



Mimi Ho, BSc (1st Class Hons), MSc  
Doctoral Research Student  
Sport and Exercise Psychology Research Group  
School of Sport, Exercise and Rehabilitation Sciences  
University of Birmingham  
Edgbaston  
Birmingham  
B15 2TT, UK  
E-Mail: [msh061@bham.ac.uk](mailto:msh061@bham.ac.uk)

## Personal Background

---

Mimi has a strong passion for sport which channels her enthusiasm and interest in understanding the importance of psychological processes in relation to sport performance. She is currently undertaking her PhD in Sport Psychology in the School of Sport, Exercise and Rehabilitation Sciences at the University of Birmingham, UK. Under the supervision of Dr Paul Appleton, Prof Joan Duda and Dr Jennifer Cumming, her work examines the effects of perfectionism for the well-being and ill-being of hearing and deaf athletes. Along with this, she is also collaborating on a project in relation to the use of self-regulation strategies in sports with her research team.

Prior to completing her PhD, Mimi received a master's degree in the School of Sport and Education at Brunel University. She also holds a bachelor's degree which was fully financed by the Sir Edward Youde Memorial Overseas Scholarship for Disabled Students and graduated with first class honours from the same institution. Before going to University, she studied her high school at Shebbear College in North Devon, UK.

Mimi was born in Hong Kong and raised and educated internationally. In her free time, she enjoys playing racket sports, taking photographs, travelling and tasting various kinds of foods. She is also keen to watch all sport matches.

## Research Interests

---

Perfectionism in Sport  
The Use of Self-Regulation Strategies in Sport Performance and Learning  
Psychological Well-Being and Ill-Being in Athletes with and without Disabilities (e.g., Hearing Impairment and Physical Impairment)

## Education

---

<b>University of Birmingham</b>	<b>October 2010–present</b>
PhD in Sport and Exercise Sciences	
<b>Brunel University, West London</b>	<b>2008–2010</b>
MSc in Sport Sciences	
<b>Brunel University, West London</b>	<b>2005–2008</b>
BSc (1 <sup>st</sup> Class Hons) in Sport Sciences	

## Academic Achievements and Awards

---

2010: Brunel Graduate Association Prize in Recognition of Both Academic and Non-Academic Achievement at Postgraduate Taught and Research Level  
2005/2006: Sir Edward Youde Memorial Overseas Scholarship for Disabled Students

### **Conference Presentations**

---

- Ho, M. S. H.**, Appleton, P. R., Duda, J. L., & Cumming, J. (2013). *Perfectionism sub-beliefs and psychological well- and ill-being in athletes with and without hearing impairments*. Oral presentation presented at European College of Sport Science Congress 2013, Barcelona, Spain.
- Ho, M. S. H.**, Appleton, P. R., Cumming, J., & Duda, J. L. (2011). *The moderating effect of the coach-created motivational climate in the relationship between perfectionism and burnout in deaf and hearing athletes*. Poster presented at BASES Annual Student Conference 2011, University of Chester, Chester, UK.
- Ho, M. S. H.** (2009). *Comparison of task and social cohesion between hearing and non-hearing soccer teams*. Poster presented at BASES Annual Student Conference 2009, University of Hull, Hull, UK.

### **Research/Travel Grants**

---

- 2013: **Ho, M. S. H.** The relationship between self-regulation strategies and psychological well-being and ill-being in athletes with and without hearing impairments. *Bedford Physical Education Old Students' Association*.
- 2011–2012: **Ho, M. S. H.** (PI), Cumming, J., & Duda, J. L. (Co-I). Examining the use of self-regulation strategies in perfectionistic and non-perfectionistic athletes with and without hearing impairments: A longitudinal study. *The Association for Applied Sport Psychology*.

### **Membership of Professional Bodies**

---

- Member of the Association for Applied Sport Psychology (AASP)
- Member of the British Association of Sport and Exercise Sciences (BASES)
- Member of the European College of Sport Science (ECSS)
- Member of the Sir Edward Youde Scholars Association (SEYSA)

### **Sport Experiences**

---

Being profoundly hearing impaired since the age of two, Mimi sees herself as an optimist who always thinks positively. She believes, "Where there is a will, there is a way", and that everyone has his/her own strengths which can be nurtured, and this potential can then be fully developed. Mimi's experience in table tennis is clearly evident. She started playing at the tender age of seven. In 1996, she was selected as a representative of the British Columbia Junior Table Tennis Team. Prior to this, she won the first ever trophy in U12 girls doubles (runner-up) and U12 mixed doubles (champion) at the British Columbia Junior Table Tennis Championships. From 1998 to 2000, she was selected as a team member of Hang Seng Regional Squad which was affiliated to the Hong Kong Table Tennis Association. The squad served as a nurturing ground for those table tennis players with the potential to become elite young athletes able to represent Hong Kong Junior National Team at that time. Alongside her participation with the hearing team in training and competition, Mimi also joined as a member of the Hong Kong Sports Association of the Deaf in late 1996. She won various trophies in local competitions (both hearing and deaf) and she was a representative in table tennis at the Deaflympics Games in 1997, the Asia Pacific Games for the Deaf in 2000, the Invitational Games for the Deaf in 2008 and the Deaflympic Games in 2009.