

## **Professor Marie Donaghy**

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**Job Title:** Dean of School of Health Sciences

**Qualifications:** BA(Hons) Psychology Open University. PhD Exercise Psychology Faculty of Medicine Glasgow University. FCSP Physiotherapy Glasgow. FHEA Teaching London.

Professor Marie Donaghy trained at the Scottish Physiotherapy Hospital in Glasgow qualifying as a physiotherapist in 1970. For the first 19 years of her career Marie worked as a physiotherapist initially in Glasgow then in Paisley specialising in learning difficulties and mental health. During this time she undertook a degree in Psychology, became Superintendent Physiotherapist leading a team in mental health and was an early researcher leading work with Professor Nanette Mutrie in 1987 in exercise and addictions. It was the desire to engage in further research that brought Marie into higher education in 1989 when she joined QMU as a lecturer in Physiotherapy. Marie became a Senior lecturer in 1994, acting head of Physiotherapy in 2000, Associate Dean in 2002 and Dean in 2007. Marie obtained her PhD in 1997, received a Fellowship of the Chartered Society of Physiotherapy in 2002 in recognition of her contribution to the advancement of physiotherapy in mental health and contribution to European physiotherapy education.

### **Main Research**

The impact of exercise in different clinical populations in regard to; depression, self esteem, lifestyle behaviour. This has included looking at exercise as an adjunct in treatment of problem drinking, back pain, osteoporosis, cardiopulmonary disease.

Lifestyle behaviour linked to alcohol consumption, alcohol guidelines including labelling.

Professional competencies and standards. Reflection within the context of Physiotherapy.

### **Research Funding**

Principal sources of research funding have been CSO, NES, SHEFC, CSP, Leonardo Da Vinci European Union.

### **Examples of recent publications**

#### *Edited Books*

Donaghy , M.E. Nichol, M. Davidson, K. (2008) *Cognitive Behavioural Interventions*

*in Physiotherapy and Occupational Therapy* Butterworth Heinemann, Elsevier: Edinburgh. ISBN-13: 9780750688000

#### *Chapters in Books*

Donaghy, M.E. (2008) Cognitive behavioural Approaches in the Treatment of Alcohol Addiction in Donaghy M, Nichol, M. Davidson, K. (Eds) in *Cognitive Behavioural Interventions in Physiotherapy and Occupational Therapy* p105-120 Butterworth Heinemann Elsevier: Edinburgh

#### *Research articles*

Bulley, C., Donaghy, M. (2008) Processes in the Development of International Specialist Competencies and Standards *Journal of Allied Health* (in press).

Donaghy, M., Nicol, M., Davidson, K (2007) Cognitive Behavioural Interventions: adding a useful dimension to practice *In Touch* no120 p 2-7.

Donaghy, M. (2007) Exercise can seriously improve your mental health: Fact or Fiction? *Advances in Physiotherapy* 9 (2): 76-89

Donaghy, M.E. Morss, K. (2007) An evaluation of the effectiveness of a Framework designed to facilitate reflection on practice within the discipline of physiotherapy *Physiotherapy Theory and Practice* 23 (2): 76-89

Gill, J., Warner, P Guise E Donaghy, M. (2007) Descriptors and Accounts of Female Undergraduate Drinking in Scotland . *Health Education Research.* 22 27-36

Sousa J.P, Cabri, J.,. Donaghy, M. (2007) Case research in sports physiotherapy: A review of studies *Physical Therapy in Sport* 8 (4): 83-94

Bulley. C., Donaghy, M. E., Payne, A., Mutrie, N. (2007) A critical review of the validity of measuring stages of change in relation to exercise and moderate physical activity *Critical Public Health* 17 (1): 17-30

Sousa J. P, Cabri, J., Donaghy, M. (2007) Estudos de Caso em Fisioterapia no Desporto: Uma Revisao Sistematico. *Rivista Portuguesa Fisioterapia no Desporto* Vol 1 1 38-48