

# Tudományos Önéletrajz

## Dr. Szabó Attila

**Tudományos fokozat:** PhD

### Felsőoktatási tanulmányok:

- 1983-1986 Természettudományok baccalaureusa (Bachelor of Science – BSc) **Pszichológia**, Pszichobiológia specializálódással / Psychology / Concordia Egyetem, Montréal, Kanada
- 1987-1989 A természettudományok magisztere (Master of Science – MSc) **Biológia** / Biology / Concordia Egyetem, Montréal, Kanada
- 1990-1993 A filozófia doktora (Philosophiae Doctor – PhD) **Mozgástudományok** / Sciences of Physical Activity / Montreáli Egyetem / Université de Montreal, Montréal, Kanada
- 1997-1998 Posztgraduális **Felsőoktatási Tanár** Bizonyítvány (Postgraduate Certificate in Teaching in Higher Education - PG Cert. THE), Nottinghami Trent Egyetem, Nottingham, Nagy Britannia
- 1998-2000 Bölcsészdoktor (Master of Arts – MA) **Felsőoktatás Fejlesztés** / Education / Nottinghami Trent Egyetem, Nottingham, Nagy Britannia

### Posztdokorátusi továbbképzések

- 1994-1995 Concordia Egyetem, Testnevelési Tanszék, Montreal, Kanada
- 1995-1996 Testnevelési Egyetem, Orvostudományi Tanszék, Budapest

### Szakmai gyakorlat

- 1986-1996 Kutató és segédtanár, Egészség és Sport Pszichológia
- 1997-2001 Egyetemi adjunktus, Sport Tudományok, Nottinghami Trent Egyetem
- 2001-2005 Docens, Egészség és Sport Pszichológia Nottinghami Trent Egyetem
- 2006- jelen Tudományos főmunkatárs, Nemzeti Utánpótlás Nevelési Intézet

### Szakmai elismerések

- 1) Hivatásos kutató Sport és Testnevelés Pszichológiában (BASES - Nagy Britannia)
- 2) Hivatásos tanár a felsőoktatásban (Felsőoktatási Akadémia Tagja - Nagy Britannia)

### Egyébb tudományos tevékenységek

- 1993-jelen Lektór: Computers & Education, European Yearbook of Sport Psychology, Health Psychology, Journal of Sport Sciences, Journal of Sports Science and Medicine, Psychology, Health & Medicine, Psychology of Sport & Exercise, The Sport Psychologist
- 1996-1998 Szerkeztői bizottság tag: European Yearbook of Sport Psychology
- 1997-1999 Tanácsadó a Somerseti Health Authority Projektben: "Physical Activity and Mental Health"
- 1999-2000 Szaktanácsadó a Hong-Kongi Felsőoktatási intézetben (Tai Po, Hong Kong)
- 2000 Szervező tagja a 'SPORTS IN THE CITY' (USA) konferenciának
- 2002-2004 Vizsgabíró a Bergeni Egyetem Társadalom Tudományi tanszékén
- 2000-2004 Szervező: - Tudományos konferenciák: 3 - tanácsadó és lektor  
Erasmus diákcsere program – tanulmány szervező  
Oktatási inspekción Nottinghami Trent Egyetem – felkészítő vezető
- 2002-2006 Opponens 4 Angliai PhD vizsgán és 1 Norvég bölcsészdoktor vizsgán

**Kutatási szféra:** Oktatás (Felsőoktatás fejlesztés), Egészség és sport pszichológia, Kardiovaszkuláris egészség, Epidemiológia, és Internet kutatás

### **Tudományos Tagság**

Amerikai Pszichológiai Egyesület - *American Psychological Association (APA - USA)*  
Brit Sport és Testnevelési Egyesület - *British Association of Sports and Exercise Sciences (BASES Nagy Británia)*  
Felsőoktatási Akadémia - *Higher Education Academy (HEA - Nagy Britannia)*  
Magyar Sporttudományi Társaság

**Nemzetközi konferencia részvétel** (Előadások/posztterek idézhető absztrakttal): **40 db**  
**Magyarországi konferencia részvétel** (Előadások/posztterek idézhető absztrakttal): **7 db**  
**Előadások meghívásra: összesen: 10 alkalom**

### **Publikációk angol nyelven**

#### **Megjelenés alatt**

**Attila Szabo**, & Katey L. Hopkinson (2007). Negative psychological effects of watching the news in the television: relaxation or another intervention may be needed to buffer them! *International journal of Behavioral Medicine* (megjelenés alatt)

Gábor Andrássy & **Attila Szabo** (2006). What is the cause of QTc prolongation in patients with alcohol withdrawal syndrome? *Swiss Medical Weekly* (megjelenés alatt)

#### **Megjelent**

**Attila Szabo** & Tamás Szabó (2007). Evaluation of the impact of the Internet on sport and exercise psychology. *Sport and Exercise Psychology Review*, 3 (1), 29-42.

Gábor Andrássy, Zsófia Trummer, Gyöngyver Ferencz, & **Attila Szabo** (2006). Is neuroticism really associated with increased arrhythmia risk? *Journal of Psychosomatic Research*, 61(6), 847-848.

**Attila Szabo**, Sarah E. Ainsworth & Philippa K. Danks (2005). Experimental comparison of the psychological benefits of aerobic exercise, humour, and music. *HUMOR: International Journal of Humor Research*, 18(3), 235-246.

Eric C.K. Tsang, **Attila Szabo**, A., István Soos, & Pál Bute (2005). A study of cultural differences in motivational orientations towards sport participation of junior secondary school children in four cultures. *Journal of Physical Education & Recreation (Hong Kong)*, 11(1), 44-50.

Mark Griffiths, **Attila Szabo** & Annabel Terry (2005). The exercise addiction inventory: a quick and easy screening tool for health practitioners. *British Journal of Sports Medicine*, 39, e30 (<http://bjssportmed.com/cgi/content/full/39/6/e30>)

Gábor Andrásy, **Attila Szabo**, Andrea Dunai, Eszter Simon, & Adam Tahy (2005). Heart rate correction of the QT interval during exercise. *Cardiologia Hungarica*, 35, 17-20.

Istvan Soos, **Attila Szabo**, & Eric C.K. Tsang (2004). Self-determination, goal orientation, and students' anxiety in secondary school sport clubs. *Journal of Coimbra Network on Exercise Sciences*, 1(1) 35-42.

**Attila Szabo** and Lorna Hoban (2004). Psychological Effects of Fast-and Slow-Tempo Music Played during Volleyball Training in a National League Team. *International Journal of Applied Sports Sciences*, 16(2), 39-48.

**Attila Szabo** & Jean Underwood (2004). Cybercheats: Is information and communication technology fuelling academic dishonesty? *Active Learning In Higher Education*, 5(2), 180-199.

Annabel Terry, **Attila Szabo** & Mark Griffiths (2004). The Exercise Addiction Inventory: A new brief screening tool. *Addiction Research and Theory*, 12, 489-499.

**Attila Szabo** (2003). Acute psychological effects of exercise performed at self-selected workloads: Implications for theory and practice. *Journal of Sport Science and Medicine*, 2, 77-87. (the full article in .HTML and .PDF format is available on the Internet at:  
<http://www20.uludag.edu.tr/~hakan/sbtd/vol2/n3/2/v2n3-2.htm>)

Eric C. K. Tsang, **Attila Szabo**, & Annemarie Robinson (2003). Analytical comparison of three motivational components of exercise adherence in physically active Hong Kong and United Kingdom university students. *Journal of Physical Education and Recreation (Hong Kong)*, 9(1), 31-35.

Gábor Andrásy, **Attila Szabo**, Andrea Dunai, Eszter Simon, Tímea Nagy, Zsófia Trummer, Ádám Tahy, & András Varro (2003). Acute effects of cigarette smoking on the QT interval of healthy smokers: Comparison of QT interval measurement methods. *American Journal of Cardiology*, 92, 489-492.

Jean Underwood & **Attila Szabo** (2003) Plagiarism: Is there a problem in tertiary education? JISC Plagiarism Advisory Service. November 2003. Located at:  
[http://online.northumbria.ac.uk/faculties/art/information\\_studies/lmri/jisc/pas/docs/publications/UnderwoodTertiary.pdf](http://online.northumbria.ac.uk/faculties/art/information_studies/lmri/jisc/pas/docs/publications/UnderwoodTertiary.pdf)

Jean Underwood & **Attila Szabo** (2003). Academic offences and e-learning: Individual propensities in cheating. *British Journal of Educational Technology*, 34, 467-477.

**Attila Szabo** (2003). The acute effects of humor and exercise on mood and anxiety. *Journal of Leisure Research*, 35(2), 152-162.

- Elianne M. Trembath, **Attila Szabo**, & Michael J. Baxter (2002). Participation motives in leisure centre physical activities. *Athletic Insight; The Online Journal of Sport Psychology*, 4(3), article available online at: <http://www.athleticinsight.com/Vol4Iss3/LeisureCenterParticipationMotives.htm>
- Gábor Andrásy, Péter Biliczky, Csaba Lengyel & **Attila Szabo** (2002). Duration and dispersion of QT interval in smokers. *American Journal of Cardiology*, 89(2), 249-250.
- Attila Szabo**, Ellen Billett, & Jason Turner (2001). Phenylethylamine, a possible link to the antidepressant effects of exercise? *British Journal of Sports Medicine*, 35:342-343.
- Attila Szabo** & Anna M. Parkin (2001). The Psychological Impact of Training Deprivation in Martial Artists. *Psychology of Sport & Exercise*, 2, 187-199.
- Ester Cerin, **Attila Szabo**, & Clive Williams (2001). Is the Experience Sampling Method (ESM) Appropriate for Studying Pre-competitive Emotions? *Psychology of Sport & Exercise*, 2, 27-45.
- Attila Szabo** & Nigel Hastings (2000). Using IT in the classroom: Should we replace the blackboard with PowerPoint? *Computers & Education*, 35, 175-187.
- Ester Cerin, **Attila Szabo**, Nigel Hunt & Clive Williams (2000). Temporal patterning of Competitive Emotions: A Critical Review. *Journal of Sport Sciences*, 18, 605-626.
- Attila Szabo**, Adam Small, and Martin Leigh (1999). The effects of slow- and fast-rhythm classical music on progressive cycling to voluntary physical exhaustion. *The Journal of Sports Medicine and Physical Fitness*, 39, 220-225.
- Attila Szabo** & Mark Bak (1999) Exercise-induced affect during training & competition in collegiate soccer players. *European Yearbook of Sport Psychology*, 3, 91-104.
- Andy Roosen, Graham Compton, & **Attila Szabo** (1999). A device to measure choice reaction time in karate. *Sports Engineering*, 2, 49-54.
- Attila Szabo**, Andrea Meskó, Arcangelo Caputo, & Éamonn Gill (1998). Examination of exercise-induced feeling states in four modes of exercise. *International Journal of Sport Psychology*, 29, 376-390.
- Attila Szabo** (1998). Studying the psychological impact of exercise deprivation: Are experimental studies hopeless? *Journal of Sport Behavior*, 21(2), 139-147. (theoretical paper)
- Erin E. Michalak and **Attila Szabo** (1998). Guidelines for Internet research: An update. *European Psychologist*, 3(1), 70-75. (theoretical paper)

Ernest Dagrou and **Attila Szabo** (1998). Daily assessment of state anxiety and mood in African athletes: Psychological effects of training from a life-quality perspective. *Ife Psychologia*, 6(2), 1-12.

**Attila Szabo**, Robert Frenkl, György Janek, László Kálmán and Dénes László (1998). Runners anxiety and mood on running and non-running days: An *in-situ* daily monitoring study. *Psychology, Health & Medicine*, 3(2), 193-199.

Peter Seraganian, **Attila Szabo** and Thomas G. Brown (1997). The effect of vocalization on the heart rate response to mental arithmetic. *Physiology & Behavior*, 62(2), 221-224

**Attila Szabo** (1997). Cross sectional research on the Internet. *Journal of Physical Education and Sport Sciences*, 10(1), 14-22

**Attila Szabo**, Robert Frenkl, Arcangelo Caputo (1997). Relationships between addiction to running, commitment to running and deprivation from running: A study on the Internet. *European Yearbook of Sport Psychology*, 1, 130-147

Manuel G. Calvo, **Attila Szabo** and Juan Capafons (1996). Anxiety and heart rate under psychological stress: The effects of exercise-training. *Anxiety, Stress, and Coping*, 9, 321-337

**Attila Szabo**, Robert Frenkl and Arcangelo Caputo (1996). Deprivation feelings, anxiety, and commitment to various forms of physical activity: A cross-sectional study on the Internet. *Psychologia*, 39, 223-230

**Attila Szabo** and Robert Frenkl (1996). Consideration of research on Internet: Guidelines and implications for human movement studies. *Clinical Kinesiology*, 50(3), 58-65 (theoretical paper)

John J. Furedy, **Attila Szabo** and Francois Péronnet (1996). Effects of psychological and physiological challenges on heart rate, T-wave amplitude, and pulse-transit time. *International Journal of Psychophysiology*, 22, 173-183.

**Attila Szabo** (1995). The impact of exercise deprivation on well-being of habitual exercisers. *The Australian Journal of Science and Medicine in Sport*, 27(3), 68-75. (review article)

**Attila Szabo**, François Péronnet, Lise Gauvin, and John J. Furedy (1994). Mental challenge elicits additional increases in heart rate during low and moderate intensity cycling. *International Journal of Psychophysiology*, 17, 197-204.

**Attila Szabo**, François Péronnet, Robert Frenkl, Anna Farkas, Máté, Petrekanits, János Mészáros, Antal Hetényi and Tamás Szabo (1994). Blood pressure and heart rate reactivity to mental strain in adolescent judo athletes. *Physiology and Behavior*, 56, 219-224.

**Attila Szabo** (1993). The combined effects of orthostatic and mental stress on heart rate, T-wave amplitude, and pulse transit time. *European Journal of Applied Physiology and Occupational Physiology*, 67, 540-544.

**Attila Szabo**, François Péronnet, Ghislain Boudreau, Lise Coté, Lise Gauvin and Peter Seraganian (1993). Psychophysiological profiles in response to various challenges during recovery from acute aerobic exercise. *International Journal of Psychophysiology*, 14, 285-294.

**Attila Szabo**, Thomas G. Brown, Lise Gauvin and Peter Seraganian (1993). Aerobic fitness does not influence directly heart rate reactivity to mental challenge. *Acta Physiologica Hungarica*, 81, 229-237.

**Attila Szabo** (1992). Habitual exercise participation and personality. *Perceptual and Motor Skills*, 74, 978.

**Attila Szabo** and Lise Gauvin (1992). Reactivity to written mental arithmetic: Effects of exercise lay-off and habituation. *Physiology & Behavior*, 51, 501-506.

**Attila Szabo** and Lise Gauvin (1992). Mathematical performance before, during and following cycling at low and moderate intensity. *Perceptual and Motor Skills*, 75, 915-918.

Lise Gauvin and **Attila Szabo** (1992). Application of the experience sampling method to the study of the effects of exercise withdrawal on well-being. *Journal of Sport and Exercise Psychology*, 14, 361-374.

**Attila Szabo**, Sylvia M. Ruby, Frank Rogan and Zalman Amit (1991). Changes in brain dopamine levels, oocyte growth and spermatogenesis in sexually maturing rainbow trout, *Oncorhynchus mykiss*, following sublethal cyanide exposure. *Archives of Environmental Contamination and Toxicology*, 21, 152-157.

Thomas G. Brown, **Attila Szabo** and Peter Seraganian (1988). Physical versus psychological determinants of heart rate reactivity to mental arithmetic. *Psychophysiology*, 25, 532-537.

#### **Más publikációk** (Lektorált belső - Nottinghami Trent Egyetem - cikkek):

**Attila Szabo** (2000). PowerPoint Lecturing: Students like it but does it enhance performance? *Innovation: Learning and Teaching Journal* (published by Centre for Academic Practice (CAP), Vol. 4, 107-111.

**Attila Szabo** (1999). Equity in the classroom: Theoretical and data based issues. *Innovation: Learning and Teaching Journal* (published by Centre for Academic Practice (CAP), Vol. 3, 1-4.

## Publikációk magyar nyelven

Velencei Attila, Szabó Tamás, **Szabó Attila** (2006). Az edzői stressz és kiégés okai, következményei (Causes and consequences of stress and burnout in coaching). Magyar Sporttudományi Szemle (Hungarian Review of Sport Science. (in press).

Robert Frenkl and **Attila Szabo** (1996). Az Internet-hálózat bevonulása a kutatásokba (Recruitment of the Internet in research - Hungarian). *Testnevelés és Sporttudomány*, (3), 28-34.

## Könyvfejezetek

**Attila Szabo** (2006). Psychological effects of exercise and humour. In Andrew M. Lane (Ed.). *Mood and Human Performance: Conceptual, Measurement, and Applied Issues (Chapter 10)*. Hauppauge, NY: Nova Science Publishers, Inc. (peer reviewed BOOK CHAPTER).

**Attila Szabo** (2001). Men versus women in the sports media: Fair play? In Ruskin, H. & Lämmer, M (Eds.). *Fair Play: Violence in Sport and Society* (Chapter 10; pp. 158-175). The Cossell Centre for Physical Education, Leisure and Health Promotion, The Hebrew University of Jerusalem, Israel (peer-reviewed BOOK CHAPTER).

**Attila Szabo** (2000). Physical activity and psychological dysfunction. In Biddle, S., Fox, K., & Boutcher, S. (Eds.). *Physical Activity and Psychological Well-Being (Chapter 7)*. Routledge, London (peer reviewed BOOK CHAPTER).

François Péronnet and **Attila Szabo** (1993). Sympathetic response to psychosocial stressors in humans: Linkage to physical exercise and training. In P. Seraganian (Ed.), *Exercise Psychology: The Influence of Physical Exercise On Psychological Processes*. (pp.172-217). New York: John Wiley & Sons. (peer-reviewed BOOK CHAPTER)