



Martin Hagger

Martin Hagger obtained his undergraduate degree and Ph. D. in exercise psychology from Loughborough University in the UK and has worked in Psychology Schools at the Universities of Sheffield, Essex, and Nottingham. He is currently he is currently Director of the Health Psychology and Behavioural Medicine Research Group in the School of Psychology and Speech Pathology at Curtin University, Perth, Australia, John Curtin Distinguished Professor at Curtin University, and Finnish Distinguished Professor at University of Jyväskylä, Finland. He is also Adjunct Professor at Griffith University and University of Central Queensland, Australia. He is editor-in-chief of *Health Psychology Review* and *Stress and Health* and editorial board member of ten other international peer-reviewed journals. He has received various honours including Distinguished Contribution Award from the Health Psychology Division of the International Association of Applied Psychology (IAAP), and Distinguished International Affiliate of Division 38 (Health Psychology) of the American Psychological Association.

Prof. Hagger's research interests are in the domains of health psychology and behavioural medicine and his specific focus is on the motivation and self-regulation of health-promoting behaviour, particularly exercise and physical activity. He is interested in how psychological factors such as attitudes, intentions, self-control, action plans, and motives affect physical activity participation and what health professionals such as PE teachers, health promoters, coaches, and personal trainers can do to change health-related behaviour. His research applies motivational theories to understand, intervene and change physical activity. He has developed the trans-contextual model, an integrated theoretical model that maps the processes by which PE teachers promoting physical activity in school can foster intrinsic motivation, intentions, and actual participation in physical activity outside of school. In addition, his integrated behaviour change model (IBCM) brings together key processes from different psychological theories to understand the impulsive and reflective pathways to participation in physical activity.

