

About



Symeon Vlachopoulos is an Associate Professor in Sport and Exercise Psychology and Director of the Laboratory of Social Research on Physical Activity in the Department of Physical Education and Sport Science at Serres, Aristotle University of Thessaloniki, Greece. He holds a B.Sc. in Physical Education and Sport Science from the Aristotle University of Thessaloniki and a Ph.D. in the Psychology of Physical Activity from the University of Exeter, UK. He is currently the Vice President of the Hellenic Society of Sport Psychology. He is also the appointed editor for the journal of the Hellenic Society of Sport Psychology, serves as a member of the editorial board for *Psychology of Sport and Exercise* and *International Journal of Sport and Exercise Psychology* and as an associate editor for *European Journal of Psychological Assessment*. His research interests focus on issues of motivation as well as behavior change in exercise and physical activity participation among adolescents, adults, and older individuals and on the facilitation of health-related quality of life via physical activity for populations with chronic diseases. His research has been published in journals such as the *Journal of Sport and Exercise Psychology*, *Psychology and Health*, *Pediatric Exercise Science*, *Journal of Applied Biobehavioral Research*, *Structural Equation Modeling*, *Journal of Aging and Physical Activity*, *Psychology of Sport and Exercise*, and *Journal of Physical Activity and Health*.

Contact details

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Honorary distinctions

- **2nd place, Young scientists award**, European Federation of Sport Psychology (FEPSAC), 9th European Congress on Sport Psychology, 1995, Belgium.
- **1st place, best research work on “Exercise science (psychology)”**, Annual conference of the British Association of Sport and Exercise Sciences, 1998, Worcester, UK.

Membership in professional organizations

- International Society of Sport Psychology (Member)
- European Health Psychology Society (Member)
- European Association of Psychological Assessment (Member)

International faculty member

International Faculty Member of the **Motivation in Education Research Laboratory (MERL)**, National Institute of Education, Nanyang Technological University, Singapore.

Administrative positions in professional organizations

- Hellenic Society of Sport Psychology (Vice President)
- Psychological Society of Northern Greece (Member of the Managing Council)

Editorial and reviewing responsibilities

Associate editor

- **European Journal of Psychological Assessment**

Guest editor

- **Hellenic Journal of Psychology**: Special issue (2009): *“Self-determination theory, physical activity, and well-being”*

Editor

- **Athlitiki Psychologia** (The official journal of the Hellenic Society of Sport Psychology)

Member of editorial board

- International Journal of Sport and Exercise Psychology
- Psychology of Sport and Exercise

Journal Reviewer

- Journal of Sport and Exercise Psychology
- Journal of Aging and Physical Activity
- Journal of Sports Sciences
- Psychology of Sport and Exercise
- International Journal of Sport Psychology
- European Physical Education Review
- Perceptual and Motor Skills
- Research Quarterly for Exercise and Sport
- International Journal of Sport and Exercise Psychology
- The Sport Psychologist
- European Physical Education Review
- European Journal of Psychological Assessment
- European Journal of Sport Science
- Learning and Instruction
- Applied Psychology: An International Review
- European Psychologist
- Perceptual and Motor Skills
- Journal of Sport Science and Medicine
- Journal of Behavioral Nutrition and Physical Activity
- Journal of Teaching in Physical Education
- Athlitiki Psychologia [Official journal of the Hellenic Society of Sport Psychology]
- Hellenic Journal of Psychology [Official journal of the Psychological Society of Northern Greece]

Published articles in peer-reviewed journals

1. **Vlachopoulos, S.**, Biddle, S. J. H., & Fox, K. R. (1996). A social-cognitive investigation into the mechanisms of affect generation in children's physical activity. Journal of Sport and Exercise Psychology, *18*, 174-193.
2. **Vlachopoulos, S.**, & Biddle, S. J. H. (1996). Achievement goal orientations and intrinsic motivation in a track and field event in school physical education. European Physical Education Review, *2*, 158 - 164.
3. Biddle, S. J. H., Akande, A., **Vlachopoulos, S.** & Fox, K. R. (1996). Towards an understanding of children's motivation for physical activity: Achievement goal orientations, beliefs about sport success, and sport emotion in Zimbabwean children. Psychology and Health, *12*, 49-55.

4. **Vlachopoulos, S.** & Biddle, S. J. H. (1997). Modeling the relation of goal orientations to achievement-related affect in physical education: Does perceived ability matter? Journal of Sport and Exercise Psychology, *19*, 169-187.
5. **Vlachopoulos, S.**, Biddle, S. J. H., & Fox, K. R. (1997). Determinants of emotion in children's physical activity: A test of goal perspectives and attribution theories. Pediatric Exercise Science, *9*, 65-79.
6. **Vlachopoulos, S. P.**, Karageorghis, C. I., & Terry, P. C. (2000). Hierarchical confirmatory factor analysis of the Flow State Scale in exercise. Journal of Sports Sciences, *18*, 815-823.
7. **Vlachopoulos, S. P.**, Karageorghis, C. I., & Terry, P. C. (2000). Motivation profiles in sport: A self-determination theory perspective. Research Quarterly for Exercise and Sport, *71*, 387-397.
8. Karageorghis, C. I., **Vlachopoulos, S. P.**, & Terry, P. C. (2000). Latent variable modeling of the relationship between flow and exercise-induced feelings: An intuitive appraisal perspective. European Physical Education Review, *6*, 230-248.
9. Doganis, G., Iosifidou, P., & **Vlachopoulos, S.** (2000). Factor structure and internal consistency of the Greek version of the Flow State Scale. Perceptual and Motor Skills, *9*, 1231-1240.
10. Hamer, M., Karageorghis, C. I., & **Vlachopoulos, S. P.** (2002). Motives for exercise participation as predictors of exercise dependence among endurance athletes. Journal of Sports Medicine and Physical Fitness, *42*, 233-238.
11. **Vlachopoulos, S. P.**, & Karageorghis, C. I. (2005). Interaction of external, introjected, and identified regulation with intrinsic motivation in exercise: Relationships with exercise enjoyment. Journal of Applied Biobehavioral Research, *10*, 113-132.
12. **Vlachopoulos, S. P.**, & Michailidou, S. (2006). Development and initial validation of a measure of autonomy, competence, and relatedness in exercise: The Basic Psychological Needs in Exercise Scale. Measurement in Physical Education and Exercise Science, *10*, 179-201. doi: 10.1207/s15327841mpee1003_4
13. Theodorakis, N. D., **Vlachopoulos, S. P.**, Wann, D., Afthinos, Y., & Nassis, P. (2006). Measuring team identification: Translation and cross-cultural validity of the Greek version of the Sport Spectator Identification Scale. International Journal of Sport Management, *7*, 506-522.
14. **Vlachopoulos, S. P.** (2007). Psychometric evaluation of the Basic Psychological Needs in Exercise Scale in community exercise programs: A cross-validation approach. Hellenic Journal of Psychology, *4*, 52-74.

15. Katartzi, E., Theodorakis, Y., Tzetzis, G., & **Vlachopoulos, S. P.** (2007). Effects of goal setting and self-efficacy on wheelchair basketball performance. Japanese Journal of Adapted Sport Science, 5, 50-62.
16. **Vlachopoulos, S. P.** & Neikou, E. (2007). A prospective study of the relationships of autonomy, competence, and relatedness with exercise attendance, adherence, and dropout. Journal of Sports Medicine and Physical Fitness, 47, 475-482.
17. **Vlachopoulos, S. P.** (2008). The Basic Psychological Needs in Exercise Scale: Measurement invariance over gender. Structural Equation Modeling: A Multidisciplinary Journal, 15, 114-135. doi: 10.1080/10705510701758398
18. Kofotolis, N. D., **Vlachopoulos, S. P.**, & Kellis, E. (2008). Sequentially allocated clinical trial of rhythmic stabilization exercises and TENS in women with chronic low back pain. Clinical Rehabilitation, 22, 99-111.
19. **Vlachopoulos, S. P.**, Theodorakis, N. D., & Kyle, G. T. (2008). Assessing exercise involvement among participants in health and fitness centers. European Sport Management Quarterly, 8, 289-304.
20. **Vlachopoulos, S. P.**, & Gigoudi, M. A. (2008). Why don't you exercise? Development of the Amotivation Toward Exercise Scale among older inactive individuals. Journal of Aging and Physical Activity, 16, 316-341.
21. **Vlachopoulos, S. P.**, & Kaperoni, M., Moustaka, F. C., & Anderson, D. (2008). Psychometric evaluation of the Exercise Identity Scale among Greek adults and cross-cultural validity. Research Quarterly for Exercise and Sport, 79, 283-299.
22. **Vlachopoulos, S. P.** (2008). Hierarchical levels of generality in psychological measurement: The example of the Hierarchical Model of Intrinsic and Extrinsic Motivation. European Association of Psychological Assessment Newsletter – Scientific Issues section.
23. **Vlachopoulos, S. P.**, & Karavani, E. (2009). Psychological needs and subjective vitality in exercise: A cross-gender situational test of the needs universality hypothesis. Hellenic Journal of Psychology, 6, 207-222.
24. **Vlachopoulos, S.P.**, Ntoumanis, N., & Smith, A.L. (2010). The Basic Psychological Needs in Exercise Scale: Translation and evidence for cross-cultural validity. International Journal of Sport and Exercise Psychology, 8, 394-412.
25. **Vlachopoulos, S.P.**, Letsiou, M., Palaiologou, A., Leptokaridou, E.T., & Gigoudi, M.A. (2010). Assessing multidimensional exercise amotivation among adults and older individuals: The Amotivation Toward Exercise Scale – 2. European Journal of Psychological Assessment, 26, 248-255. doi: 10.1027/1015-5759/a000033

26. Moustaka, F.C., **Vlachopoulos, S.P.**, Vazou, S., Kaperoni, M., & Markland, D.A. (2010). Initial validity evidence for the Behavioral Regulation in Exercise Questionnaire-2 among Greek exercise participants. European Journal of Psychological Assessment, *26*, 269-276. doi: 10.1027/1015-5759/a000036
27. **Vlachopoulos, S.P.**, Kaperoni, M., & Moustaka, F.C. (2011). The relationship of self-determination theory variables to exercise identity. Psychology of Sport and Exercise, *12*, 265-272. doi: 10.1016/j.psychsport.2010.11.006
28. **Vlachopoulos, S.P.**, Katartzi, E.S., & Kontou, M.G. (2011). The Basic Psychological Needs in Physical Education Scale. Journal of Teaching in Physical Education, *30*, 263-280.
29. Hassandra, M., **Vlachopoulos, S.P.**, Kosmidou, E., Hatzigeorgiadis, A., Goudas, M., & Theodorakis, Y. (2011). Predicting students' intention to smoke by theory of planned behaviour variables and parental influences across school grade levels. Psychology and Health, *26*, 1241-1258.
30. Katartzi, E.S., & **Vlachopoulos, S.P.** (2011). Motivating children with developmental coordination disorder in school physical education: The self-determination theory approach. Research in Developmental Disabilities, *32*, 2674-2682.
31. **Vlachopoulos, S.P.**, Katartzi, E.S., Kontou, M.G., Moustaka, F.C., & Goudas, M. (2011). The Revised Perceived Locus of Causality in Physical Education scale: Psychometric evaluation among youth. Psychology of Sport and Exercise, *12*, 583-592.
32. Jun, J., Kyle, G. T., **Vlachopoulos, S.P.**, Theodorakis, N.D., Absher, J.D. & Hammit, W.E. (2012). Reassessing the structure of enduring leisure involvement. Leisure Sciences, *34*, 1-18.
33. Moustaka, F.C., **Vlachopoulos, S.P.**, Kabitsis, C., & Theodorakis, Y. (2012). Effects of an autonomy-supportive exercise instructing style on exercise motivation, psychological well-being and exercise attendance in middle-age women. Journal of Physical Activity and Health, *9*, 138-150.
34. Parastatidou, I.S., Doganis, G., Theodorakis, Y., & **Vlachopoulos, S.P.** (2012). Addicted to exercise: Psychometric properties of the Exercise Dependence Scale – Revised in a sample of Greek exercise participants. European Journal of Psychological Assessment, *28*, 3-10.
35. Moutão, J., Serra, L., Alves, J., Leitão, J., & **Vlachopoulos, S.P.** (2012). Validation of the Basic Psychological Needs in Exercise Scale in a Portuguese sample. Spanish Journal of Psychology, *15*, 399-409.

36. Parastatidou, I.S., Doganis, G., Theodorakis, Y., & **Vlachopoulos, S.P.** (2012). Exercising with passion: Initial validation of the Passion Scale in exercise. Measurement in Physical Education and Exercise Science, 16, 119-134.

37. Efklides, A., & **Vlachopoulos, S.P.** (in press). Measurement of meta-cognitive knowledge of self, task, and strategies in mathematics: What can it offer beyond self-concept in mathematics ability? European Journal of Psychological Assessment.

Research interests and postgraduate supervision

- Promotion of exercise behavior: Research projects on the role of the basic psychological needs for autonomy, competence, and relatedness in the promotion of exercise behavior and psychological well being among typical and clinical populations.
- Efficacy of exercise-instructing styles to promote exercise behavior: Self-determination theory-based interventions to promote exercise behavior and psychological well being among typical and clinical populations.
- Enhancement of intrinsic motivation for exercise and physical activity
- Physical activity and health-related quality of life: Research projects on the impact of various physical activity programs on aspects of health-related quality of life among individuals with chronic disease.
- Cross-national validation and evaluation of self-report research instruments to assess psychological determinants of physical activity

Scale Development

- **Basic Psychological Needs in Exercise Scale (BPNES)**
 - Vlachopoulos, S. P., & Michailidou, S. (2006). Development and initial validation of a measure of autonomy, competence, and relatedness in exercise: The Basic Psychological Needs in Exercise Scale. *Measurement in Physical Education and Exercise Science*, 10, 179-201.
- **Amotivation Toward Exercise Scale (ATES)**
 - Vlachopoulos, S. P., & Gigoudi, M. A. (2008). Why don't you exercise? Development of the Amotivation Toward Exercise Scale among older inactive individuals. *Journal of Aging and Physical Activity*, 16, 316-341.

- **Amotivation Toward Exercise Scale -2 (ATES-2)**
 - Vlachopoulos, S.P., Letsiou, M., Palaiologou, A., Leptokaridou, E.T., & Gigoudi, M.A. (2010). Assessing multidimensional exercise amotivation among adults and older individuals: The Amotivation Toward Exercise Scale – 2. *European Journal of Psychological Assessment, 26*, 248-255.
- **Basic Psychological Needs in Physical Education Scale (BPN-PE)**
 - Vlachopoulos, S.P., Katartzi, E.S., & Kontou, M.G. (2011). The Basic Psychological Needs in Physical Education Scale. *Journal of Teaching in Physical Education, 30*, 263-280.
- **Revised Perceived Locus of Causality in Physical Education scale (PLOC-R)**
 - Vlachopoulos, S.P., Katartzi, E.S., Kontou, M.G., Moustaka, F.C., & Goudas, M. (2011). The Revised Perceived Locus of Causality in Physical Education scale: Psychometric evaluation among youth. *Psychology of Sport and Exercise, 12*, 583-592.

Scale Translation and Validation

- **Exercise Identity Scale (EIS)** (Translated into Greek)
 - Vlachopoulos, S. P., & Kaperoni, M., Moustaka, F. C., & Anderson, D. (2008). Psychometric evaluation of the Exercise Identity Scale among Greek adults and cross-cultural validity. *Research Quarterly for Exercise and Sport, 79*, 283-299.
- **Behavioural Regulation in Exercise Questionnaire-2 (BREQ-2)** (Translated into Greek)
 - Moustaka, F.C., Vlachopoulos, S.P., Vazou, S., Kaperoni, M., & Markland, D.A. (2010). Initial validity evidence for the Behavioral Regulation in Exercise Questionnaire-2 among Greek exercise participants. *European Journal of Psychological Assessment, 26*, 269-276.
- **Basic Psychological Needs in Exercise Scale** (Translated into English)
 - Vlachopoulos, S.P., Ntoumanis, N., & Smith, A.L. (2010). The Basic Psychological Needs in Exercise Scale: Translation and evidence for

cross-cultural validity. *International Journal of Sport and Exercise Psychology*, 8, 394-412.

- **Basic Psychological Needs in Exercise Scale** (Translated into Portuguese)
 - Moutão, J., Serra, L., Alves, J., Leitão, J., & Vlachopoulos, S.P. (in press). Validation of the Basic Psychological Needs in Exercise Scale in a Portuguese sample. *Spanish Journal of Psychology*.

- **Exercise Dependence Scale – Revised** (Translated into Greek)
 - Parastatidou, I. S., Doganis, G., Theodorakis, Y., & Vlachopoulos, S. P. (2012). Addicted to exercise: Psychometric properties of the Exercise Dependence Scale – Revised in a sample of Greek exercise participants. *European Journal of Psychological Assessment*, 28, 3-10.

- **Passion Scale** (Translated into Greek in exercise)
 - Parastatidou, I. S., Doganis, G., Theodorakis, Y., & Vlachopoulos, S. P. (in press). Exercising with passion: Initial validation of the Passion Scale in exercise. *Measurement in Physical Education and Exercise Science*.

Teaching

Dr. Vlachopoulos' teaching is in both undergraduate and postgraduate courses related to:

- sport psychology
- exercise psychology
- applied sport psychology
- research methods
- multivariate statistics