

Stephen Shannon
Lecturer
School of Sport
Faculty Of Life & Health Sciences
Type of address: Postal address.
Northlands Road
Magee Campus
BT48 7JL
Londonderry
United Kingdom
Email: s.shannon@ulster.ac.uk
Phone: +442871675302



Employment

Lecturer in Social /Psychological Sciences of Sport and Exercise

Lecturer
School of Sport
Vice-Chancellor's Office
1 Aug 2017 → present

Lecturer

Faculty Of Life & Health Sciences
Vice-Chancellor's Office
1 Aug 2017 → present

PhD Examiner

Deakin University
Australia

Research outputs

Testing the psychometric properties of Kidscreen-27 with Irish children of low socio-economic status

Shannon, S., Breslin, G., Fitzpatrick, B., Hanna, D. & Brennan, D., 30 Apr 2017, In: Quality of Life Research. 26, 4, p. 1081–1089 9 p.

The Effect of a School-Based Intervention on Physical Activity and Well-Being: a Non-Randomised Controlled Trial with Children of Low Socio-Economic Status

Shannon, S., Brennan, D., Hanna, D., Younger, Z., Hassan, J. & Breslin, G., 20 Apr 2018, In: Sports Medicine - Open. 4, 16, p. 1-12 12 p., 16 (2018).

Predicting Student-Athlete and Non-Athletes' Intentions to Self-Manage Mental Health: Testing an Integrated Behaviour Change Model

Shannon, S., Breslin, G., Haughey, T., Sarju, N., Neill, D. & Lawlor, M., 31 Mar 2019, In: Mental Health & Prevention. 13, p. 92-99 8 p.

Effects of a Mental Health Intervention in Athletes: Applying Self-Determination Theory

Shannon, S., Hannah, D., Haughey, T., Leavey, G., McGeown, C. & Breslin, G., 13 Aug 2019, In: Frontiers in Psychology. 10, AUG, p. 1-11 11 p., 1875.

The association between mindfulness and mental health outcomes in athletes: testing the mediating role of autonomy satisfaction as a core psychological need

Shannon, S., Hanna, D., Leavey, G., Haughey, T., Neill, D. & Breslin, G., 5 Feb 2020, (Published online) In: International Journal of Sport and Exercise Psychology. p. 1-16 16 p.

Why linking food choices with physical activity isn't a good idea

Shannon, S., 24 Jan 2020, 1 p. Ireland : RTÉ.

Determining the Efficacy of Mental Health Awareness Interventions in Sport Using a Systematic Review

Shannon, S. & Breslin, G., 27 Jan 2020, In: SAGE Research Methods Cases.. p. 1-11 11 p.

Testing the factor structure of the Warwick-Edinburgh Mental Well-Being Scale in adolescents: A bi-factor modelling methodology

Shannon, S., Breslin, G., Prentice, G. & Leavey, G., 1 Nov 2020, In: Psychiatry research. 293, 8 p., 113393.

Athletes' Psychological Needs and Coaches' Interpersonal Behaviours: a Within-Person Latent Profile Analysis

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Longitudinal Associations Between Athletes' Psychological Needs and Burnout Across a Competitive Season: A Latent Difference Score Analysis

Shannon, S., Prentice, G., Brick, N., Leavey, G. & Breslin, G., 5 May 2022, (Published online) In: Journal of Sport and Exercise Psychology. 44, p. 240-250 11 p.

Psychometric Assessment of the Mental Health Continuum-Short Form in Athletes: A Bifactor Modeling Approach

Shannon, S., Shevlin, M. & Breslin, G., 18 May 2022, (Published online) In: Journal of Clinical Sport Psychology. 17, 3, p. 306-326 21 p.

Adherence to aerobic and muscle-strengthening components of the physical activity guidelines and mental health

Shannon, S., Carlin, A., Woods, C. B., Alan, N., Murphy, N. & Murphy, M. H., 26 Oct 2022, In: Health Promotion International. 37, 5, p. 1-11 11 p., daac083.

: Frequency, Intensity and Duration of Muscle Strengthening Activity and Associations with Mental Health

Shannon, S., Shevlin, M., Brick, N. & Breslin, G., 18 Dec 2022, (Accepted/In press) In: Journal of Affective Disorders.

The Influence of Athletes' Psychological Needs on Motivation, Burnout and Well-Being: a Test of Self-Determination Theory

Shannon, S., Brick, N., Prentice, G. & Breslin, G., 31 Aug 2023, (Published online) In: Journal of Clinical Sport Psychology. 17, 4, p. 409-428 20 p.

A review of mental health and wellbeing awareness Programmes in sport

Shannon, S., 2016

Preliminary findings from the Sport For Life: All Island healthy lifestyle intervention for children in areas of social and economic disadvantage

Shannon, S., Jun 2014, *Preliminary findings from the Sport For Life: All Island healthy lifestyle intervention for children in areas of social and economic disadvantage*. Annual conference, UK, Edinburgh

Predicting Athletes' Mental Health Stigma Using the Theory of Reasoned Action Framework

Shannon, S., 2018, In: Journal of Clinical Sport Psychology.

Relationship between gender, physical activity, screen time, body mass index and wellbeing in Irish children from social-disadvantage

O'Brien, W., Belton, S., Fitzpatrick, B., Shannon, S., Brennan, D., Chambers, F., O'Donovan, K. & Breslin, G., 12 Mar 2021, (Published online) In: Child Care in Practice. p. 1-15 15 p.

"You wanna ride, then you waste": The psychological impact of wasting in national hunt jockeys

McGuane, T., Shannon, S., Sharp, L-A., Dempster, M. & Breslin, G., 30 Jun 2019, In: Sport Psychologist. 33, 2, p. 129-136 8 p.

Resilience, Wellbeing, Depression Symptoms and Concussion Levels in Equestrian Athletes

McGivern, A., Shannon, S. & Breslin, G., 26 Dec 2020, (Accepted/In press) In: Journal of Public Mental Health. p. 0-22 22 p.

Resilience, well-being, depression symptoms and concussion levels in equestrian athletes

McGivern, A., Shannon, S. & Breslin, G., 11 Feb 2021, In: Journal of Public Mental Health. 20, 3, p. 172-181 10 p.

Barriers and facilitators of physical activity in adolescents with intellectual disabilities: An analysis informed by the COM-B model

McDermott, G., Brick, N., Shannon, S., Fitzpatrick, B. & Taggart, L., 1 May 2022, In: Journal of Applied Research in Intellectual Disabilities. 35, 3, p. 800-825 26 p.

Comparing Mental Health of Athletes and Non-Athletes as they Emerge from a COVID-19 Pandemic Lockdown

Knowles, C., Shannon, S., Prentice, G. & Breslin, G., 20 May 2021, (Published online) In: Frontiers in Sports and Active Living. 3, 11 p., 612532.

Physical Activity in Childhood and Adolescence and Future Depressive Symptoms: An 11-Year Prospective Cohort Study

Knowles, C., Paradis, K., Breslin, G., Shannon, S. & Carlin, A., 24 Aug 2023, (Published online) In: European Journal of Public Health. 33, 5, p. 878-883 6 p.

The Research Lens for Northern Ireland's #ActiveFitSporty Project !!!

Haughey, T., Breslin, G. & Shannon, S., 11 Mar 2019, (Accepted/In press). 1 p.

#ActiveFitSporty – Impact !!!!

Haughey, T., Breslin, G. & Shannon, S., 28 Feb 2019, (Accepted/In press). 1 p.

Systematic review of physical activity interventions assessing physical and mental health outcomes on patients with severe mental illness (SMI) within secure forensic settings

Hassan, J., Shannon, S., Tully, M., McCartan, C., Davidson, G., Bunn, R. & Breslin, G., 31 Oct 2022, In: Journal of Psychiatric and Mental Health Nursing. 29, 5, p. 630-646 17 p.

Help-Seeking Beliefs Among Anabolic Androgenic Steroid Users Experiencing Side Effects: An Interpretive Phenomenological Analysis

Gilmore, H., Shannon, S., Leavey, G., Dempster, M., Gallagher, S. & Breslin, G., 4 Oct 2019, (Accepted/In press) In: Journal of Clinical Sport Psychology.

The impact of verbal and physical abuse on distress, mental health, and intentions to quit in sports officials

Brick, N., Breslin, G., Shevlin, M. & Shannon, S., 30 Nov 2022, In: Psychology of Sport and Exercise. 63, 102274.

Physical activity, well-being and needs satisfaction in eight and nine-year-old children from areas of socio-economic disadvantage

Breslin, G., Shannon, S., Fitzpatrick, B., Hanna, D., Belton, S. & Brennan, D., 3 Jul 2017, In: Child Care in Practice. 23, 3, p. 275-291 17 p.

A systematic review of interventions to increase awareness of mental health and well-being in athletes, coaches and officials

Breslin, G., Shannon, S., Haughey, T., Donnolly, P. & Leavey, G., 31 Aug 2017, (Published online) In: Systematic Reviews. 6, 177, p. 1-15 15 p.

Predicting Athlete Mental Health Stigma Using The Theory of Reasoned Action Framework

Breslin, G., Shannon, S., Ferguson, K., Devlin, S., Haughey, T. & Prentice, G., Mar 2019, In: Journal of Clinical Sport Psychology. 13, 1, p. 103-115 13 p.

Physical activity and wellbeing of 8–9 year old children from social disadvantage: An all-Ireland approach to health

Breslin, G., Fitzpatrick, B., Brennan, D., Shannon, S., Rafferty, R., O'Brien, W., Belton, S., Chambers, F., Haughey, T., McCullagh, D., Gormley, R. & Hanna, D., Oct 2017, In: *Mental Health and Physical Activity*. 13, p. 9-14

The State of Mind Ireland (SOMI) programme for student athletes

Breslin, G., Haughey, T., Shannon, S., Neil, D. & Lawlor, M., 2019, *Mental Health and Well-being Interventions in Sport*. Routledge

The Effect of an Augmented Commercial Weight Loss Program on Increasing Physical Activity and Reducing Psychological Distress in Women with Overweight or Obesity: a Clustered Randomised Controlled Trial.

Breslin, G., Sweeney, L., Shannon, S., Murphy, M. H., Hanna, D., Meade, M. M. & Armitage, C. J., 3 Jul 2019, (Published online) In: *Journal of Public Mental Health*.

Athlete and Nonathlete Intentions to Self-Manage Mental Health: Applying the Integrated Behavior Change Model to the State of Mind Program

Breslin, G., Shannon, S., Haughey, T., Sarju, N., Neill, D., Leavey, G. & Lawlor, M., 2 Jan 2021, In: *Journal of Applied Sport Psychology*. 33, 1, p. 83-97 15 p.

Player Transition Out of Football to Protect Wellbeing: A Dual Career Identity Study

Breslin, G., Ferguson, K., Shannon, S., Haughey, T. & Connor, S., 1 Apr 2019, (Accepted/In press)

International consensus statement on the psychosocial and policy-related approaches to mental health awareness programmes in sport: Consensus Statement

Breslin, G., Smith, A., Donohue, B., Donnelly, P., Shannon, S., Haughey, T., Vella, S., Swann, C., Cotterill, S., MacIntyre, T., Rogers, T. & Leavey, G., 18 Sept 2019, (Published online) In: *BMJ Open Sport and Exercise Medicine*. 5, 1, p. 1-24 24 p., e000585.

Mental Health and Wellbeing Interventions in Sport: A Review and Recommendations

Breslin, G., Shannon, S., Haughey, T., Donnelly, P. & Leavey, G., Feb 2017, *Sport Northern Ireland*. 21 p.

Adolescent Mental Health Help-Seeking from Family and Doctors: Applying the Theory of Planned Behaviour to the Northern Ireland Schools and Wellbeing Study

Breslin, G., Shannon, S., Prentice, G., Rosato, M. & Leavey, G., 20 May 2021, (Published online) In: *Child Care in Practice*. p. 1-14 14 p.

Understanding Sport Psychology

Breslin, G., Kremer, J., Moran, A., Craig, C. & Shannon, S., 1 Nov 2021, (Accepted/In press) SAGE Publications. 293 p.

An updated systematic review of interventions to increase awareness of mental health and well-being in athletes, coaches, officials and parents

Breslin, G., Shannon, S., Cummings, M. & Leavey, G., 19 May 2022, (Published online) In: *Systematic Reviews*. 11, 99.

A systematic review of the effect of The Daily Mile™ on children's physical activity, physical health, mental health, wellbeing, academic performance and cognitive function

Breslin, G., Hillyard, M., Brick, N., Shannon, S., McKay-Redmond, B., McConnell, B. & Buzzachera, C. F. (ed.), 12 Jan 2023, (Published online) In: *PLoS ONE*. 18, 1, p. 1-20 20 p., e0277375.

The effect of sport for LIFE: all island in children from low socio-economic status: a clustered randomized controlled trial

Breslin, G., Shannon, S., Rafferty, R., Fitzpatrick, B., Belton, S., O'Brien, W., Chambers, F. C., Haughey, T., Hanna, D., Gormley, R., McCullagh, D. & Brennan, D., 16 Apr 2019, (Published online) In: *Health and Quality of Life Outcomes*. 17, p. 1-12 12 p., 66.

Every Minute Counts: Patterns and Times of Physical Activity Participation in Children From Socially Disadvantaged Areas in Ireland

Belton, S., Breslin, G., Shannon, S., o'brien, W., Fitzpatrick, B., Haughey, T., Chambers, F., Powell, D., Mc Cullagh, D. & Brennan, D., 1 May 2019, In: Journal of Physical Activity and Health. 16, 5, p. 333-339 7 p.

Awards

Player transition and wellbeing

Breslin, G., Ferguson, K. & Shannon, S.

1/09/18 → 31/03/19

Student theses

Physical activity and well-being in children of low socio-economic status : testing self-determination theory

Author: Shannon, S., 2017

Supervisor: Breslin, G. (Supervisor) & Brennan, D. (Supervisor)

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