

## EDUCATIONAL QUALIFICATIONS &amp; PROFESSIONAL AFFILIATIONS

## EDUCATION

**Doctor of Philosophy: 2017 – Dec 2020**

The University of Queensland - Project Title: **Mental Fatigue in Elite Sport**  
Queensland Academy of Sport – Sport Innovation and Knowledge Excellence (SPIKE) & Netball Australia  
Supervisory team: Associate Prof Vince Kelly, Prof David Jenkins, Prof Shona Halson  
Nominated for **Deans Award for Outstanding HDR Theses**

**Bachelor of Exercise and Sports Science (Hons I) - Awarded 2016**

The University of Queensland, Cumulative Grade Point Average: 6.86 - **University Medal**

## PROFESSIONAL AFFILIATIONS

Exercise and Sports Science Australia (ESSA): **Accredited Sports Scientist 1 (ASpS1), Accredited Exercise Scientist (AES)**

ESSA Member

**Mental Health First Aid (MHFA) Certified**

Working with Children Check (Blue Card)

## RESEARCH &amp; PROJECT MANAGEMENT

## CURRENT

**Postdoctoral Research Fellow: 2021 – Present**

Australian Catholic University (ACU) in partnership with Australian Institute of Sport (AIS) & Queensland Academy of Sport (QAS). Investigating mental fatigue and mental recovery of athletes in training and competition.

**PhD Supervision: 2022 – Present**

Co-supervision or project supervision with PhD students at Vrije University Brussel – Human Physiology and Sports Physiotherapy Group (MFYS), Goethe University Frankfurt – Faculty of Psychology and Sports, Queensland University of Technology – School of Exercise and Nutrition Sciences and Australian Catholic University – School of Behavioural and Health Sciences.

**Sessional Lecturer: Faculty of Health Sciences, Australian Catholic University: March 2021 – Present**

Delivery of specialised mental fatigue and recovery content for Masters of High-Performance Sport. Delivery of research mentorship to undergraduate students in research seminar series. Delivery of foundational exercise & sports science unit to undergraduate and diploma students.

## PREVIOUS

**Product Coordinator at VALD Performance****November 2020 – Present**

Responsible for articulating road mapped items to the engineering team and other relevant stakeholders (performance, health and tactical clients, management, sales and marketing). Needs analysis, research & development, project management.

**Mental Health Project Manager at Queensland Rugby Union: February 2020 – November 2020**

Development and delivery of state-wide mental health programs. Evaluation of performance indicators reporting for Queensland Mental Health Commission. Creation and delivery of strategic plan including education, training, and marketing to improve literacy and reduce stigma.

**Honours Project Supervision & Project Manager at The University of Queensland: January 2017 – November 2020**

Management of students and projects with collaborative partners (NRL, Renew Group Ltd). Students received high-distinctions & publications.

**Sessional Lecturer & Tutor: School of Human Movement and Nutrition Sciences, The University of Queensland: June 2016 – Jan 2020**

Content development and delivery for 2<sup>nd</sup>-4<sup>th</sup> years. Topics: developing the elite athlete, advanced physiology, technical skills and anatomy.

**Senior Research Technician (Coordinator & Assistant): School of Human Movement and Nutrition Sciences, The University of Queensland: June 2016 – Feb 2017**

Clinical trial investigating the effects of External Counterpulsation Therapy on individuals with Type II Diabetes. Parameters included flow-mediated dilation, pulse-wave analysis, heart-rate variability, biochemical responses.

## EMPLOYMENT HISTORY

## HEALTH &amp; WELLBEING

**Orygen University Mental Health Framework - Consultant Research Advisor: Aug 2019 – 2021**

Expert working group member for the National Centre of Excellence in Youth Mental Health. Role specifically in advising on 'Data to reflect, learn and adapt' processes to contribute to the development of the University Mental Health Framework.

**Batyr Ambassador & Program Coordinator: Aug 2016 – Nov 2020**

For purpose organization focused on preventative education in youth mental health. Engaging, educating and empowering school and university students and corporate employees to have positive conversations about mental health and utilise support. Program coordination role entailed review of program statistics, speaker feedback and review, panel discussions.

## HIGH-PERFORMANCE SPORT

**Performance Analyst: Queensland Firebirds: July 2017 – December 2019**

Primary analyst for Queensland Firebirds Suncorp Super Netball (SSN) team (2019). Preparation and planning, report generation, training metrics, opposition analysis, live match statistics coding, post-analysis and preparation of footage for delivery of video analysis sessions directly to athletes and to enhance coach feedback. Engagement in interdisciplinary manner to optimise individual athlete performance and wellbeing.

**Recovery Specialist: Australian Open – January 2020**

Member of player medical team coordinating and supervising ATP and WTA athletes use of recovery centre facilities.

**Other High-Performance consultancy:** Brisbane Lions FC: February 2016 – January 2017, Swimming Queensland: 2016 – 2017, Queensland Academy of Sport 2016, V8 Supercars applied research 2016, Brisbane Broncos applied research 2016.

## REFEREES

**1. Professor Shona Halson**

Address: SPRINT Research Centre, School of Behavioural and Health Sciences, ACU Brisbane. **M:** +61 422 224 491

**E:** [shona.halson@acu.edu.au](mailto:shona.halson@acu.edu.au)

Role: Current manager at ACU for postdoctoral fellowship, previous PhD supervisor + collaborator

**2. Professor David Jenkins**

Address: T4.05, Health and Sport Centre, USC Sunshine Coast. **M:** +61 424 488 023 **E:** [djenkins@usc.edu.au](mailto:djenkins@usc.edu.au)

Role: PhD supervisor + academic collaborator

## RESEARCH PRESENTATIONS

**European College of Sport Science (ECSS) Invited Seminar + Oral Presentation – Sept 2022**

Invited Seminar with Prof Bart Roelands and Prof Stephen Bailey. Presentation title – Mental Fatigue: Where are we? Mental Fatigue in Athletic Populations. Oral Presentation – no brain, no gain: Athlete mental fatigue & recovery in practice, what do we know and how do we manage it?

**Exercise & Sports Science Australia (ESSA) Research to Practice - Young Investigator for Sports Science Award – May 2021**

Accepted for Award Category. Presentation title – Mental fatigue over an elite netball pre-season; relationships with physical fatigue, readiness and salivary biomarkers.

**Queensland Academy of Sport (QAS) – Science Presentation – Nov 2021**

Invited to present QAS scientists and coaches on topic - Mental fatigue and recovery in sport

**Exercise & Sports Science Australia (ESSA) Sports Science Twitter Conference - Dec 2021**

Invited presentation titled – Mental fatigue in your athletes: performance, prevalence and perspective.

**Cricket Australia Sports Science Sports Medicine 2020 Conference & Cricket Queensland – Invited Speaker - May 2020**

Invited oral presentations to sports science and sports medicine staff titled – Mental fatigue: monitoring, management and performance.

**Sports and Exercise Medicine Students Australia (SEMSA) – Invited Speaker – September 2020**

Invited oral presentation to multi-disciplinary health students including doctors, physiotherapists and exercise scientists titled – Raising awareness of mental fatigue in elite sport.

**Queensland Academy of Sport (QAS) Health and Wellbeing Month – Performance Research Panel Member - Oct 2020**

Invited oral presentation and participation in panel discussion regarding coach and athlete mental health and wellbeing.

**Exercise & Sports Science Australia (ESSA) State Symposium – Keynote Speaker – October 2019**

Invited oral presentation (40 + 10 format) at ESSA Queensland State Symposium. Presentation title - Mental fatigue: the why, where and how of thinking about it in practice.

**UQ HMNS People, Partnership, Performance Conference – Performance (Keynote) Presentation – October 2019**

Oral presentation (20 + 5 format). Presentation title - Mental fatigue, fatigue and tiredness in elite netballers; synonymous or separate perceptual constructs? Awarded best overall conference presentation.

## RESEARCH

## RESEARCH PUBLICATIONS

**Russell S**, Jenkins D, Halson S, S Rynne & Kelly V. What is mental fatigue in elite sport? Perceptions from athletes and staff. *European Journal of Sport Science*. 2019: DOI: <https://doi.org/10.1080/17461391.2019.16183977>

**Russell S**, Jenkins D, Smith M, Halson S & Kelly V. The application of mental fatigue research to elite team sport performance: new perspectives. *Journal of Science and Medicine in Sport*. 2019: DOI: <https://doi.org/10.1016/j.jsams.2018.12.008>

**Russell S**, Jenkins D, Halson S, Juliff L & Kelly V. How do elite female team sport athletes experience mental fatigue? Comparison between international competition, training and preparation camps. *European Journal of Sport Science*. 2021: DOI: <https://doi.org/10.1080/17461391.2021.1897165>

**Russell S**, Jenkins D, Halson S, Juliff L, Connick M, Kelly V. Mental fatigue over two elite netball seasons: a case for mental fatigue to be included in athlete self-report measures. *International Journal of Sports Physiology and Performance*. 2021. DOI: <https://doi.org/10.1123/ijspp.2021-0028>

**Russell S**, Jenkins D, Halson S & Kelly V. Mental fatigue increases across a 16-week pre-season in elite female athletes. *Journal of Science and Medicine in Sport*. 2021. DOI: <https://doi.org/10.1016/j.jsams.2021.12.002>

**Russell S**, Jenkins D, Halson S & Kelly V. Changes in mental and physical fatigue during elite development netball. *Journal of Science and Medicine in Sport*. 2019: DOI: <https://doi.org/10.1016/j.jsams.2019.12.017>

**Russell S**, Simpson M, Evans G, Coulter T, Kelly V. Physiological and Perceptual Recovery-Stress Responses to and Elite Netball Tournament. *International Journal of Sports Physiology and Performance*. 2021. DOI: <https://doi.org/10.1123/ijspp.2020-0317>

**Russell S**, Evans G, Jenkins D & Kelly V. Effect of external counterpulsation on running performance and perceived recovery. *International Journal of Sports Physiology and Performance*. 2019: DOI: <https://doi.org/10.1123/ijspp.2019-0605>

**Russell S**, Kelly V, Halson S & Jenkins D. Cognitive Load in Sport in Human Factors and Ergonomics in Sport: Applications and future directions. In: *Human Factors in Sport - Hulme A, Salmon P & McLean S (Eds.)*. 2020. DOI: <https://doi.org/10.1201/9781351060073>

Roelands B, Kelly V, **Russell S** & Habay J. The physiological nature of mental fatigue: current knowledge and future avenues for sport science. 2022. DOI: <https://doi.org/10.1123/ijspp.2021-0524>

Liam Oliver L, Sullivan J, **Russell S**, Peake J, Nicholson M, McNulty C, Kelly V. Effects of Nutritional Interventions on Accuracy and Reaction Time with Relevance to Mental Fatigue in Sporting, Military, and Aerospace Populations: A Systematic Review and Meta-Analysis. 2022. DOI: <https://doi.org/10.3390/ijerph19010307>

**Peer Review:** Sports Med Open, *International Journal of Sports Physiology and Performance*, *Medicine of Science and Sports in Exercise*, *Journal of Medicine and Science in Sports*, *Journal of Sports Sciences*, *Motor Control*, *Research Quarterly of Exercise and Sport*.

## RESEARCH &amp; PROJECT FUNDING

**Australian Institute of Sport – Postdoctoral Research Fellow Grant:** July 2021 - July 2023

**\$246,666** obtained for project for employment as a postdoctoral research fellow to conduct research enhancing knowledge, understanding and application of mental fatigue and mental recovery practices to establish best practice and ultimately enhance athletes' performances in training and competition.

**Queensland Academy of Sport - Postdoctoral Research Fellow Grant:** July 2023 - July 2024

**\$152,407** obtained for employment as a postdoctoral research fellow and project equipment to conduct research understanding athletes cognitive and physiological responses to protocols designed to manipulate mental fatigue and recovery

**Australian Catholic University – Faculty of Health Sciences:** March 2022 – 2023

**\$9,970**, obtained as co-investigator on pilot project investigating does mental fatigue increase anterior cruciate ligament injury risk?

**Queensland Mental Health Commission:** June 2020

**\$250,000** obtained for delivery of Queensland Rugby Union mental health program.

**European College of Sports Science, Australian Catholic University & Australian Institute of Sport:** Sept 2023

Funding to enable delivery of invited seminar, oral presentation, and chairing of sessions during ECSS 2022 in Sevilla, Spain.

**Sports Medicine Australia Research Foundation Grant:** Nov 2017

Grant of \$2500 value awarded for project titled: An investigation assessing the effectiveness of measurement methodologies of mental fatigue in the elite sporting environment and the impact of mental fatigue on team sport performance demands.

**Centre for Sport Innovation and Knowledge Excellence (SPIKE), Queensland Academy of Sport:** 2017-2020

\$38,500 funding provided for PhD research (including \$2500 for qualitative research analysis).

**The University of Queensland Human Movement and Nutrition Sciences - Research Student Travel Award:** 2019

Obtainment of first prize grant of \$500 to support travel for a research HDR candidate granted by Professor and Director of Research.

## AWARDS, SCHOLARSHIPS & LEADERSHIP

### ACADEMIC

**Sports Medicine Australia Best Overall Award – 2019**

Award of \$300 for the best overall conference presentation.

**ESSA Medal for most outstanding Australian PhD thesis – Highly Commended – 2022**

**Young Investigator for Sports Science – Finalist ESSA Research to Practice Conference – Apr 2020** #delayed due to COVID-19.

**Young Investigator Award – Nomination European Congress of Sports Science – July 2020** #delayed due to COVID-19

**Doctor of Philosophy – Research Training Program Scholarship & Queensland Academy of Sport Research Scholar - 2017 – present:** Stipend & Tuition fee offset

**University Medal Recipient BExSS (Hons I) – UQ**

Recognizing sustained outstanding academic excellence.

**Deans Commendation of Academic Excellence - Faculty of Health & Behavioural Sciences, UQ: 2012 – 2016**

Awarded to those who have excelled academically and demonstrated a strong commitment to their studies.

**Professorial First & Staff Second Year Prize - School of Human Movement and Nutrition Sciences, UQ: 2012 + 2013**

Awarded to the BExSS 1st and 2nd year student with the highest cumulative GPA.

**Philippine Duchesne Award - Duchesne College, within UQ: 2013**

Awarded to the 2<sup>nd</sup> year student with the highest cumulative GPA

**Administration & Technical Staff First Year Prize - School of Human Movement and Nutrition Sciences, UQ: 2012**

Awarded to the BExSS 1st year student with the highest cumulative GPA.

### LEADERSHIP

**UQ, School of Human Movement and Nutrition Sciences Post-Graduate Conference Committee:** Mar 2017 – Mar 2018

Major role in securing over \$2000 sponsorship funding from relevant organizations and conference coordination.

**UQ, School of Human Movement and Nutrition Sciences Curriculum Reform – June 2017**

Informed the University of Queensland curriculum in alignment with ESSA accreditation standards.

**National Association of Australian University Colleges (NAAUC) Working Party Member:** July 2014 – Sep 2015

Working for the premier representative body for tertiary students living on campus in Australia, to develop the leadership skills of students living in Colleges and Halls of Residence across Australia. Primary role of running and organizing the academic and social programs of the week-long 47<sup>th</sup> National Conference. Independently delivered seminars on 'Time Management & Burnout' and 'Professional Partnerships'.

**Mary MacKillop Award - Duchesne College, within The University of Queensland: 2014**

Awarded to the valedictorian who has made an outstanding contribution to leadership throughout her time at Duchesne College.

**Shannon Allwood Blue Heart Award - Duchesne College, within The University of Queensland: 2013**

Awarded for the demonstration of sporting excellence and outstanding team contribution: participating to the best of her ability, with pride and effort.

## BROADER SCIENTIFIC RESEARCH COMMUNICATIONS

### Sportsmith 6

[Understanding mental fatigue and mental recovery in sport](#)

### ScienceforSport Podcast

[Can managing mental fatigue bring you next-level performance?](#)

### ABC News Article

[Mental fatigue and stress & athletic performance](#)

### Infographic produced by Yann Le Meur (YLM):

[What is mental fatigue in elite sport – Perceptions from athletes and staff – Russell et al - June 2019](#)

### Catapult high performing women in sport article:

[Women in Sport: Suzy Russell, Mental Health Project Manager](#)

### Asker Jeukendrup website mysportscience article co-author:

[Mental fatigue in sport – what is it and how do we recover from it? – Halson & Russell - 2019](#)

### Insights from an Embedded PhD:

[PhD Advice Blog](#)

### Podcast Episodes: Wellbeing and performance in sport and youth

[In Touch Queensland Rugby](#)

### Exercise & Sports Science Australia:

[Practitioner Mental Health Tips & Research in Focus Podcast](#)