

DR DAVID CARLESS

Current Position

Senior Research Fellow in the Carnegie Research Institute, Leeds Metropolitan University

Qualifications

BA(Ed) Physical Education, University of Exeter

MSc Kinesiology, Southern Illinois University, Illinois, USA

PhD Mental Health and Physical Activity in Recovery, University of Bristol

Employment History

2004- 2005	Honorary Visiting Fellow, University of Bristol
2002-2005	Freelance researcher and consultant for Professional Golfers Association of GB
1999-2002	University of Bristol Postgraduate Scholarship
1999	Part-time lecturer, University of Exeter
1997-1998	Graduate research and teaching assistant in Department of Kinesiology and Health Education, Southern Illinois University, USA
1997	Primary School Teacher
1996-1997	Care worker with adults with severe learning disabilities in learning support units
1995-1996	Travelling and working in India, Nepal, Thailand, Australia, and New Zealand
1995	Primary School Teacher

Research and Scholarship

Areas of Specialisation: Qualitative methodology, narrative research, performative and arts-informed research, physical activity and mental health, psychological well-being and elite sport, identity.

Overview: My research interests are wide ranging and multidisciplinary. Much of my work explores the processes by which mental health, psychological well-being, and identity are developed, challenged or recovered in physical activity and sport related contexts. The theoretical foundations for this work draw on psychology, education, sociology, and the performing arts. The applied implications span interventions to promote recovery among people diagnosed with a mental health problem, approaches to support elite athlete well-being, and pedagogical innovation through the performing arts. A cornerstone of my work is the use and development of qualitative approaches such as narrative, ethnographic, arts-informed, and performative methods.

Books

Carless, D. & Douglas, K. (2010). *Sport and Physical Activity for Mental Health*. Oxford: Wiley-Blackwell.

Journal Articles

Carless, D. (in press). Negotiating sexuality and masculinity in school sport: An autoethnography. *Sport, Education and Society*.

Carless, D. & Douglas, K. (in press). Stories as personal coaching philosophy. *International Journal of Sports Science and Coaching*.

Carless, D. (2010). Who the hell was *that*? Stories, bodies and actions in the world. *Qualitative Research in Psychology*, 7(4), 332-344.

- Carless, D. & Douglas, K. (2010). Performance ethnography as an approach to health-related education. *Educational Action Research, 18*(3), 373-388.
- Douglas, K. & Carless, D. (2010). Restoring connections in physical activity and mental health research and practice: A confessional tale. *Qualitative Research in Sport and Exercise, 2*(3), 336-353.
- Carless, D. & Douglas, K. (2009a). "We haven't got a seat on the bus for you" or "All the seats are mine": Narratives and career transition in professional golf. *Qualitative Research in Sport and Exercise, 1*(1), 51-66.
- Carless, D. & Douglas, K. (2009b). Opening doors: Poetic representation of the sport experiences of men with severe mental health difficulties. *Qualitative Inquiry, 15*(10), 1547-1551.
- Carless, D. & Douglas, K. (2009c). Stepping out of the box: How stories can inspire growth, development, and change. *Annual Review of High Performance Coaching and Consulting 2009*, 175-185.
- Douglas, K. & Carless, D. (2009a). Abandoning the performance narrative: Two women's stories of transition from professional golf. *Journal of Applied Sport Psychology, 21*(2), 213-230.
- Douglas, K. & Carless, D. (2009b). Exploring taboo issues in professional sport through a fictional approach. *Reflective Practice, 10*(3), 311-323.
- Carless, D. (2008). Narrative, identity, and recovery from serious mental illness: A life history of a runner. *Qualitative Research in Psychology, 5*(4), 233-248.
- Carless, D. & Douglas, K. (2008a). Narrative, identity and mental health: How men with serious mental illness re-story their lives through sport and exercise. *Psychology of Sport and Exercise, 9*(5), 576-594.
- Carless, D. & Douglas, K. (2008b). The role of sport and exercise in recovery from mental illness: Two case studies. *International Journal of Men's Health, 7*(2), 137-156.
- Carless, D. & Douglas, K. (2008c). The contribution of exercise and sport to mental health promotion in serious mental illness: An interpretive project. *International Journal of Mental Health Promotion, 10*(4), 5-12.
- Carless, D. & Douglas, K. (2008d). Social support for and through exercise and sport in a sample of men with serious mental illness. *Issues in Mental Health Nursing, 29*, 1179-1199.
- Carless, D. & Sparkes, A. (2008). The physical activity experiences of men with serious mental illness: Three short stories. *Psychology of Sport and Exercise, 9*(2), 191-210.
- Douglas, K. & Carless, D. (2008a). Using stories in coach education. *International Journal of Sports Science and Coaching, 3*(1), 33-49.
- Douglas, K. & Carless, D. (2008b). Nurturing a performative self. *Forum Qualitative Sozialforschung / Forum: Qualitative Social Research, 9*(2), Art. 23, <http://www.qualitative-research.net/fqs-texte/2-08/08-2-23-e.htm>.
- Douglas, K. & Carless, D. (2008c). The team are off: Getting inside women's experiences in professional sport. *Aethlon: The Journal of Sport Literature, XXV*:1, 241-251.
- Douglas, K. & Carless, D. (2008d). Training or education? Negotiating a fuzzy line between what "we" want and "they" might need. *Annual Review of Golf Coaching 2008*, 1-13.
- Carless, D. (2007). Phases in physical activity initiation and maintenance among men with serious mental

illness. *International Journal of Mental Health Promotion*, 9(2), 17-27.

Carless, D., Douglas, K., Fox, K., & McKenna, J. (2006). An alternative view of psychological well-being in cardiac rehabilitation. *European Journal of Cardiovascular Nursing*, 5, 237-243.

Douglas, K. & Carless, D. (2006). Performance, discovery, and relational narratives among women professional tournament golfers. *Women in Sport and Physical Activity Journal*, 15, 2, 14-27.

Faulkner, G. & Carless, D. (2006). Physical activity in the process of psychiatric rehabilitation: Theoretical and methodological issues. *Psychiatric Rehabilitation Journal*, 29(4), 258-266.

Carless, D. & Douglas, K. (2004). A golf programme for people with severe and enduring mental health problems. *Journal of Mental Health Promotion*, 3 (4), 26-39.

Book Chapters

Carless, D. (in press). Young men, sport and sexuality: A poetic exploration. In Dowling, F., Fitzgerald, H., & Flintoff, A. (eds.) *Equity and difference in physical education, youth sport and health: A narrative approach*. London: Routledge.

Carless, D., Ip, J., & Douglas, K. (in press). Ethics, care and truth in education: A pedagogical narrative inquiry. In J. Kentel (ed.) *Educating the Young: The Ethics of Care*. New York: Peter Lang.

Douglas, K. & Carless, D. (in press). Identity, well-being, and trauma in professional sport: A narrative perspective. In Gilbourne, D. & Andersen, M. (eds.) *Critical Essays in Applied Sport Psychology*. Champaign, IL: Human Kinetics.

Carless, D. (2010). The autoethnographic process: Starting a new story. In Muncey, T. *Creating Autoethnographies* (p. 132-146). London: Sage.

Long, J. & Carless, D. (2010). Hearing, listening and acting. In A. MacPhail & M. O'Sullivan (eds.), *Young People's Voices in Physical Education and Sport* (p. 213-225). Abingdon, UK: Routledge.

Carless, D. & Douglas, K. (2009). Songwriting and the creation of knowledge. In Bartleet, B. & Ellis, C. (eds.), *Musical Autoethnography: Creative Explorations of the Self Through Music* (pp. 23-38). Queensland: Australian Academic Press.

Carless, D. (2008). Physical activity and mental health. In Kirk, D., Cooke, C., Flintoff, A., & McKenna, J. (eds.) *Key Concepts in Sport and Exercise Sciences*. London: Sage. pp. 99-101.

Carless, D. & Fox, K.R. (2003). The physical self. In Everett, T., Donaghy, M., & Feaver, S. (eds.) *Interventions for mental health*. London: Butterworth-Heinemann. pp 69-81.

Carless, D. & Faulkner, G. (2003). Physical activity and mental health. In McKenna, J. & Riddoch, C. (eds.) *Perspectives on health and exercise*. Houndsmills: Palgrave MacMillan. pp 61-82.

Funding

Evaluation of the Bristol Active Life Project. (2011) Evaluation commissioned by Avon and Wiltshire Mental Health Partnership NHS Trust and Bristol City Council. (With Dr K. Douglas)

In our own words: Athlete experiences of well-being and development in elite and professional sport. (2010) Public engagement presentation of research commissioned by Podium, ICSEMIS 2012, and Research Councils UK.

The performance environment: A study of the personal, lifestyle and environmental factors that affect sporting performance. (2005) Research commissioned by the UK Sports Council. (With Dr K. Douglas)

Women professional tournament golfers: A qualitative study. (2005) Research commissioned by the UK Sport Council. (With Dr K. Douglas)

Physical activity perceptions of older women living in Cornwall. (2004) Research commissioned by the Women's Sports Foundation. (With Dr K. Douglas)

Recent Invited Presentations

Carless, D. & Douglas, K. (October 2010). 'Under one roof': A performance ethnography. Invited performance at *Embodiment, narrative, movement and representation: Illustrations and explorations of contemporary themes in qualitative research workshop*. University of Wales Institute in Cardiff.

Carless, D. & Douglas, K. (June 2010). Drawing on the body: Songwriting and the creation of knowledge. Invited presentation at *Telling tales about and through the Body: Narrative and experience-based research methods between phenomenology and social constructionism* (postgraduate residential workshop), University of Copenhagen.

Carless, D. (December 2009). Exploring the relationships between narratives and bodies through a storytelling and a story analyst approach. Invited presentation on *Centre for Applied Psychological Research Seminar Series*, University of Huddersfield.

Carless, D. & Douglas, K. (June 2008). Storytelling through music and poetry. Invited performance at the Narrative Research in Sport and Exercise Conference, Cardiff, UK.

Carless, D. & Douglas, K. (June 2007). Across the Tamar. Invited performance research piece at the Creative Methods Network Conference, Dartington.

Carless, D. (November 2006). From chaos to quest: A perspective on the value of sport and exercise for men with serious mental illness. Invited presentation at 3rd Annual Healthy Body Healthy Mind Conference, University of Glasgow, UK.

Recent Conference Papers

Carless, D. & Douglas, K. (May 2010). Changing paradigms: A personal-shared journey to narrative. Paper presented at 6th Congress of Qualitative Inquiry, University of Illinois, USA.

Douglas, K. & Carless, D. (May 2010). Scenes from everyday life with serious mental illness. Paper presented at 6th Congress of Qualitative Inquiry, University of Illinois, USA.

Carless, D. (April 2009). Who the hell was that? Stories, bodies and actions in the world. Paper presented at the Narrative and Memory Research Group 9th Annual Conference, University of Huddersfield.

Carless, D. & Douglas, K. (Sept 2008). "We Haven't Got a Seat on the Bus for You" or "All the Seats are Mine": The Consequences of Narratives on the Lives of Two Elite Professional Golfers. Paper presented at British Association of Sport and Exercise Sciences Conference, Brunel University.

Douglas, K. & Carless, D. (Sept 2008). That Night: Exploring taboo issues in high performance sport. Paper presented at British Association of Sport and Exercise Sciences Conference, Brunel University.

Carless, D. & Douglas, K. (April 2008). Open doors: Poetic representation of the sports experiences of men

with serious mental illness. Paper presented at the Narrative and Memory Research Group 8th Annual Conference, University of Huddersfield.

Carless, D. & Douglas, K. (September 2007). How men with severe mental illness re-story their lives through sport and exercise. Paper presented at British Association of Sport and Exercise Sciences Conference, University of Bath.

Douglas, K. & Carless, D. (September 2007). No seats on the bus: A narrative approach to exploring retirement from professional tournament golf. Paper presented at British Association of Sport and Exercise Sciences Conference, University of Bath.

Carless, D. & Douglas, K. (September 2007). Narrative, identity, and recovery from serious mental illness: A life history of a runner with schizophrenia. Paper presented at the 12th European Congress of Sport Psychology, Halkidiki, Greece.

Douglas, K. & Carless, D. (September 2007). Women's narratives of retirement from professional sport. Paper presented at the 12th European Congress of Sport Psychology, Halkidiki, Greece.

Carless, D. & Douglas, K. (July 2007). Knowledge and representation through writing and performing poems, songs, and stories. Paper presented at 2nd Arts Based Educational Research Conference, University of Bristol.

Carless, D. (May 2007). Hope: A performance ethnography. Paper presented at the *Third Congress of Qualitative Inquiry*, University of Illinois, USA.

Performative Research

Carless, D. & Douglas, K. (2010). *Under one roof*. [Audio CD]

Carless, D. (October 2009). Solo music performance at "Pigs Might Fly" festival, Huddersfield, on World Mental Health Day.

Douglas, K. & Carless, D. (2005). *Across the Tamar: Stories from women in Cornwall*. [Audio CD]

Postgraduate Supervision and Examining

Director of studies for MPhil by A. Nichols, *Health care professional and user perceptions and beliefs of physical activity as an adjunct therapy within serious mental illness - An ethnographic study*. (January 2011 -)

External examiner for University of Brighton, School of Nursing and Midwifery. Professional doctorate in nursing by N. Short, *An evocative autoethnography: A mental health professional's development*. (October 2010)

Supervisor for MSc thesis by J. Bodden, *Why does gym based recreational anabolic androgenic steroid use take place when there is no end goal or financial benefit for doping?* (2010)

Internal examiner for mock-viva for PhD by Reeves, C. *Stress, coping and coping effectiveness among high-level adolescent soccer players*. (October 2008)

Media Features

Performance, discovery and relational narratives in sport. Research with Dr K. Douglas discussed on *Sunday Worship*, BBC Radio Four, 26 September 2010. Estimated audience = 1.8 million

Teaching

I am a qualified teacher with a thorough and comprehensive grounding in educational and teaching skills, techniques, and theories. I have fulfilled a range of teaching, lecturing and support activity with diverse groups of learners of differing ages and in diverse contexts which totals over 3000 hours of contact time. This experience includes:

- Two years teaching in primary schools
- Module leader for ten undergraduate modules at Exeter University (Postgraduate School of Medicine) and Southern Illinois University (Department of Kinesiology) for sport and health science students
- Numerous invited lectures to undergraduate and postgraduate students at Leeds Met and other universities in Europe (Universities of Bristol, Exeter, York St John, Gloucestershire, and Coimbra, Portugal)
- Delivering over 70 commercially successful one-day coach education professional development seminars and workshops
- Numerous invited lectures and seminars for professional groups
- A six-month period of providing educational support for adults with learning disabilities

Recent undergraduate and postgraduate lectures include:

- An introduction to narrative research (Master's level research methods)
- An introduction to qualitative research (Master's level sport science research methods)
- Stories of career transition in elite sport (Master's level sport and exercise psychology)
- Arts-based research (Master's level lifelong learning)
- Physical activity and mental health (Undergraduate physical activity and health)
- Lifelong physical activity and mental health (Undergraduate lifelong physical activity)
- Arts-informed research (Undergraduate planning for research practice)
- Stories of recovery through physical activity (Master's level module in Faculty of Health)
- Qualitative research methods (Master's level, University of Coimbra, Portugal)
- Physical activity and mental health (Master's level, University of Coimbra, Portugal)
- Performative research (Master's level, University of Exeter)
- Performative research methods (Undergraduate level, York St John University)

Professional Service and Honours

Peer reviews for the following journals:

- Qualitative Research in Psychology
- Psychology of Sport and Exercise
- International Review of Sport and Exercise Psychology
- The Sport Psychologist
- Journal of Sports Sciences
- Journal of Sport and Exercise Psychology
- Qualitative Research in Sport and Exercise
- Journal of Mental Health
- Mental Health and Physical Activity
- Psychiatric Rehabilitation Journal
- International Journal of Mental Health Promotion
- Annual Review of High Performance Coaching and Consulting
- Annual Review of Golf Coaching

- Leisure Studies
- Sociology of Sport Journal

- Book proposal reviewer for Sage Publications

- Grant reviewer for Health Research Board, Ireland

- Founder member of the International Association for Qualitative Inquiry, University of Illinois, USA, May 2005

- Founder member of the Network for Performative Research in Sport and Exercise, Liverpool John Moore's University, UK, October 2007

- Consultant and member of the Development Group for the National Guidelines on Integrated Approaches to Mental Health (Exercise Therapy), Prince's Foundation for Integrated Health, MIND, Mental Health Foundation, and Royal College of Psychiatrists. March 2007 - April 2009

- Consultant on national Skills Active Consultation (Level 4: Physical activity and mental health) December 2006

- External panellist in validation of MRes in Qualitative Research, University of Wales in Cardiff, April 2009