



Dr Jennifer Cumming

University of Birmingham

Dr Jennifer Cumming is a Senior Lecturer in Sport and Exercise Psychology from the (UK) and is a Chartered Psychologist and Associate Fellow of the British Psychological Society. Her current research focuses on community-based approaches to developing practical and culturally-tailored interventions for athletes and, more recently, individuals who are traditionally considered 'harder to reach'. She is interested in how individuals learn to effectively regulate their thoughts, feelings, and behaviours with mental skills training, and determine the impact of self-regulation (or dysregulation) on performance, health, and well-being. Whereas sport psychology customarily focuses on mental skills as a regulatory capacity that athletes use in competitive and non-competitive situations, she more broadly uses this knowledge to support health-related quality of life in communities that are more challenging to engage, such as homeless adolescents. Dr Cumming is the Primary Investigator of large funded study (2014-2020) to co-develop, co-implement, and co-evaluate the Mental Skills Training for Life™ programme as part of community-based participatory action research with a large supported housing service.