

*Curriculum Vitae*

**Alex J. Benson**

*Department of Psychology*

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Google scholar page: <https://scholar.google.ca/citations?user=po-D1lwAAAAJ&hl=en>

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Lab website: <https://www.iopsychwestern.com/benson-lab>

**EDUCATION**

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- 2012-2016      **Wilfrid Laurier University, Waterloo, ON, Canada**  
Ph.D., Social Psychology, Wilfrid Laurier University
- 2014            **Bangor University, Bangor, Wales, United Kingdom**  
Visiting Scholar at the Institute for Psychology of Elite Performance
- 2010-2012     **Wilfrid Laurier University, Waterloo, ON, Canada**  
M.Sc., Kinesiology
- 2006-2010     **Wilfrid Laurier University, Waterloo, ON, Canada**  
Honours B.Sc., Kinesiology

**POSITIONS HELD**

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- 2017-current   **Western University, London, ON, Canada**  
Assistant Professor, Department of Psychology
- 2016-2017     **Nipissing University, North Bay, ON, Canada**  
SSHRC Postdoctoral Fellow, School of Physical and Health Education

**RESEARCH SUPPORT**

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- 2020-2023     **Social Sciences and Humanities Research Council of Canada**  
Insight Grant  
*'The company they keep': A nuanced investigation of peer groups in youth sport*  
Role: Co-investigator  
\$98,900

- 2019            **Social Sciences and Humanities Research Council of Canada**  
Partnership Engage Grant  
*Don't tell me how to lead! The effects of personality on the transfer of a leadership development program*  
Role: Co-investigator  
\$23,753
- 2019            **John R. Evans Leaders Fund**  
Social Observation Laboratory  
Role: Co-investigator  
\$462,513
- 2018-2020      **Mitacs**  
Accelerate Grant  
*Having a pulse for the group*  
Role: Co-investigator  
\$13,333
- 2018-2020      **Social Sciences and Humanities Research Council of Canada**  
Insight Development Grant  
*Do great followers make great leaders? Disentangling the traits valued in followers and leaders*  
Role: Principal Investigator  
\$55,971
- 2018-2020      **Western University**  
*Evaluating the consequences and dynamics of conflict during the socialization of newcomers*  
SSHRB Internal Seed Research Grant  
Role: Principal Investigator  
\$23,873
- 2018            **Mitacs**  
Accelerate Internship Program  
*Assessing trust of artificial intelligence technology in the context of workplace relations*  
Role: Principal Investigator  
\$30,000
- 2017-2018      **Social Sciences and Humanities Research Council of Canada**  
Postdoctoral Fellowship  
\$81,000 (accepted \$40,500).
- 2017            **Social Sciences and Humanities Research Council of Canada and Sport Canada**  
Sport Participation Research Initiative Postdoctoral Supplement  
\$10,000

- 2013-2016      **Social Sciences and Humanities Research Council of Canada**  
Joseph-Armand Bombardier Doctoral Canada Graduate Scholarship  
\$105,000
- 2015            **North American Society of Psychology for Sport and Physical Activity**  
Graduate Student Research Grant  
\$1,800
- 2014            **Social Sciences and Humanities Research Council of Canada**  
Michael Smith Foreign Study Supplement  
\$6,000
- 2014            **Social Sciences and Humanities Research Council of Canada and Sport  
Canada**  
Sport Participation Research Initiative Doctoral Supplement  
\$10,000

## **AWARDS AND HONOURS**

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- 2017            30 for 30 Award, Wilfrid Laurier Graduate Students Association
- 2016            Franklin Henry Young Scientist Award: Sport Psychology, Canadian Society  
for Psychomotor Learning and Sport Psychology
- 2016            Gold Medal of Academic Excellence at the Doctoral Level, Wilfrid Laurier  
University
- 2012            Gold Medal of Academic Excellence at the Master's Level, Faculty of  
Science, Wilfrid Laurier University
- 2011            Dean's Scholarship, Wilfrid Laurier University
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## PUBLICATIONS

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### Journal Articles

1. Cascagnette, J., **Benson, A. J.**, Cruwys, T., Haslam, A., & Bruner, M. (accepted). More than just another bib: Group dynamics in an elite Nordic ski team. *Journal of Sport Sciences*.  
<https://doi.org/10.1080/02640414.2020.1840040>
2. Caron, J. G., **Benson, A. J.**, Steins, R., McKenzie, L., & Bruner, M. W. (2021). The social dynamics involved in recovery and return to sport following a sport-related concussion: A study of three athlete-teammate-coach triads. *Psychology of Sport and Exercise*, 52, 101824.  
<https://doi.org/10.1016/j.psychsport.2020.101824>
3. Baird, N. Martin, L. J., & **Benson, A. J.** (2020). A dynamic view of coach transformational leadership: How leadership perceptions across time relate to task cohesion and team potency. *Psychology of Sport and Exercise*, 51, 101789.  
<https://doi.org/10.1016/j.psychsport.2020.101789>
4. Graupensperger, S., **Benson, A. J.**, Kilmer, J. R., & Evans, M. B. (2020). Social (un)distancing: Teammate interactions, athletic identity, and mental health of student-athletes during the COVID-19 pandemic. *Journal of Adolescent Health*. Advance online publication.  
<https://doi.org/10.1016/j.jadohealth.2020.08.001>
5. The Electronically Activated Recorder (EAR): A novel approach for examining social environments in youth sport. (2020). Herbison, J. D., Martin, L. J., Slatcher, R., Boardley, I., **Benson, A. J.**, Sutcliffe, J., McLaren, C., Carré, J., Côté, J, Coletti, J.T., & Bruner, M. W. *International Review of Sport and Exercise Psychology*. Advance online publication.  
<https://doi.org/10.1080/1750984X.2020.1790025>
6. **Benson, A. J.**, & Giacomini, M. (2020). How narcissism and self-esteem differentially relate to high and (un)stable feelings of status and inclusion. *Journal of Personality*. Advance online publication. <https://doi.org/10.1111/jopy.12565>
7. Leo., F. M., González-Ponce, I., López-Gajardo, T., **Benson, A. J.**, & Eys, M. (2020). How socialization tactics relate to role clarity, cohesion, and intentions to return in team sports. *Psychology of Sport and Exercise*, 50. <https://doi.org/10.1016/j.psychsport.2020.101735>
8. Van Woezik, R., **Benson, A. J.**, & Bruner, M. W. (2020). Next one up! Exploring how coaches manage team dynamics following injury. *The Sport Psychologist*, 34, 3, 198-208.  
<https://doi.org/10.1123/tsp.2019-0148>
9. Sutcliffe, J., McLaren, C., **Benson, A. J.**, Arnocky, S., Martin, L. J., Shields, C., Law, B., Dorsch, T. E., & Bruner, M. W. (2020). Parents' moral intentions towards antisocial parent behaviour: An identity approach in youth sport. *Psychology of Sport & Exercise*, 49, 101699.  
<https://doi.org/10.1016/j.psychsport.2020.101699>

10. Bruner, M. W, McLaren, C., Swann, C., Schweickle, M. J., Miller, A., **Benson, A. J.**, Gardner, L. A., Sutcliffe, J., & Vella, S. A. (2020). Exploring the role of social support on social identity in adolescent male athletes. *Research Quarterly for Exercise and Sport*. Advance online publication. <https://doi.org/10.1080/02701367.2020.1737629>
11. Vella, S. A., **Benson, A. J.**, Sutcliffe, J., McLaren, C., Swann, C., Schweickle, M. J., Miller, A., & Bruner, M. W. (2020). Self-determined motivation, social identification, and the mental health of adolescent male team sport participants. *Journal of Applied Sport Psychology*. Advance online publication. <https://doi.org/10.1080/10413200.2019.1705432>
12. **Benson, A. J.**, Daljeet, K. N., & Cavallo, J. V. (2020). Tailoring emotional expressions in romantic relationships: A Person-centered approach. *Journal of Research in Personality*, 84, 1-10. <https://doi.org/10.1016/j.jrp.2019.103897>
13. **Benson, A. J.**, Azizi, E., Evans, M. B., Eys, M., & Bray, S. R. (2019). How innuendo shapes impressions of task and intimacy groups. *Journal of Experimental Social Psychology*, 85, 103854, 1-12. <https://doi.org/10.1016/j.jesp.2019.103854>
14. Graupensperger, S. A., **Benson, A. J.**, Bray, B. C., & Evans, M. B. (2019). Social cohesion and peer acceptance predict student-athletes' attitudes toward health-risk behaviors: A within- and between-group investigation. *Journal of Science and Medicine in Sport*, 12, 1280-1286. <https://doi.org/10.1016/j.jsams.2019.07.003>
15. Evans, M. B., Graupensperger, S. A., **Benson, A. J.**, Eys, M. A., Hastings, B., Gottschall, J. S. (2019). Groupness perceptions and basic needs satisfaction with fitness groups. *Group Dynamics: Theory, Research, and Practice*, 23, 170-184. <http://dx.doi.org/10.1037/gdn0000103>
16. Graupensperger, S. A., **Benson, A. J.**, Eys, M. A., Hastings, B., Evans, M. B. (2019). Perceptions of groupness during fitness classes predict exertion, enjoyment, and satisfaction: An intensive longitudinal investigation. *Sport, Exercise, and Performance Psychology*, 8, 290-304. <http://dx.doi.org/10.1037/spy0000157>
17. **Benson, A. J.**, Jeschke, J., Jordan, C. H., Bruner, M. W., & Arnocky, S. (2019). Will they stay or will they go? Narcissistic admiration and rivalry predict ingroup affiliation and devaluation. *Journal of Personality*, 87, 871-888. <https://doi.org/10.1111/jopy.12441>
18. Evans, M. B., Graupensperger, S. A., **Benson, A. J.**, Eys, M. A., Hastings, B., Gottschall, J. S. (2019). Group structure and entitativity in exercise: Considering within- and between-group perceptions of groupness. *Psychology & Health*, 34, 715-732. <https://doi.org/10.1080/08870446.2019.1566548>
19. Sutcliffe, J., **Benson, A. J.**, Bruner, M. W. (2019). Parents value competence more than warmth in competitive youth hockey coaches: Evidence based on the innuendo effect. *Psychology of Sport and Exercise*, 43, 82-89. <https://doi.org/10.1016/j.psychsport.2019.01.005>

20. Bailey, B., **Benson, A. J.**, & Bruner, M. W. (2019). Investigating the organizational culture of CrossFit. *International Journal of Sport and Exercise Psychology*, 17, 197-211  
<https://doi.org/10.1080/1612197X.2017.1329223>
21. Graupensperger, S., **Benson, A. J.**, Evans, M. B. (2018). Everyone else is doing it: The association between social identity and susceptibility to peer-influence in NCAA athletes. *Journal of Sport and Exercise Psychology*, 40, 117-127. <https://doi.org/10.1123/jsep.2017-0339>
22. Bruner, M. W., Boardley, I. D., **Benson, A. J.**, Wilson, K. S., Root, Z., Sutcliffe, J., Turnridge, J., & Côté, J. (2018). Disentangling the relations between social identity and prosocial and antisocial behavior in competitive youth sport. *Journal of Youth and Adolescence*, 47, 1113-1127. <https://doi.org/10.1007/s10964-017-0769-2>
23. **Benson, A. J.**, & Bruner, M. W. (2018). How teammate behaviors relate to athlete affect, cognition, and behaviors: A daily diary approach within youth sport. *Psychology of Sport & Exercise*, 34, 119-127. <https://doi.org/10.1016/j.psychsport.2017.10.008>
24. Bruner, M. W., & **Benson, A. J.** (2018). Evaluating the psychometric properties of the Social Identity Questionnaire in Sport. *Psychology of Sport and Exercise*, 35, 181-188.  
<https://doi.org/10.1016/j.psychsport.2017.12.006>
25. Boroumand, S, **Benson, A. J.**, & Eys, M. (2018). How status conflict undermines athletes' willingness to help new teammates. *Journal of Applied Sport Psychology*, 30, 358-365.  
<http://dx.doi.org/10.1080/10413200.2017.1384939>
26. **Benson, A. J.**, & Eys, M. A. (2017). Understanding the consequences of newcomer integration processes: The Sport Team Socialization Tactics Questionnaire. *Journal of Sport and Exercise Psychology*, 39, 13-28. <https://doi.org/10.1123/jsep.2016-0182>
27. **Benson, A. J.**, Bruner, M. W., & Eys, M. (2017). A social identity approach to understanding the conditions associated with antisocial behaviors among teammates in female teams. *Sport, Exercise, and Performance Psychology*, 6, 129-142. <https://doi.org/10.1037/spy0000090>
28. Herbison, J. **Benson, A. J.**, & Martin, L. J. (2017). The intricacies of the friendship-cohesion relationship in children's sport. *Sport and Exercise Psychology Review*, 13, 11-20.
29. **Benson, A. J.**, Hardy, J., & Eys, M. A. (2016). Contextualizing leaders' interpretations of proactive followership. *Journal of Organizational Behavior*, 37, 949-966.  
<https://doi.org/10.1002/job.2077>
30. **Benson, A. J.**, Eys, M., & Irving, G. (2016). Great expectations: How role expectations and role experiences relate to perceptions of team cohesion. *Journal of Sport & Exercise Psychology*, 38, 160-172. <https://doi.org/10.1123/jsep.2015-0228>

31. **Benson, A. J.**, Šiška, P., Eys, M., Priklerová, S., & Slepíčka, P. (2016). A prospective multilevel examination of the relationship between cohesion and team performance in elite youth sport. *Psychology of Sport and Exercise*, 27, 39-46.  
<https://doi.org/10.1016/j.psychsport.2016.07.009>
32. **Benson, A. J.**, Jordan, C. H., & Christie, A. M. (2016). Narcissistic responses to subordinate role assignment: The case of the narcissistic follower. *Personality and Social Psychology Bulletin*, 42, 985-999. <https://doi.org/10.1177/0146167216649608>
33. **Benson, A. J.**, Evans, M. B., & Eys, M. A. (2016). Organizational socialization in team sport environments. *Scandinavian Journal of Medicine and Science in Sports*, 4, 463-473.  
<https://doi.org/10.1111/sms.12460>
34. **Benson, A. J.**, Evans, M. B., Surya, M., Martin, L., & Eys, M. A. (2015). Embracing athletic identity in the face of threat. *Sport, Exercise, and Performance Psychology*, 4, 303-315.  
<https://doi.org/10.1037/spy0000045>
35. Surya, M., **Benson, A. J.**, & Balish, S. M., & Eys, M. A. (2015). Exploring the influence of injury on group interaction processes. *Journal of Applied Sport Psychology*, 27, 52-66.  
<https://doi.org/10.1080/10413200.2014.941512>
36. **Benson, A. J.**, Surya, M., & Eys, M. A. (2014). The nature and transmission of role responsibilities in sport teams. *Sport, Exercise, and Performance Psychology*, 3, 228-240.  
<https://doi.org/10.1037/spy0000016>
37. Evans, M. B., **Benson, A. J.**, Mitchell, T., Robertson-Wilson, J. & Eys, M. A. (2013). An exploration of municipal active living charter development and advocacy. *Health and Fitness Journal of Canada*, 6, 101-115. <https://doi.org/10.14288/hfjc.v6i2.148>
38. **Benson, A. J.**, Eys, M. A., Surya, M., Dawson, K. A., & Schneider, M. A. (2013). Athletes' perceptions of role acceptance in sport teams. *The Sport Psychologist*, 27, 269-280.  
<https://doi.org/10.1123/tsp.27.3.269>

### Books

1. Eys, M. A., Evans, M. B., & **Benson, A. J.** (2020). *Group dynamics in sport (5<sup>th</sup> Ed.)*. Morgantown, WV: West Virginia University Publishing.

### Book Chapters

1. Bruner W. M., Martin, L. J., Evans, M. B., & **Benson, A. J.** (2020). Youth development through sport. In S. A. Haslam, K. Fransen, & F. Boen (Eds.), *The new psychology of sport and exercise psychology: The social identity approach*. Sage Publishing.

2. Hardy, J., **Benson, A. J.**, & Boulter, M. (2020). Personality and team effectiveness. In H. Manly & R. Roberts (Eds.), *The Routledge encyclopedia of sport psychology: Volume 1*. International Society of Sport Psychology.
3. Crozier, A. J., & **Benson, A. J.** (2020). Group norms in youth sport. In M. W. Bruner, M. Eys, & L. Martin (Eds.), *The power of groups in youth sport* (pp. 17-31). Academic Press. <https://doi.org/10.1016/B978-0-12-816336-8.00002-0>
4. **Benson, A. J.**, & Jordan, C.H. (2018). Narcissistic followership. In A. Hermann, Brunell, & J. Foster (Eds.), *Handbook of trait narcissism: Key advances, research methods, and controversies*. Springer Publishing Company. [https://doi.org/10.1007/978-3-319-92171-6\\_44](https://doi.org/10.1007/978-3-319-92171-6_44)
5. Eys, M. A., Surya, M., & **Benson, A. J.** (2017). Communicating within sport teams. In B. Jackson, & J. Dimmock (Eds.), *Persuasion and communication in sport, exercise and physical activity* (pp. 217-232). Oxford: Routledge.
6. **Benson, A. J.**, Surya, M., & Eys, M. A. (2015). The dynamic management of athletes' role expectations. In P. Davis (Ed.), *The psychology of effective coaching and management* (203-216). Hauppauge, NY: Nova Science Publishers, Inc.
7. Eys, M. A., Schinke, R. J., Surya, M., & **Benson, A. J.** (2014). Role perceptions in sport groups. In M. Beauchamp, & M. Eys (Eds.), *Group dynamics advances in sport and exercise psychology: Contemporary themes* (2<sup>nd</sup> edition) (pp. 131-146). Oxford: Routledge.
8. **Benson, A. J.**, Surya, M. W., & Eys, M. A. (2013). Conceptual advances in role perceptions in sport. In, C. Moheyedinni. (Ed.), *Conceptual advances in the psychology of sports and exercise* (pp. 3-14). Hauppauge, NY: Nova Science Publishers, Inc.

### Dictionary Entries

1. Godfrey, M., & **Benson, A. J.** (2019). Athletic identity. In D. Hackfort, R. Schinke, B. Strauss (Eds.), *Dictionary of Sport Psychology: Sport, Exercise, and Performing Arts*. Elsevier Inc.

### CONFERENCE PRESENTATIONS

\*Published abstracts include journal citation

#### Verbal

1. **Benson, A. J.**, Martin, L. J., Herbison, J. D., Slatcher, R., Boardley, I., Sutcliffe, J., McLaren, C., Carré, J., Côté, J., & Bruner, M. W. (2019, October). The reinforcing nature of social identity-driven processes: Evidence using the EAR methodology and a multilevel approach. In M. W. Bruner (Chair), *Using novel methods to explore the social identity and*



- moral behaviour relations in youth sport*. Symposium conducted at the Canadian Society for Psychomotor Learning and Sport Psychology Conference, Vancouver, British Columbia.
2. Herbison, J. D., Martin, L. J., Slatcher, R., Boardley, I., **Benson, A. J.**, Sutcliffe, J., McLaren, C., Carré, J., Côté, J., & Bruner, M. W. (2019, October). The Electronically Activated Recorder (EAR): A novel approach for examining social environments in youth sport. In M. W. Bruner (Chair), *Using novel methods to explore the social identity and moral behaviour relations in youth sport*. Symposium conducted at the Canadian Society for Psychomotor Learning and Sport Psychology Conference, Vancouver, British Columbia.
  3. McLaren, C., Boardley, I., Martin, L. J., Herbison, J. D., Slatcher, R., **Benson, A. J.**, Sutcliffe, J., Carré, J., Côté, J., & Bruner, M. W. (2019, October). Social network structure and moral behaviour: The mediating effect of social identity. In M. W. Bruner (Chair), *Using novel methods to explore the social identity and moral behaviour relations in youth sport*. Symposium conducted at the Canadian Society for Psychomotor Learning and Sport Psychology Conference, Vancouver, British Columbia.
  4. Carré, J., Geniole, S. N., Martin, L. J., Herbison, J. D., Slatcher, R., Boardley, I., **Benson, A. J.**, McLaren, C., Sutcliffe, J., Côté, J., & Bruner, M. W. (2019, October). Social identity and cortisol responses to competition in male competitive youth hockey players. In M. W. Bruner (Chair), *Using novel methods to explore the social identity and moral behaviour relations in youth sport*. Symposium conducted at the Canadian Society for Psychomotor Learning and Sport Psychology Conference, Vancouver, British Columbia.
  5. Caron, J. G., **Benson, A. J.**, Steins, R., McKenzie, L., Bruner, M. W. (2019, July). The social dynamics of post-concussion return to sport experiences: An integrated study of athlete-teammate-coach triads. Presented at the 15<sup>th</sup> European Congress of Sport & Exercise Psychology, Muenster, Germany.
  6. Bruner, M.W., Swann, C., Schwiekle, M., Miller, A., **Benson, A.**, McLaren, C., Sutcliffe, J., Vella, S. (October, 2018). Exploring the role of sport participation and social support on social identity in adolescent male athletes. *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Toronto, Ontario.
  7. Van Woezik, R., **Benson, A. J.**, Bruner, M. W. (March, 2018). Just put me in coach! Exploring how coaches manage team dynamics following injury. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Montreal, Quebec.
  8. McKenzie, L., Caron, J., **Benson, A. J.**, Bruner, M. W. (March, 2018). Reintegrating into the team environment following a concussion. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Montreal, Quebec.
  9. Herbison, J., Martin, L. J., Sutcliffe, J., Coletti, J., Hallarn, J., **Benson, A. J.**, & Bruner, M. W. (March, 2018). Analysis of social-discursive interactions in youth sport using Linguistic Inquiry and Word Count software. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Montreal, Quebec.

10. Cascagnette, J., **Benson, A. J.**, Cruwys, T., Haslam, A., & Bruner, M. (March, 2018). Group dynamics in an elite Nordic ski team. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Montreal, Quebec.
11. Graupensperger, S., **Benson, A. J.**, Evans, M. B. (October 2017). Everyone else is doing it: The association between social identity and conforming to peer-influence in NCAA athletes. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, St. John's, Newfoundland.
12. Sutcliffe, J., **Benson, A. J.**, Bruner, M. W. (October, 2017). Do nice coaches finish last? Exploring parental perceptions of a prospective coach. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, St. John's, Newfoundland.
13. Bruner, M. W., Martin, L. J., Evans, M. B., **Benson, A. J.**, Root, Z., Ortiz, T., Sutcliffe, J., & Carré, J. (July, 2017). Social identity and peer nominated friendship in youth sport teams. Presented at *Social Identity in Sport Conference*, Brussels, Belgium.
14. Herbison, J. D., **Benson, A. J.**, Martin, L. J., Côté, J., & Bruner, M. W. (March, 2017). The development of observational coding systems for the electronically activated recorder (EAR) in youth sport settings. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Kingston, Ontario.
15. Taylor, L., **Benson, A. J.**, & Bruner, M. W. (March, 2017). An exploration of newcomer integration processes in CrossFit. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Kingston, Ontario.
16. **Benson, A. J.**, & Eys, M. (October, 2016). Understanding the consequences of newcomer integration processes: A socialization perspective (Young Scientist Award). Presented at the Canadian Society for Psychomotor Learning and Sport Psychology Conference, Waterloo, Ontario.
17. **Benson, A. J.**, Bruner, M. W., & Eys, M. (October, 2016). Social identity and antisocial ingroup behaviours: The moderating role of descriptive norms. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Waterloo, Ontario.
18. **Benson, A. J.**, & Eys, M. (June, 2016). Pleased to meet you? The consequences of newcomer integration processes in sport teams. *Journal of Sport and Exercise Psychology*, 37 (suppl), S160. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, Montreal, Quebec.
19. Boroumand, S., **Benson, A. J.**, & Eys, M. (March, 2016). How status conflict undermines prosocial behaviour between teammates. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Hamilton, Ontario.

20. Surya, M., Eys, M. A., & **Benson, A. J.** (October, 2015). Incongruence in the coach-athlete relationship: Consequences for misunderstanding. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Edmonton, Alberta.
21. **Benson, A. J.**, Surya, M., Eys, M. A., & Bray, S. R. (June, 2015). Disentangling how perceptions of role performance are related to role acceptance and group cohesion. *Journal of Sport and Exercise Psychology*, 37 (suppl), S93. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, Portland, Oregon.
22. Eys, M. A., Surya, M., & **Benson, A. J.** (April, 2015). Threats to the psychological structure of sport teams. Presented at the Pan American Sport and Exercise Research Summit, Toronto, Ontario.
23. **Benson, A. J.**, Surya, M., Eys, M. A., & Bray, S. R. (March, 2015). Applying polynomial regression with response surface analysis to examine how perceptions of role performance influence role acceptance and cohesion. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Ottawa, Ontario.
24. **Benson, A. J.**, Hardy, J., & Eys, M. A. (2014). The context-embedded nature of followership. Presented at the Canadian Society for *Psychomotor Learning and Sport Psychology Conference*, London, Ontario.
25. Webster, L., **Benson, A. J.**, Hardy, J., & Roberts, R. (October, 2014). Competing for the spotlight: The interactive effect of leader and follower narcissism on group goal commitment. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, London, Ontario.
26. Surya, M., Eys, M. A., & **Benson, A. J.** (October, 2014) The correlates of role satisfaction. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, London, Ontario.
27. **Benson, A. J.**, Evans, M. B., Surya, M., Martin, L., & Eys, M. A. (March, 2014). Embracing athletic identity in the face of threat. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Toronto, Ontario.
28. Siska, P., **Benson, A. J.**, Eys, M. A., & Slepicka, P. (March, 2014). A longitudinal examination of team cohesion and team success in elite youth sport teams. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, Toronto, Ontario.
29. **Benson, A. J.**, & Eys, M. A. (June, 2013). Delineating the socialization strategies used in sport teams. *Journal of Sport and Exercise Psychology*, 35 (suppl), S78. Presented at the *North American Society for the Psychology of Sport and Physical Activity*, New Orleans, Louisiana.
30. **Benson, A. J.**, Surya, M., Balish, S.M., & Eys, M. A. (2013, June). Exploring the Influence of Injury on Group Processes in Sport Teams. *Journal of Sport and Exercise Psychology*, 35

- (suppl), S77. Presented at the *North American Society for the Psychology of Sport and Physical Activity*, New Orleans, Louisiana, United States.
31. **Benson, A. J.**, & Eys, M. A. (March, 2013). Coaches' perspectives on socialization strategies used in sport teams. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, St. Catherines, Ontario.
  32. Surya, M., **Benson, A. J.**, & Balish, S., & Eys, M. A. (March, 2013). Exploring the influence of injury on group processes in basketball. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, St. Catherines, Ontario.
  33. Murray, R. M., Evans, M. B., **Benson, A. J.**, Bray, S. R., & Eys, M. A. (March, 2013). Testing the innuendo effect in a sport context. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, St. Catherines, Ontario.
  34. **Benson, A. J.**, Surya, M., McLaren, C. D. (February, 2013). Organizational socialization in sport teams. Presented at the *Sport Professionals' Experience and Research Conference*, Tallahassee, Florida.
  35. McLaren, C. D., **Benson, A. J.**, Surya, M. (February, 2013). How'd we do coach: Group and individual outcomes as they relate to the motivational climate. Presentation at the *Sport Professionals' Experience and Research Conference*, Tallahassee, Florida.
  36. Surya, M., McLaren, C. D., & **Benson, A. J.** (February, 2013). Satisfaction with interdependent role responsibilities in sport teams. Presented at the *Sport Professionals' Experience and Research Conference*, Tallahassee, Florida.
  37. **Benson, A. J.**, Surya, M., & Eys, M. A. (November, 2012). The development and salience of role responsibilities in sport teams. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Halifax, Nova Scotia.
  38. **Benson, A. J.**, Eys, M. A., & Surya, M. (March, 2012). Athletes' perceptions of role acceptance in sport. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, London, Ontario.
  39. Surya, M., Eys, M. A., & **Benson, A. J.** (March, 2012). Athletes' perceptions of role satisfaction in sport. Presented at the *Eastern Canada Sport and Exercise Psychology Symposium*, London, Ontario.

#### Poster

1. Zhuo, Li., & **Benson, A. J.** (February, 2021) Culture and narcissism: The roles of fundamental social motives. To be presented at the *Society for Personality and Social Psychology*, Virtual conference.

2. Lynch, J., Jordan, C., Giacomin, M., & **Benson, A. J.** (February, 2020). Dr. Jekyll and Mr. Hyde: How narcissistic admiration and rivalry relate to perceived narcissism and likeability within teams over time. To be presented at the *Society for Personality and Social Psychology*, Virtual conference.
3. Baird, N., & **Benson, A. J.** (June, 2020). An examination of team conflict: The essential role of followership. Presented at the *Society for Industrial and Organizational Psychology*, Austin, Texas.
4. **Benson, A. J.**, & Giacomin, M. (February, 2020). How self-esteem and narcissism differentially relate to high and (un)stable feelings of status and inclusion. Presented at the *Society for Personality and Social Psychology*, New Orleans, Louisiana.
5. Jensen, L. D., Woodley, H. J. R., Hardy, J., & **Benson, A. J.** (February, 2020). Do great followers make great leaders? Disentangling the traits valued in followers and leaders? Presented at the *Society for Personality and Social Psychology Preconference: Bringing intragroup processes back to social psychology*, New Orleans, Louisiana.
6. Baird, N., Woodley, H. J. R., & **Benson, A. J.** (February, 2020). Where you lead, I will follow: Developing a measure and nomological network of followership motives. Presented at the *Society for Personality and Social Psychology Preconference: Bringing intragroup processes back to social psychology*, New Orleans, Louisiana.
7. Chamberlain, J. J., **Benson, A. J.**, & Hall, C. R. (October, 2019). The relations between newcomer integration processes and youth athletes' perceptions of the group environment in competitive hockey. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Vancouver, British Columbia.
8. Sutcliffe, J., McLaren, C., **Benson, A. J.**, Arnocky, S., Martin, L. J., Shields, C., Law, B., & Bruner, M. W. (October, 2019). Exploring the relations between competitive youth sport parents' identity and moral intentions towards antisocial parent behaviour. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Vancouver, British Columbia.
9. Sutcliffe, J., **Benson, A. J.**, McLaren, C., & Bruner, M. W. (October, 2019). Part of the team: Measuring parent social identity in youth sport. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Vancouver, British Columbia.
10. Van Woezik, R., **Benson, A. J.**, & Bruner, M. W. (October, 2019). Next one up! Exploring how coaches manage team dynamics following injury. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Vancouver, British Columbia.
11. Cascagnette, J., **Benson, A. J.**, Cruwys, T., Haslam, A., & Bruner, M. (October, 2019). More than just another bib: Group dynamics in an elite Nordic ski team. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Vancouver, British Columbia.

12. Sutcliffe, J., Herbison, J. D, Martin, L. J., Slatcher, R., **Benson, A. J.**, Van Woezik, R., McLaren, C., Boardley, I., Carré, J., Côté, J., & Bruner, M. W. (October, 2019). The car ride to and from competition: Exploring parent-athlete interactions in competitive youth sport. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Vancouver, British Columbia
13. Lynch, J., **Benson, A. J.**, & McGregor, A. (June, 2019). How narcissistic admiration and rivalry relate to team conflict processes. Presented at the meeting of the *Canadian Psychological Association*, Halifax, Nova Scotia.
14. McGregor, A., **Benson, A. J.**, & Rothstein, M. (June, 2019). Psychometric analysis of the workplace team resiliency inventory. Presented at the meeting of the *Canadian Psychological Association*, Halifax, Nova Scotia.
15. Baird, N. A., **Benson, A. J.**, & Robertson, J., & Moosavi, S. (June, 2019). Leadership on the ropes: How hostile followership affects leadership behaviour. Presented at the meeting of the *Canadian Psychological Association*, Halifax, Nova Scotia.
16. Evans, M. B., Graupensperger, S., **Benson, A. J.**, Eys, M. A., Hastings, B., & Gottschall, J. (June, 2019). Groupness perceptions and basic needs satisfaction within fitness groups. Presented at the meeting of the *North American Society for the Psychology of Sport and Physical Activity*, Baltimore, Maryland.
17. Graupensperger, S., **Benson, A. J.**, & Evans, M. B. (April, 2018). Group-level predictors of NCAA athletes' attitudes toward risky behavior. Presented at the *Society for Behavioral Medicine*, New Orleans, LA.
18. **Benson, A. J.**, Jeschke, J., Jordan, C. H., Bruner, M. W., & Arnocky, S. (February, 2018). Will they stay or will they go? Narcissistic admiration and rivalry predict ingroup affiliation and devaluation. Presented at the *Society for Personality and Social Psychology Annual Convention*, Portland, Oregon.
19. **Benson, A. J.**, & Bruner, M. W. (September, 2017). How peer behaviours relate to adolescent social development: A daily diary approach with youth hockey teams. Presented at the *Sport Canada Research Initiative Conference*, Toronto, Ontario.
20. **Benson, A. J.**, Eys, M., & Hardy, J. (June, 2017). Challenge-oriented acts of followership as a double-edged sword in the leadership process. *Journal of Sport & Exercise Psychology*, 39 (suppl), S213. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, San Diego, California.
21. Bruner, M. W., & Benson, A. J. (June, 2017). The Social Identity Questionnaire for Sport (SIQS): The utility of a bifactor model. *Journal of Sport & Exercise Psychology*, 39 (suppl), 217. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, San Diego, California.

22. Sutcliffe, J., **Benson, A. J.**, & Bruner, M.W. (June, 2017). Parents value competence more than warmth in competitive youth hockey coaches: Evidence based on the innuendo effect. *Journal of Sport & Exercise Psychology*, 39 (suppl), S317. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, San Diego, California.
23. Bruner, M. W., Wilson, K. S., Boardley, I. D., **Benson, A. J.**, Sutcliffe, J., Root, Z., & Côté, J. (October, 2016). Examining the role of descriptive norms in the social identity and moral behaviour relationship in youth sport. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Waterloo, Ontario.
24. Bruner, M., Bailey, B., & **Benson, A. J.** (June, 2016). Understanding the influence of organizational culture on exercise adherence: A social identity perspective. *Journal of Sport and Exercise Psychology*, 37 (suppl), S164. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, Montreal, Quebec.
25. **Benson, A. J.**, Eys, M. A., & Irving, G. (October, 2015). Great expectations: How expected versus actual role experiences relate to perceptions of team cohesion. Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Edmonton, Alberta
26. **Benson, A. J.**, & Eys, M. A. (October, 2014). Examining the use of socialization tactics in team sport environments. Poster presented at the *Sport Canada Research Initiative Conference*, Kanata, Ontario.
27. Hardy, J., Arthur, C., Harding, D., **Benson, A. J.**, Williams, C., Meaton, J., Buabon, M., Larkin, L. (October, 2014). Role conflict and performance: An elusive association? Presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, London, Ontario.
28. **Benson, A. J.**, & Eys, M. A. (October, 2013). Toward a theory of organizational socialization in sport. Poster presented at the Sport Canada Research Initiative Conference, Kanata, Ontario.
29. **Benson, A. J.**, Eys, M. A., & Surya, M. (November, 2012). Athletes' perceptions of role acceptance in sport teams. Poster presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Halifax, Nova Scotia.
30. **Benson, A. J.**, Surya, M., Eys, M. A., Bray, S. R., & Brawley, L. R. (October, 2011). A preliminary examination of the correlates of role satisfaction. Poster presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Winnipeg, Manitoba.
31. Surya, M., **Benson, A. J.**, Eys, M. A., & Bray, S. R. (October, 2011). Role satisfaction: A proposed conceptualization for sport. Poster presented at the *Canadian Society for Psychomotor Learning and Sport Psychology Conference*, Winnipeg, Manitoba

### Invited Talks

- 2020 Wilfrid Laurier University Early career panelist. *Presented to the Kinesiology and Physical Education graduate seminar.*
- 2019 Aboriginal Sport Circle Socio-demographic survey from the National Aboriginal Hockey Championships. *Presented on behalf of the Indigenous Hockey Research Network, Ottawa, Ontario.*
- 2018 Western University Academic panelist discussing life as an academic. *Presented at IO/OB student conference as part of a four-person academic panel, London, Ontario.*
- 2018 Western University Academic panelist discussing life as an academic. *Presented at Health/Medical Sciences career panel, hosted at Western University.*
- 2018 Disrupt HR The rise and fall of narcissistic leaders. *Presented at Disrupt HR, London, Ontario.*
- 2018 Western University Narcissism in the workplace: Entitled, self-absorbed, and ready to lead. *Presented as part of the “Science of Being Human” lecture series, London, Ontario.*
- 2018 Western University Can’t we all just get along? Integrating qualitative research into a broader program of research. *Presented to the Industrial/Organizational psychology graduate seminar, London, Ontario.*
- 2016 Wilfrid Laurier University Navigating grad school: Tales from a recent graduate. *Presented to Kinesiology and Physical Education graduate seminar, Waterloo, Ontario.*

### Non-Peer Reviewed Papers and Reports

**Benson, A.,** & Cavallo, J. Blog post on research paper “Tailoring emotional expressions in romantic relationships: A Person-centered approach”: <http://spsp.org/news-center/blog/benson-cavallo-feelings-expectations-emotions>

Forsyth, J., **Benson, A.,** McKee, T., Armstrong, K., Pettit, A., Hauck, D., El-Shamy, N., Whitesell, M., and Spencer, J. (Feb 2019). NAHC Regional Report, prepared for the National Aboriginal Hockey Championship Working Group and the Aboriginal Sport Circle.

Forsyth, J., **Benson, A.,** McKee, T., Armstrong, K., Pettit, A., Hauck, D., El-Shamy, N., Whitesell, M., and Spencer, J. (Jan 2019). NAHC Gender Report, prepared for the National Aboriginal Hockey Championship Working Group and the Aboriginal Sport Circle.

Forsyth, J., **Benson, A.,** McKee, T., Armstrong, K., Pettit, A., Hauck, D., El-Shamy, N., Whitesell, M., and Spencer, J. (Nov 2019). *NAHC Statistic Report*, prepared for the National Aboriginal Hockey Championship Working Group and the Aboriginal Sport Circle.



**Benson, A. J., & Eys, M. A.** (2015). Examining the use of socialization tactics in sport team environments, prepared for Sport Canada as a knowledge Translation paper.

**Benson, A. J.,** Surya, M., & Eys, M. A. (2015). Report on 2015 team member engagement survey, prepared on behalf of Schlegel Villages. *1- 37.*

Surya, M., **Benson, A. J.,** & Evans, M. (2014). Report on role responsibilities, prepared on behalf of Schlegel Villages. *1-10.*

Surya, M., **Benson, A. J.,** Evans, M. (2014). Report on 2014 team member engagement survey, prepared on behalf of Schlegel Villages. *1-11.*

Evans, B., Surya, M., & **Benson, A. J.** (2013) Initial statistical report on member engagement data, prepared on behalf of Schlegel Villages. *1-20.*

Eys, M. A., **Benson, A. J.,** & Surya, M. (2013). Blueprint for physical activity: A report to the Waterloo Region Active Living Network. *1-65.*

## **TEACHING EXPERIENCE**

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### **Course Instructor**

#### Western University

- 2020 Psychology 3720G-001: Psychology of Prosocial and Antisocial Behaviour
- 2019 Psychology 4690G-001: The Psychology of Status and Power in Organizations
- 2018 Psychology 9650: Advanced Topics in Psychology: Status and Power in Organizations
- 2017-2019 Psychology 2061A-001: Psychology at Work

#### Nipissing University

- 2016 PHED2026a: Psychology of Physical Activity
- PHED2026b: Psychology of Physical Activity

#### Wilfrid Laurier University

- 2015 KP622: Advanced Research Design

#### Resurrection Catholic Secondary School

- 2015 Applied Sport Psychology Module (grades 9-12)

### **Lab Instructor**

- 2016 Wilfrid Laurier University PS296: Introduction to Statistics

### **Courses Assisted**

- 2013 Wilfrid Laurier University PS286: Introduction to Sport Psychology

		PS270: Introduction to Social Psychology
		PS380: Research Seminar in Social Psychology
2012	Wilfrid Laurier University	KP210: Introduction to Sport Psychology
2011	Wilfrid Laurier University	KP211: Introduction to Sociology Aspects of Sport
		KP122: Biodynamic Aspects of Physical Activity
2010	Wilfrid Laurier University	KP410: Advanced Psychology of Physical Activity

## **STUDENT SUPERVISION**

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\*\*\*All students supervised at Western University unless noted otherwise

### **Principle Advisor**

2020-current	Tianyue Xu (MSc 1)
2019-current	Lynden Jensen (PhD 2)
2019-current	Jennifer Lynch (MSc 2)
2019-current	Zhou Li (MSc 2)
2018-current	Alexander McGregor (PhD 3)
2017-current	Noelle Baird (MSc 2019, PhD 2)
2017-2019	Jeffrey Chamberlain (MSc)

### **Mitacs Internship Supervision**

2018-2019	Noelle Baird, Mitacs Accelerate Internship
2017-2018	Julia McMenamin, Mitacs Accelerate Internship

### **PhD Senate Defense Committee Member**

2020	Claire Wilson
2020	Brittney Anderson
2020	Charles Fitzsimmons
2018	Rhonda Balzarini

### **PhD Departmental Examination Committee Member**

2018	Kevin Doyle
2018	Rhonda Balzarini

### **Doctoral Advisory Committee Member**

2019-current	Trevor Coppins
2019- current	Jose Espinoza
2019- current	Kyle Cameron
2019- current	Natasha Ouslis
2019- current	Matthew Brown
2019- current	Jordan Herbison (Queen's University)
2019- current	Kabir Daljeet

2018- current Julia McMenamin  
2018- current Paolo Palma  
2018- current Rebecca Koessler  
2018-2020 Brittney Anderson

### **PhD Comprehensive Examination Committee Member**

2019-2020 Rebecca Koessler  
2019-2020 Laura Johnson  
2019-2020 Christopher Kowalski  
2019-2020 Matthew Brown  
2018 Alexa Clerk

### **Master's Thesis Examination Committee Member**

2019 Trevor Coppins  
2019 Kunio Hessel  
2019 Eva Kwan  
2019 Lynden Jensen  
2019 Margaret Head  
2018 Alexander McGregor  
2018 Natasha Ouslis

### **Master's Thesis Advisory Committee Member**

2020-current Leonid Beletski  
2020-current Cullen McCurrach  
2019-current Cameron Collicot (University of Montreal)  
2018-2019 Stefanie Gazmin (Queen's University)  
2018-2019 Eva Kwan  
2018-2019 Kunio Hessel  
2018-2019 Christopher Sciberas  
2018-2019 Margaret Head  
2017-2018 Alexander McGregor

### **Undergraduate Thesis Supervision**

2019-2020 Karlee Citro  
2019-2020 Virginia Ling  
2019-2020 Tianyue Xu  
2018-2019 Jennifer Lynch  
2017-2018 Andrada Balanean  
2017-2018 Marcus Gottlieb  
2017-2018 Jessica Jeshcke

2016-2017	Laura McKenzie (Nipissing University)
2016-2017	Lauren Taylor (Nipissing University)
2015-2016	Suzanne Boroumand (Wilfrid Laurier University)
2012-2013	Ross Murray (Wilfrid Laurier University)

### **Independent Study Supervision**

2018	Esti Azizi
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## **SERVICE**

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### **Institutional**

2020-current	Graduate affairs committee
2018-current	Coordinator for I/O area graduate student interview day
2018-2020	Undergraduate affairs committee
2018-2020	Annual performance evaluation committee
2018-2020	Planning committee for the development of the one-year Masters in Research for Policy and Evaluation
2018-2020	Faculty of Engineering, Faculty council, Social Science representative
2019-2020	Doctoral SSHRC departmental evaluation committee
2018	Evaluator for Western National Scholarship Program
2014-2015	Member of Mental Health Task Force (Wilfrid Laurier University)
2015-2016	Graduate Student Association Representative (Wilfrid Laurier University)

### **Guest Reviewer**

<https://publons.com/researcher/1246015/alex-benson/>

Athletic Insight (1), Aggressive Behavior (2), Communication & Sport (1), European Sport Management Quarterly (1), Human Relations (1), INGRoup conference (1), International Journal of Sport & Exercise Psychology (3), Journal of Applied Sport Psychology (5), Journal of Science and Medicine in Sport (1), Journal of Sport & Exercise Psychology (8), Journal of Sport Psychology in Action (2), PLOS ONE (1), Psychology of Sport & Exercise (21), Qualitative Research in Sport, Exercise, and Health (1), Scandinavian Journal of Medicine and Science in Sport (4), Sport, Exercise and Performance Psychology (13), Social Inclusion (1). Reviewed conference abstracts for 15<sup>th</sup> European Congress of Sport & Exercise Psychology

### **Community Outreach and Consulting**

2013-2016	Organizational Consultant, Schlegel Villages
2013	Research Consultant, Waterloo Region Active Living Network
2011	Conference Organization Committee Members, Wilfrid Laurier University <i>Eastern Canadian Sport and Exercise Psychology Symposium</i>

### **Applied Workshops**

**Benson, A. J.** (2016-2017, November-January). Psychological skills for elite youth athletes. Tailored lectures presented to multiple age groups for the North Bay Trappers AAA Hockey Organization, North Bay, Ontario.

Eys, M.A., Surya, M., & **Benson, A. J.** (May, 2013). The blueprint for physical activity action for Waterloo Region. Lecture presented to the 'Engagement is Good for your Health Workshop', Waterloo Memorial Recreation Complex, Waterloo, Ontario, Canada.

### **PROFESSIONAL ORGANIZATIONS AND MEMBERSHIPS**

Society for Industrial and Organizational Psychology

Society for Personality and Social Psychology