of Sports Medicine*.

Flatt., R. E., Thornton, L. M., Fitzsimmons-Craft, E. E., Balantekin, K. N., Smolar, L., Mysko, C., Wilfley, D. E., Barr Taylor, C., **DeFreese, J. D.**, Bardone-Cone, A. M., & Bulik, C. M. (*in press*). Comparing eating disorder characteristics and treatment in self-identified competitive athletes and non-athletes from the National Eating Disorders Association online screening tool. *International Journal of Eating Disorders*.

Kerr, Z. Y., Prim, J., **DeFreese, J. D.**, Thomas, L. C., Simon, J. E., Carneiro, K., Marshall, S. W., & Guskiewicz K. M. (*in press*). Musculoskeletal injury history is associated with lower physical and mental health in a historical cohort of former National Football League players. *Journal of Sport Rehabilitation*.

DeFreese, J. D., Weight, E. A., Kerr, Z. Y., & Kroshus, E. (*in press*). Health and well-being outcomes of former NCAA student-athlete and non-athlete graduates. *Journal of Intercollegiate Sport*.

Brett, B. L., Walton, S. R. Kerr, Z. Y., Nelson, L. D., Chandran, A., **DeFreese, J. D.**, Echemendia, R. J., Guskiewicz, K. M., Meehan III, W. P., & McCrea, M. (*in press*). Distinct latent profiles of neurobehavioral functioning and their associations with years of participation and self-reported concussion history among former National Football League (NFL) players: An NFL-LONG study. *Neurology, Neurosurgery, & Psychiatry*.

Register-Mihalik, J. K., **DeFreese, J. D.**, Callahan, C. E., & Carneiro, K. (*in press*). Utilizing the biopsychosocial model in concussion treatment: Post-concussion headache and beyond (*in review*). *Current Pain and Headache Reports*.

DeFreese, J. D., & Smith, A. L. A person-centered exploration of athlete burnout across a competitive season. (*in press*). *Journal of Clinical Sport Psychology*.

- DeFreese, J. D.**, Baum, M. J., Schmidt, J. D., Goerger, B. M., Barczak, N, Guskiewicz, K. M., & Mihalik, J. P. (*in press*). Effects of college athlete life stressors on baseline concussion measures. *Journal of Sport Rehabilitation*.
- Davies, M. A., Kerr, Z. Y., **DeFreese J. D.**, Arden, N. K., Marshall, S. W., Guskiewicz K. M., Padua, D. A., Pietrosimone, B. G. (*in press*). The prevalence and risk factors for total hip and knee replacement in retired NFL athletes. *American Journal of Sports Medicine*.
- Waldron, S., **DeFreese, J. D.**, Pietrosimone, B., Register-Mihalik, J. K., & Barczak, N. (*in press*). Exploring early sport specialization: Associations with psychosocial outcomes. *Journal of Clinical Sport Psychology*.
- Waldron, S., **DeFreese, J. D.**, Register-Mihalik, J. K., Pietrosimone, B., & Barczak, N. (*in press, published online ahead of print*). The costs and benefits of early sport specialization: A review of the literature. *Quest*.
<https://doi.org/10.1080/00336297.2019.1580205>
- McGee, V., & **DeFreese, J. D.** (2019). The coach-athlete relationship and athlete psychological outcomes. *Journal of Clinical Sport Psychology, 13*, 152-174.
- Weight, E. A., Bonfiglio, A., **DeFreese, J. D.**, Kerr, Z., & Osborne, B. (2018). Occupational measures of former NCAA athletes and traditional students. *The International Journal of Sport Management, 19*, 1-26.
- Kerr, Z., Register-Mihalik, J. K., Kay, M. C., **DeFreese, J. D.**, Marshall, S. W., & Guskiewicz, K. (2018). Concussion non-disclosure during professional career among a cohort of former NFL athletes. *American Journal of Sports Medicine, 46*, 22-29.
- DeFreese, J. D.**, Dorsch, T. E., & Flitton, T. The parent-child relationship and sport parents' experiences of burnout and engagement in youth sport. (2018). *Journal of Clinical Sport Psychology, 12*, 218-233.
- Trexler, E. T., Smith-Ryan, A. E., **DeFreese, J. D.**, Marshall, S. W., & Kerr, Z. Y. (2018). Associations between BMI change and cardiometabolic risk in retired football players. *Medicine & Science in Sports & Exercise, 50*, 684-690.
- Kroshus E., **DeFreese, J. D.**, & Kerr, Z. Y. (2018). College athletic trainers' knowledge about the Female Athlete Triad and Relative Energy Deficiency in sport. *Journal of Athletic Training, 53*, 51-59.
- DeFreese, J. D.**, & Barczak, N. (2017). A pilot study of trait emotional intelligence as a moderator of the associations among social perceptions, athlete burnout, and well-being. *Athletic Training and Sports Healthcare, 9*, 246-253.

- Kroshus E., & **DeFreese, J. D.** Athlete burnout prevention strategies utilized by U.S. collegiate soccer coaches. (2017). *The Sport Psychologist*, 31, 332-343.
- Gustafsson, H., **DeFreese, J. D.**, & Madigan, D. J. (2017). Athlete burnout: Review and recommendations. *Current Opinion in Psychology*, 16, 109-113.
- Kroshus, E., Kerr, Z. Y., **DeFreese, J. D.**, & Parsons, J. (2016). Concussion knowledge and communication behaviors of collegiate wrestling coaches. *Health Communication*. 32, 963-969.
- 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*, 52, 541-559.
- 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.
- 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.
- 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, 80.
- 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.

Student Journal Publications

- Waldron, S., & **DeFreese, J. D.** Sport specialization and physical and psychosocial health outcomes of college students. (2018). *UNC JOURney (Journal of Undergraduate Research)*, 2, 21-30.

In Review

- DeFreese, J. D.**, Weight, E. A., DeCicco, J. P., Nedimyer, A., K., Carneiro, K. C., Kerr, Z. Y., Mihalik, J. M., & Chandran, A. (*in review*). Transition experiences of former collegiate women’s soccer athletes. *Journal of Intercollegiate Sport*.
- Long, A. S., **DeFreese, J. D.**, Bickett, A. K., & Price, D. E. (*in review*). Factorial validity and invariance of a depression symptom screening tool among racially diverse populations. *Journal of Adolescent Health*.
- Barczak-Scarboro N. E., Cole, W. R., **DeFreese, J. D.**, Fredrickson, B. L., Kiefer, A.W., Bailar-Heath, M., Burke, R. J., DeLellis, S. M., Kane, S. F., Lynch, J. H., Means, G. E., Depenbrock, P. J., & Mihalik, J. P. (*in review*). Psychological resilience in active Special Operations Forces (SOF) combat Service Members: Descriptive analysis of a warfighter population. *Journal of Traumatic Stress*.
- Walton, S. W., Kerr, Z. Y., Brett, B. L. Chandran, A., **DeFreese, J. D.**, Mannix, R., Echemendia, R. J., Meehan III, W. P., McCrea, M., & Guskiewicz, K. M. (*in review*). Mild cognitive impairment and dementia among former National Football League players over 50 years of age: An NFL-LONG study. *New England Journal of Medicine*.

In Preparation

- Barczak-Scarboro, N., Barker, A., **DeFreese, J. D.**, & Dorsch, T. E. (*in preparation*). Money matters: The associations of scholarship status with sport- and school-oriented motivation among NCAA Division I student-athletes.
- Barczak-Scarboro, N., **DeFreese, J. D.**, Kroshus, E., Register-Mihalik, J., & Pexa, B. (*in preparation*). Athlete resilience trajectories across competitive training: Athlete resilience trajectories across competitive training: The influence of physical and psychological stress.
- DeFreese, J. D.**, Chandran, A., Walton, S. W., Kerr, Z. Y., Brett, B. L. Mannix, R., Echemendia, R. J., Meehan III, W. P., McCrea, M., & Guskiewicz, K. M. (*in preparation*). Retirement-related psychosocial factors and mental health outcomes in former National Football League players: An NFL-LONG study.
- DeFreese, J. D.**, Walton, S., Chandran, A., & Kerr, Z. (*in preparation*). 2020: A time of transition with clear implications for athlete transition research.

Editorials

- Kerr, Z., Chandran, A., & **DeFreese, J. D.** (2019). Response to “Mortality Among Professional American-style Football Players and Professional American Baseball Players” by Weisskopf et al.: *Journal of the American Medical Association*, 2, e194222. doi:10.1001/jamanetworkopen.2019.4222
- DeFreese, J. D.** (2017). Athlete mental health care within the biopsychosocial model (2017). *Athletic Training and Sports Healthcare*, 9, 243-245.

Book Chapters

- Eklund, R. C., & **DeFreese, J. D.** (*in press, 2021*). Fatigue, Overtraining, and Burnout. In I. Basevitch & E. Filho (Eds.), *The Unknown in Sport, Exercise, and Performance Psychology: Research Questions to Move the Field Forward*.
- DeFreese, J. D.**, & Eklund, R. C. Burnout (*in press, 2021*). In R. Arnold & D. Fletcher (Eds.), *Well-Being, and Performance in Sport*.
- DeFreese, J. D.**, & Shannon, J. (*in press, 2021*). The Role of Athletic Identity Foreclosure in the Development of Poor Athlete Mental Health. In N. Campbell & A. Brady (Eds.), *Developing and Supporting the Holistic Well-Being of Athletes, Person First, Athlete Second*.
- DeFreese, J. D.**, Raedeke, T.D., & Smith, A. L. (*in press, 2021*). Athlete Burnout: An Individual and Organizational Phenomenon. In J. M. Williams & V. Krane (Eds.), *Applied Sport Psychology (8th Edition)*, New York: McGraw-Hill.

Eklund R. C., & **DeFreese, J. D.** Athlete Burnout (*in press, 2020*). In G. Tenenbaum & R. C. Eklund (Eds.), *Handbook of Sport Psychology (4th Edition)*.

DeFreese, J. D., & Eklund, R. C. Burnout (2019). In A. Mugford & A. Cremades (Eds.), *Sport, Exercise, and Performance Psychology: Theories and Applications* (pp. 110-126), New York: Routledge.

Eklund R. C., & **DeFreese, J. D.** Burnout in Sport and Performance (2019). In E. Acevedo (Ed.) *Oxford Encyclopedia of Sport, Exercise, and Performance Psychology*. Cary, NC: Oxford University Press.

Arvinen-Barrow, M., Hamson-Utley, J., & **DeFreese, J. D.** Sport Injury, Rehabilitation and Return to Sport (2018). In J. M. Taylor (Ed.), *Assessment in Applied Sport Psychology* (pp. 183-198), Champaign, IL: Human Kinetics.

DeFreese, J. D., Raedeke, T. D., & Smith, A. L. Individual and Organizational Solutions to Athlete Burnout (2015). In J. M. Williams & V. Krane (Eds.), *Applied Sport Psychology (7th Edition, pp. 444-461)*, New York: McGraw-Hill.

Media References

Parris, A. Tired of your sport? It could be burnout. REI Co-Op Journal. March 13, 2019. <https://www.rei.com/blog/hike/tired-of-your-sport-it-could-be-burnout>

PRESENTATIONS

Refereed – Verbal

DeFreese, J. D., Walton, S. R., Kerr, Z. Y., Brett, B. L., Chandran, A., McCrea, M., & Guskiewicz, K. M. (2020). *Psychosocial factors and concussion in former collegiate athletes: Relationship status, concussion history, and health-related quality of life*. Paper presented at the annual meeting for the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Vancouver, BC. *Conference transitioned to virtual poster presentation with audio due to COVID-19 pandemic*.

Kay, M. C., **DeFreese, J. D.**, Kerr, Z. Y., Kucera, K. L., Petschauer, M. A., & Register Mihalik, J. K. (2020). Paper presented at the annual meeting for NASPSPA, Vancouver, BC. *Conference transitioned to virtual poster presentation with audio due to COVID-19 pandemic*.

Baez, S. E., & **DeFreese, J. D.** (2020). *Primary motor cortex activation and injury-related fear in patients after anterior cruciate ligament reconstruction*. Paper published in the proceedings for the annual meeting for NASPSPA, Vancouver, BC. *Conference transitioned to virtual due to COVID-19 pandemic*.

- Kay, M. C., Ribisl, K. M. Kucera, K. L., **DeFreese, J. D.**, Kerr, Z. Y., Petschauer, M. A., & Register-Mihalik, J. K. (2020). *Development and initial testing of a theory-based intervention to improve athlete training students' concussion-related decision-making intentions*. Paper presented at the National Athletic Trainers' Association (NATA) Annual Meeting & Clinical Symposia. Atlanta, GA.
- Simon, M. B., **DeFreese, J. D.**, Register-Mihalik, J. K., Kerr, Z. Y., Barczak, N., & Pexa, B. S. (2019). *Pilot study of mental health symptoms in collegiate student-athletes*. Paper presented at the NATA Annual Meeting & Clinical Symposia. Las Vegas, NV.
- DeFreese, J. D.**, Barczak, N., Register-Mihalik, J., & Kroshus, E. (2018). *Examining Psychological Stress and Coping Perceptions as Predictors of Athlete Engagement*. Paper presented at the annual meeting for the Association for Applied Sport Psychology (AASP), Toronto, Canada.
- Barczak, N., **DeFreese, J. D.**, Kroshus, E., Register-Mihalik, J., & Waldron, S. (2018). *Linear and nonlinear trajectories of athlete resilience during competitive training*. Paper presented at the annual meeting for the North Carolina Cognition Conference, UNC-Chapel Hill.
- DeFreese, J. D.**, Barczak, N., Register-Mihalik, J., Kroshus, E., & Waldron, S. (2018). *Social perceptions, sport-specific coping, and burnout in American collegiate club athletes*. Paper presented at the annual meeting for NASPSPA, Denver, CO.
- Barczak, N., **DeFreese, J. D.**, Kroshus, E., Register-Mihalik, J., & Waldron, S. (2018). *Linear and nonlinear trajectories of athlete resilience during competitive training*. Paper presented at the annual meeting for the NASPSPA, Denver, CO.
- Waldron, S., **DeFreese, J. D.**, Pietrosimone, B. G., Register-Mihalik, J., & Barczak, N. (2018). *Exploring early sport specialization: Associations with athlete burnout*. Paper presented at the annual meeting for the NASPSPA, Denver, CO.
- 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 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 presented 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. (2019). *Sport psychology.* Paper presented at North Carolina Central University. Durham, North Carolina.

DeFreese, J. D. (2019). *The psychology of concussion: Psychosocial considerations.* Paper presented at the 5th Annual Matthew Gfeller Neurotrauma Symposium, Chapel Hill, North Carolina.

DeFreese, J. D. (2017). *Mental health and the collegiate student-athlete.* Paper presented at Elon BrainCARE, Elon, North Carolina.

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

Kay, M. C., Kerr, Z. Y., **DeFreese, J. D.**, Petschauer, M. A., Kucera, K. L., & Register-Mihalik, J. K. (2020). *Sociocultural and demographic factors associated with the educational preparation and goals of athletic training students.* Paper presented at the annual meeting for the Society for Advancement of Violence and Injury Research, Philadelphia, PA. *Conference transitioned to virtual poster presentation due to COVID-19 pandemic*.

Kay, M. C., Kerr, Z. Y., Kucera, K. L., **DeFreese, J. D.**, Petschauer, M. A., & Register-Mihalik, J. K. (2020). *Influence of demographic factors on concussion-related decision-making by certified athletic trainers.* Paper accepted for presentation at the annual meeting for the American College of Sports Medicine, San Francisco, CA. *Conference canceled due to COVID-19 pandemic.*

DeFreese, J. D., & Baez, S. E. (2020). *Injury status and athlete burnout in collegiate athletes.* Paper accepted for presentation at the American Psychological Association (APA) conference, Washington, DC. *Conference transitioned to virtual poster presentation due to COVID-19 pandemic.* ***Abstract selected for 2020 American Psychological Association Division 47 Professional Poster Award***

Baez, S. E., & **DeFreese, J. D. (2020).** *Neuroplasticity, injury-related fear, and activation of daily living in females after anterior cruciate ligament reconstruction.* Paper published in the proceedings for the annual meeting for NASPSPA, Vancouver, BC. *Conference transitioned to virtual due to COVID-19 pandemic*.

- DeFreese, J. D., & Baez, S. E.** (2020). *Injury and burnout in collegiate athletes*. Paper presented at the 2020 University of North Carolina-Wilmington College of Health and Human Services Research and Innovation Day, Wilmington, NC. *Conference transitioned to virtual poster presentation with audio due to COVID-19 pandemic*.
- DeFreese, J. D., Kerr, Z. Y., McCrea, M., & Guskiewicz, K. M.** (2019). *Former collegiate football athlete mental and physical functioning*. Paper presented at the APA conference, Chicago, IL. *Abstract selected for 2019 American Psychological Association Division 47 Professional Poster Award*
- DeFreese, J. D., & Barczak, N.** (2019). *Psychometric properties of the Athlete Burnout Questionnaire in Two Retrospective Samples*. Paper presented at the annual meeting for the NASPSPA, Baltimore, MD.
- DeFreese, J. D. & Morris, K.** (2019). *Pilot Study of Athlete Burnout Knowledge*. Paper presented at the 2019 University of North Carolina-Wilmington College of Health and Human Services Research and Innovation Day, Wilmington, NC.
- Colletti, D., Blazo, J.A., & **DeFreese, J. D.** (2018). *Parent passion and youth sport burnout*. Paper presented at the 40th Anniversary Institute for the Study of Youth Sports (ISYS) Conference, East Lansing, MI.
- Waldron, S., **DeFreese, J. D.**, Register-Mihalik, J. K., Pietrosimone, B., & Barczak, N. (2018). *Associations between athletes' reasons for specializing and burnout*. Paper presented at the 40th Anniversary ISYS Conference, East Lansing, MI.
- Waldron, S., **DeFreese, J. D.**, Pietrosimone, B. G., Register-Mihalik, J., & Barczak, N. (2018). *Why specialize?: Impact of athletes' reasons for specializing on psychological outcomes*. Paper presented at the annual meeting for the NASPSPA, Denver, CO.
- Waldron, S., **DeFreese, J. D.**, Pietrosimone, B. G., Register-Mihalik, J., & Barczak, N. (2018). *Exploring early sport specialization: Associations with burnout and injury*. Paper presented at Human Movement Science Day. UNC-Chapel Hill.
- DeFreese, J. D., Barczak, N., Register-Mihalik, J., & Kroshus, E.** (2018). *Psychological and social predictors of burnout in American collegiate club athletes*. Paper presented at the 2018 University of North Carolina-Wilmington College of Health and Human Services Research and Innovation Day, Wilmington, NC.
- Barczak, N. & **DeFreese, J. D.** (2017). *Longitudinal tracking of biopsychosocial predictors of burnout in collegiate athletes: A pilot study*. Paper presented at the annual meeting for AASP, Orlando, FL.
- Barczak, N. & **DeFreese, J. D.** (2017). *Resilience and non-training biometric markers in female collegiate club athletes*. Paper presented at the annual meeting for AASP, Orlando, FL.

- DeFreese, J. D.**, Auslander, M., & Dorsch, T. E. (2017). *The global parent-child relationship and sport parent burnout and engagement: A pilot study*. Paper presented at the annual meeting for AASP, Orlando, FL.
- DeFreese, J. D.**, Barczak, N., Romaine, A., Thomas, L., Baucom, D., Kerr, Z., & Guskiewicz, K. (2017). *Athlete burnout, romantic relationship quality and lifespan psychological health outcomes in former elite American football athletes*. Paper presented at the annual meeting for the NASPSPA, San Diego, CA.
- Barczak, N., & **DeFreese, J. D.** (2017). *High school sport participation and current college student psychosocial health*. Paper presented at the annual meeting for the NASPSPA, San Diego, CA.
- Barczak, N., Barker, A., **DeFreese, J. D.**, Dorsch, T. E., & Lyons, L. K. (2017). *The association of scholarship status with sport- and school-oriented motivational outcomes in collegiate student-athletes*. Paper presented 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 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*. Paper 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]

Verbal Presentation Session Moderator 2018
 NASPSPA, Denver, Colorado

Poster Session Moderator 2015
 NASPSPA, Portland, Oregon

Verbal Presentation Session Moderator 2013
Concussion Symposium: Female Athletes and Injury: Prevention, Treatment & Recovery Program for the Advancement of Girls and Women in Sport in Physical Activity, 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

Submissions in Review

Junior Faculty Development Grant Fall 2020
DeFreese, J. D.
General Health Survey for Retired Female Soccer Athletes Athletes, PI (\$9,943).

Funded Submissions

Association for Applied Sport Psychology (AASP) Summer 2020-Spring 2021
 Collaborative Research Grant
DeFreese, J. D., & Shannon, J.
Identify, Connect, And REfer, (ICARE): A Pilot Mental Health Gatekeeper Training Program for College Coaches, Co-PI (\$2,500).

Summer School Teaching with Technology Mini-Grant Program, Summer 2020
 PI (\$750)

TEACHING EXPERIENCE

University of North Carolina – Chapel Hill

Primary Instructor

EXSS 181 – Sport & Exercise Psychology Fall, 2012 - Present
EXSS 290/396 – Critical Analysis of Literature in Sport & Exercise Psychology
Spring 2019 & 2020
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

Athlete Burnout and Coping with It Fall 2020
Michigan State University
Athlete Burnout Fall 2020
Utah State University
Athlete Burnout Spring 2018
Louisiana Tech University
Sport Psychology Concepts for Athletic Trainers Spring 2017, 2018, 2019
UNC-Chapel Hill
Athlete Burnout Fall 2015
Missouri Baptist University
Who I Am, What I Do, and Why it May Be Useful for You to Know? Fall 2012, 2013, 2015
UNC-Chapel Hill
Brief Introduction to Multilevel Linear Modeling Fall 2010
Purdue University
Sport & Exercise Psychology Fall 2010
Purdue University
Graduate School in Health & Kinesiology Fall 2009
Purdue University
Operation Purple, PALS, and Cultural Responsiveness Fall 2009
Purdue University

Undergraduate Research Mentor
HK 496 – Independent Inquiry in
Movement and Sport Sciences

Fall 2007 & 2008
Spring 2010 & 2011

Mentored Undergraduate Learning Assistants
EXSS 181 – Sport & Exercise Psychology

Fall, 2017- Present

COMMITTEE SERVICE

Comprehensive Examination Committees

Melissa Kay Summer 2017
Committee: Register-Mihalik, J., Kerr, Z, & **DeFreese, J. D.**

Doctoral Dissertation Committees

Nikki Barczak-Scarboro Fall 2020
Resilience, mental health, and concussion history in military operators
Committee: Mihalik, J., **DeFreese, J.D.**, Kiefer, A. C., Fredrickson, B. L., & Cole, W.

Melissa Kay Spring 2019
Development of a theory-based intervention for communication of healthcare decisions in athletic training: The CHAT study
Committee: Register-Mihalik, J., Kerr, Z, Petschauer, M. A., & Ribisl, K, & **DeFreese, J. D.** (ex officio)

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

Kate Morris Spring 2022 (anticipated)
Effectiveness and importance of the ICARE program from the perspective of a varsity coach at UNC-CH
Committee: **DeFreese, J. D.**, Weight, E.

Hannah Deatherage Spring 2022 (anticipated)
Examination of factors impacting the stigmatization and utilization of mental health resources in Division I collegiate athletes
Committee: **DeFreese, J. D.**, Kiefer, A., Callahan, C.

Juliana Romero Spring 2021 (anticipated)
The associations of mental health symptoms in Division I athletes and visits

to the athletic training room and time missed due to injury
Committee: **DeFreese, J. D.**, Kucera, K., Barczak-Scarboro, N.

Madison Corona Spring 2020
The associations of perceived and objective injury severity with mental health symptoms in Division I collegiate athletes
Committee: **DeFreese, J. D.**, Kerr, Z, Barczak-Scarboro, N.

Brittany Ingram Spring 2020
Comparing an interactive concussion education platform to current education standards: A randomized control trial
Committee: Register-Mihalik, J., **DeFreese, J. D.**, Kerr, Z., Vander Vegt, T.

Rachael Flatt – Department of Psychology and Neuroscience, Spring 2020
Comparing eating disorder characteristics and treatment in self-identified athletes from the National Eating Disorders Association screening tool
Committee: Bulik, C., Bardone-Cone, A., **DeFreese, J. D.**

Megan Simon Spring 2019
Pilot study of mental health symptoms in collegiate athletes: The influence of resilience across a competitive season
Committee: **DeFreese, J. D.**, Register-Mihalik, J., Kerr, Z, Pexa, B., Barczak, N.

Jake De Vries Spring 2019
The collegiate educational experiences and current life satisfaction of former Division I football players 20 years post-college
Committee: Weigh, E., Bates, B., **DeFreese, J. D.**

Rachel Leeke Fall 2017
Play and burnout in collegiate student-athletes
Weight, E., Malekoff, R., **DeFreese, J. D.**

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.

External Institution Committees

Chantal Simons – Doctoral Dissertation Committee
Risk surveillance of stress-injury and tracking of wellness and mindfulness as an early intervention measure of adjustment disorder in elite athletes
Sunshine Coast University, Australia
Committee: Martin, L., Balcombe, L., Dunn, P., & **DeFreese, J. D.**

Dylan Colletti – Master’s Thesis Project Committee
Parent passion and youth sport burnout symptoms
Louisiana Tech University
Committee: Blazo, J., **DeFreese, J. D.**

RESEARCH MENTORSHIP

Mentored Undergraduate Research

Abby Dennis – Honors Thesis Spring 2021 (anticipated)
Associations among social physique anxiety, perfectionism, and burnout in American collegiate dancers
Committee: **DeFreese, J. D.**, Register-Mihalik, J., & Kiefer, A.

Taylor Pitsinger – Honors Thesis Spring 2021 (anticipated)
Fatigue and kinesiophobia: Examining impact load symmetry and injury risks in collegiate athletes after anterior cruciate ligament reconstruction
Committee: Padua, D. P., **DeFreese, J. D.**, & Chabaan C.

Maggie Horne – EXSS 395 Fall 2020
Identify, Connect, And REfer (ICARE): A pilot mental health gatekeeper training program for college coaches

Avery Wooten – Chancellor’s Science Scholar Spring 2020-Present
Athlete perceptions of a medically retired athlete support group

Meghan Curtin – Honors Thesis Spring 2020
Mediation of psychological needs in relationships among coach leadership styles and athlete burnout

Committee: **DeFreese, J. D.**, Kerr, Z., & Pietrosimone, B.

Hannah Pieper – Honors Thesis Spring 2020

A burnout comparison among residents in different medical specialties

Committee: **DeFreese, J. D.**, Register-Mihalik, J., & Kerr, Z.

Jonae Benson, Dylan Buchanan, Juliet Townsend – EXSS 395, Fall 2019

Former professional tennis athlete career transition project

Robert Raikin-Mejias, Simon Wahba – Volunteer Research Fall 2019

Former professional tennis athlete career transition project

Erika Bell, Jonae Benson, Abby Dennis, Lauren Dicktel – EXSS 395, Spring 2019

Former professional tennis athlete career transition project

Megan Griffin, Simon Wahba – Volunteer Research Spring 2019

Former professional tennis athlete career transition project

Lindsey Molina – EXSS 395 Fall 2018

Longitudinal athlete burnout monitoring project (LAMP)

Abby Dennis – EXSS 395 Fall 2018

Pilot study of medically retired student-athlete support group

Shelby Waldron – Honors Thesis Spring 2018

Exploring early sport specialization: Associations with physical and psychosocial health outcomes

Committee: **DeFreese, J. D.**, Register-Mihalik, J., Pietrosimone, B. G., & Barczak, N.

Natalie Hipp, Maureen Marquie, Noah Winstead – EXSS 395 Spring 2018

Pilot athlete psychological health knowledge study

Emma Gilbert – EXSS 395 Fall 2017

Athlete burnout, sleep quantity and sleep quality

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 Fall 2016-Spring 2017

Perceived training load and burnout over time

Victoria McGee – 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, Spring 2015-Spring 2016
Aaron Johnson – Volunteer Research
Emotional intelligence and athlete psychosocial health

Andrew Romaine – Volunteer Research Spring 2014
Parent perceptions of youth football costs, benefits, and safety

PROFESSIONAL ENGAGEMENT

Tar Heel Bus Tour Participant Fall 2019
UNC-Chapel Hill

Mobile Summer Institute on Scientific Teaching- Facilitator Summer 2018
UNC-Chapel Hill

Substance Abuse Education Platform Redesign Project Spring 2018
UNC-Chapel Hill Athletics & COMP 523

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

PROFESSIONAL DEVELOPMENT

TEAM ADVANCE Peer Mentoring Circle Fall 2020-Present
UNC-Chapel Hill

TEAM ADVANCE Faculty Mentor Training Fall 2020
UNC-Chapel Hill

APA Division 47 Mentoring Program Fall 2019-Spring 2020
Virtual Program

Quality Enhancement Plan (QEP) Assessment Workshop Spring 2019
UNC-Chapel Hill

Mental Health First Aid Summer 2019
UNC-Chapel Hill

Student-Athlete Mental Health & Well-Being Workshop Fall 2018
UNC-Chapel Hill

Research-Related Skills Course Initiative Faculty Learning Community UNC-Chapel Hill	Fall 2018-Spring 2019
Mobile Summer Institute on Scientific Teaching UNC-Chapel Hill	Summer 2017
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

<u>University Committees</u> Faculty Welfare Committee	Summer 2019-Present
<u>Departmental Committees</u> Patrick F. Earey Award Selection Committee Lifetime Fitness Curriculum Committee	Spring 2017-Spring 2018 Spring 2019-Present
<u>Professional Committees</u> APA Division 47 Cornerstone Committee	Spring 2018-Present
<u>Editorial Board Member</u> Journal of Clinical Sport Psychology	Spring 2018-Present
<u>Associate Editor</u> Journal of Clinical Sport Psychology	January 2019-Present
<u>Guest Editor</u> <i>Athletic Training & Sports Health Care</i> Special Issue: Mental Health, Vol. 9, Issue 6, Nov. 2017 Co-Editor: Luzita Vela	Fall 2016-Fall 2017
<u>Ad Hoc Manuscript Reviewer</u> <i>Anxiety, Stress & Coping</i> <i>Athletic Training & Sports Health Care</i> <i>Communication Studies</i> <i>European Journal of Sports Science</i> <i>European Physical Education Review</i> <i>International Journal of Environmental Research and Public Health</i> <i>International Journal of Sport & Exercise Psychology</i> <i>International Sport Coaching Journal</i> <i>Journal of Applied Social Psychology</i>	

Journal of Applied Sport Psychology
Journal of Clinical Sport Psychology
Journal of Intercollegiate Sport
Journal of Mental Health
Journal of Sport & Exercise Psychology - ***2019 Excellence in Reviewing Award***
Journal of Sport and Health Science
Journal of Sports Sciences
Psychology of Sport & Exercise
Quest
Research Quarterly for Exercise and Sport
Scandinavian Journal of Medicine & Science in Sport
Sport, Exercise & Performance Psychology
Women in Sport and Physical Activity Journal

Conference Abstract Reviewer

American Psychological Association Division 47	2019-Present
Association for Applied Sport Psychology Conference	2014-2018, 2020

PROFESSIONAL ORGANIZATIONS

American Psychological Association (APA) Division 47 (Exercise & Sport Psychology) membership	2011-Present
The Association for Applied Sport Psychology (AASP)	2011-Present
North American Society for the Psychology of Sport and Physical Activity (NASPSPA)	2008-Present

REFERENCES

Justine Reel, PhD, Professor and Associate Dean of Research and Innovation
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Department of Kinesiology, Michigan State University
130 IM Sports Circle, East Lansing, Michigan 48824
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College of Education, Florida State University
1104 Stone Building, Tallahassee, Florida 32306
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