

About



Symeon Vlachopoulos is Professor of Sport and Exercise Psychology, Director of the Laboratory of Social Research on Physical Activity, and Director of the Postgraduate Master's program in Kinesiology, School 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 past President of the Hellenic Society of Sport Psychology, has served as an appointed editor for the journal of the Hellenic Society of Sport Psychology, as an associate editor for *European Journal of Psychological Assessment* and as a member of the editorial board for *Psychology of Sport and Exercise*. He currently serves as a member of the editorial board of the *International Journal of Sport and Exercise Psychology*. His research interests focus on issues of motivation and behavior change in exercise and physical activity among adolescents, adults, and older individuals, and on the promotion 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*, *International Journal of Sport and Exercise Psychology*, *Journal of Applied Biobehavioral Research*, *Structural Equation Modeling*, *Measurement in Physical Education and Exercise Science*, *Research Quarterly for Exercise and Sport*, *Journal of Aging and Physical Activity*, *Psychology of Sport and Exercise*, *Journal of Physical Activity and Health*, *Research in Developmental Disabilities*, *European Journal of Psychological Assessment*, *Journal of Teaching in Physical Education, Learning and Instruction*, *Scandinavian Journal of Medicine and Science in Sports*, *Educational Psychology*, *International Journal of Disability, Development and Education*, *Body Image*, *Journal of Back and Musculoskeletal Rehabilitation*, *Health Promotion Practice*, *International Journal of Mental Health and Addiction*, *Leisure Sciences*, and *Clinical Rehabilitation*

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.

International faculty member

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

Editorial and reviewing responsibilities

- **Past associate editor for European Journal of Psychological Assessment**
- **Past guest editor for Hellenic Journal of Psychology**: Special issue (2009): “*Self-determination theory, physical activity, and well-being*”
- **Past editor, Athlitiki Psychologia** (The official journal of the Hellenic Society of Sport Psychology)

Member of editorial board

- **International Journal of Sport and Exercise Psychology**
- **Past member of editorial board for 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**

- 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
- Scandinavian Journal of Medicine and Science in Sports
- 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*, 91, 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.
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. 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.
15. **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.
16. **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
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.
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.
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.
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.
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. **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.
30. 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.
31. 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.
32. 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.

33. **Vlachopoulos, S. P.** (2012). The role of self-determination theory variables in predicting middle school students' subjective vitality in physical education. *Hellenic Journal of Psychology*, *9*, 179-204.
34. 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.
35. 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.
36. **Vlachopoulos, S.P.** (2012). Measurement equivalence of the Behavioral Regulation in Exercise Questionnaire – 2 across Greek men and women exercise participants. *Hellenic Journal of Psychology*, *9*, 1-17.
37. 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.
38. 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.
39. Efklides, A., & **Vlachopoulos, S. P.** (2012). 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*, *28*, 227-239.
40. **Vlachopoulos, S. P.**, Katartzis, E.S., & Kontou, M.G. (2013). Fitting multidimensional amotivation into the self-determination theory nomological network: Application in school physical education. *Measurement in Physical Education and Exercise Science*, *17*, 40-61.
41. **Vlachopoulos, S. P.**, Ascí, F.H., Cid, L., Ersoz, G., González-Cutre, D., Moreno-Murcia, J.A., & Moutão, J. (2013). Cross-cultural invariance of the Basic Psychological Needs in Exercise Scale and latent mean differences among Greek, Spanish, Portuguese, and Turkish samples. *Psychology of Sport and Exercise*, *14*, 622-631.
42. **Vlachopoulos, S. P.**, Leptokaridou, E.T., & Fox, K.R. (2014). Development and initial evidence of validity of a short form of the Physical Self-Perception Profile for Greek adults. *International Journal of Sport and Exercise Psychology*, *12*, 166-184.
43. Parastatidou, I., Doganis, G., Theodorakis, Y., & **Vlachopoulos, S. P.** (2014). The mediating role of passion in the relationship of exercise motivational regulations with exercise dependence. *International Journal of Mental Health and Addiction*, *12*, 406-419.
44. Moussouli, M., **Vlachopoulos, S. P.**, Kofotolis, N.D., Theodorakis, Y., Malliou, P., & Kellis, E. (2014). Effects of stabilization exercises on health-related quality of life in women with chronic low back pain. *Journal of Physical Activity and Health*, *11*, 1295-1303.

45. Vazou, S., & **Vlachopoulos, S. P.** (2014). Motivation and intention to integrate physical activity into daily school life: The JAM world record event. *Health Promotion Practice, 15*, 819-827.
46. Zafeiridou, M. P., Sarafi, V. D., & **Vlachopoulos, S. P.** (2014). The mediating role of exercise identity in the relationship of exercise motivational regulations with mild, moderate and strenuous exercise. *Journal of Sports Medicine and Physical Fitness, 54*, 816-827.
47. Papadopoulou, D., Malliou, P., Kofotolis, N., & **Vlachopoulos, S.** (2015). Health-related quality of life of students with autism and cerebral palsy attending special education schools. *Hellenic Journal of Psychology, 12*, 65-83.
48. Leptokaridou, E. T., **Vlachopoulos, S. P.**, & Papaioannou, A. G. (2015). Associations of autonomy, competence and relatedness with enjoyment and effort in elementary school physical education: The mediating role of self-determined motivation. *Hellenic Journal of Psychology, 12*, 105-128.
49. Megakli, T., **Vlachopoulos, S. P.**, & Theodorakis, Y. (2016). Effects of an aerobic and resistance exercise intervention on health-related quality of life in women with obesity. *Journal of Applied Biobehavioral Research, 21*, 82-106.
50. Leptokaridou, E. T., **Vlachopoulos, S. P.**, & Papaioannou, A. G. (2016). Experimental longitudinal test of the influence of autonomy-supportive teaching on motivation for participation in elementary school physical education. *Educational Psychology, 36*, 1135-1156.
51. Thogersen-Ntoumani, C., Yin Ng, J.Y., Ntoumanis, N., Chatzisarantis, N., **Vlachopoulos, S.**, Katartzi, E. S., & Nikitaras, N. (2016). "Mum's the word": Predictors and outcomes of weight concerns in pre-adolescent and early adolescent girls. *Body Image, 16*, 107-112.
52. Kofotolis, N., Kelliis, E., **Vlachopoulos, S. P.**, Gouitas, I., & Theodorakis, Y. (2016). Effects of pilates and trunk strengthening exercises on health-related quality of life in women with chronic low back pain. *Journal of Back and Musculoskeletal Rehabilitation, 29*, 649-659.
53. Papadopoulou, D., Malliou, P., Kofotolis, N., **Vlachopoulos, S.P.**, & Kellis, E. (2017). Health-related quality of life in children attending special and typical education Greek schools. *International Journal of Disability, Development and Education, 64*, 76-87.
54. Megakli, T., **Vlachopoulos, S. P.**, Thogersen-Ntoumani, C., & Theodorakis, Y. (2017). Impact of an aerobic and resistance exercise combination on physical self-perceptions and self-esteem in women with obesity with one-year follow-up. *International Journal of Sport and Exercise Psychology, 15*, 236-257.
55. Ntoumanis, N., Stenling, A., Thogersen-Ntoumani, C., **Vlachopoulos, S.**, Lindwall, M., Gucciardi, D. F., & Tsakonitis, C. (2018). Longitudinal associations between exercise identity and exercise motivation: A multilevel growth curve model approach. *Scandinavian Journal of Medicine and Science in Sports, 28*, 746-753.
56. Bartholomew, K. J., Ntoumanis, N., Mouratidis, A., Katartzi, E., Thogersen-Ntoumani, C., & **Vlachopoulos, S.** (2018). Beware of your teaching style: A school-

year long investigation of controlling teaching and student motivational experiences. *Learning and Instruction*, 53, 50-63.

Research interests

- Promotion of exercise behavior
- Efficacy of exercise-instructing styles in promoting exercise behavior
- Physical activity and health-related quality of life
- 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.

- **Short form of the Physical Self-perception Profile (PSPP-SF)**
 - Vlachopoulos, S. P., Leptokaridou, E.T., & Fox, K.R. (2014). Development and initial evidence of validity of a short form of the Physical Self-Perception Profile for Greek adults. *International Journal of Sport and Exercise Psychology*, 12, 166-184.

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. (2012). Validation of the Basic Psychological Needs in Exercise Scale in a Portuguese sample. *Spanish Journal of Psychology*, 15, 399-409.
- **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 for exercise behavior)
 - 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.

Teaching

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

- Sport psychology
- Exercise psychology
- Research methods
- Multivariate statistics