

ACADEMIC AND EMPLOYMENT HISTORY

Devin Nicholas Bonk (dob: March 22, 1993)

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Academic Education

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|-------------|--|
| 2019 – 2024 | Ph.D. Exercise Sciences (Sport Psychology)
University of Toronto
(SSHRC- and OGS-funded)
Ph.D. Supervisor: Dr. Katherine Tamminen |
| 2017 – 2019 | M.Sc. Exercise Sciences (Sport Psychology)
University of Toronto
Thesis: Rituals in High-Performance Sport
(SSHRC- and OGS-funded)
M.Sc. Supervisor: Dr. Katherine Tamminen |
| 2011 – 2016 | B.Sc. Psychology (Honours with Distinction)
University of Toronto
Thesis: Testing the Neural and Behavioural Effects of Ritual During Performance
Honours Thesis Supervisor: Dr. Michael Inzlicht |

Academic Scholarships/Awards

1. 2021-2024 – SSHRC Doctoral Fellowship (value: \$60,000)
2. 2023 – University of Toronto SGS Conference Grant (value: \$1,150)
3. 2021 – Ontario Graduate Scholarship – PhD (value: \$15, 000) – Declined
4. 2021 – University of Toronto Fellowship – PhD (value: \$5,000)
5. 2020 – Ontario Graduate Scholarship – PhD (value: \$15,000)
6. 2020 – University of Toronto Fellowship – PhD (value: \$8,000)
7. 2019 – Ontario Graduate Scholarship – PhD (value: \$15,000)
8. 2019 – University of Toronto Fellowship – PhD (value: \$8,000)
9. 2019 – U of T Faculty of Kinesiology and Physical Education Fellowship (value: \$6,500)
10. 2019 – University of Toronto SGS Conference Grant (value: \$410)
11. 2018 – Ontario Graduate Scholarship – MSc (value: \$15,000)
12. 2018 – University of Toronto Fellowship (value: \$1,500)
13. 2018 – SSHRC Michael Smith Foreign Study Supplement (value: \$6,000)
14. 2018 – Department of Exercise Sciences Conference Travel Award (value: \$250)
15. 2017 – SSHRC Canada Graduate Scholarship – Master's Program (value: \$17,500)
16. 2017 – University of Toronto Fellowship (value: \$1,750)
17. 2016 – Professor Taimo Pallandi Award for Academic and Athletic Excellence
18. 2011 – University of Toronto Undergraduate Admission Scholarship (value: \$1,000)

Teaching/Employment/Volunteering

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| 2024 – | Independent Research Consultant.
[Undisclosed VC fund due to NDA until launch]; Sport and Performance
Psychology Laboratory. |
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- 2022 – 2024 Course Instructor.
Faculty of Kinesiology and Physical Education, University of Toronto.
Courses: Stress and Coping (KPE 325H)
- 2021 – 2024 Lead Quantitative Data Analyst.
Indigeneity, Diaspora, Equity, and Anti-racism in Sport (IDEAS) Research
Laboratory, University of Toronto.
Lab Director: Dr. Janelle Joseph.
- 2017 – 2024 Research Assistant.
Sport and Performance Psychology Laboratory, University of Toronto.
Lab Director: Dr. Katherine Tamminen.
- 2021 – 2024 Data Analyst.
Potential Project.
- 2017 – 2023 Teaching Assistant.
Faculty of Kinesiology and Physical Education, University of Toronto.
Courses: Foundations of Sport and Exercise Psychology (KPE 120H); Research
Design and Evaluation: Quantitative Approaches (KPE 291H); Stress and Coping
(KPE 325H); Adapted Physical Activity (KPE 420H).
- 2020 (Feb. – April) Performance Psychology Consultant.
OverActive Media
Teams: Toronto Defiant (professional Overwatch League team), Toronto Ultra
(professional Call of Duty League team).
- 2018 (April – August) Visiting Research Assistant.
Institut National du Sport de l'Expertise et de la Performance (France).
Host Supervisor: Dr. Julie Doron.
- 2016 – 2017 Laboratory Manager.
Toronto Decision Neuroscience Laboratory, University of Toronto.
Lab Director: Dr. Cendri Hutcherson.
- 2015 – 2016 Volunteer Research Assistant.
Toronto Laboratory for Social Neuroscience, University of Toronto.
Lab Director: Dr. Michael Inzlicht.
- 2014 – 2015 Volunteer Research Assistant.
Ontario Shores Centre for Mental Health Services.

PUBLICATIONS & CONFERENCE PRESENTATIONS

Submitted Manuscripts

Bonk, D., & Tamminen, K. A. (Under review). Exploring experiences of tilt and ragequitting in competitive and recreational videogamers.

Published Manuscripts

Bonk, D., & Tamminen, K. A. (2025). Dysregulated gaming and emotion regulation flexibility. *Psychology of Popular Media*. <https://doi.org/10.1037/ppm0000591>

- Tamminen, K. A., **Bonk, D.**, Milne, M., & Watson, J. (2025). Emotion dysregulation, performance concerns, and mental health among Canadian athletes. *Scientific Reports (special collection on Sport and Performance Psychology)*.
- Tamminen, K. A., **Bonk, D.**, Eckardt, V., McEwen, C., & Sutherland, S. (2023). Development of the Stressors among Parents in Youth Sport Survey (SPYSS). *Psychology of Sport and Exercise*. <https://doi.org/10.1016/j.psychsport.2023.102541>
- Tamminen, K. A., Danyluck, C., **Bonk, D.**, & Chen, R. (2023). Syncing to perform? A naturalistic longitudinal case study of emotional and physiological synchrony in a team of male volleyball athletes. *Journal of Sports Sciences*. <https://doi.org/10.1080/02640414.2023.2259205>
- Bonk, D.**, & Kim, J. (2022). Factorial and construct validity of the Discrete Emotions Questionnaire for Videogames (DEQ-VG). *Entertainment Computing*, 42, 100488. <https://doi.org/10.1016/j.entcom.2022.100488>
- Bonk, D.**, & Tamminen, K. A. (2021). Athletes' perspectives of pre-game rituals in open-skill sports. *Journal of Applied Sport Psychology*. <https://doi.org/10.1080/10413200.2021.1875517>
- Bonk, D.**, Leprince, C., Tamminen, K. A., & Doron, J. (2019). Collective rituals in team sports: Implications for team resilience and communal coping. *Movement and Sport Sciences – Science et Motricité*. <https://doi.org/10.1051/sm/2019007>
- Hobson, N. M., **Bonk, D.**, Inzlicht, M. (2017). Rituals decrease the neural response to performance failure. *PeerJ*, 5:e3363. <https://doi.org/10.7717/peerj.3363>

Conference Presentations

- Tamminen, K. A., **Bonk, D.**, Watson, J. (2024, June). Emotion dysregulation and performance concerns are associated with symptoms of depression and anxiety among competitive athletes. *Oral presentation delivered at the North American Society for the Psychology of Sport and Physical Education (NASPSA) Conference, New Orleans, Louisiana.*
- Hutt, K., Tamminen, K. A., **Bonk, D.**, & Watson, J. (2024, June). Examining the relationship between alexithymia and symptoms of depression and anxiety among injured athletes. *Oral presentation delivered at the North American Society for the Psychology of Sport and Physical Education (NASPSA) Conference, New Orleans, Louisiana.*
- Cai, R., **Bonk, D.**, & Tamminen, K. A. (2024, May). Demonstrating the Use of Latent Profile Analysis in Coping Research. *Oral presentation delivered at the Bodies of Knowledge Conference, Toronto, Ontario.*
- Cai, R., **Bonk, D.**, & Tamminen, K. A. (2024, March). Examining profiles of coping among adolescent hockey players. *Oral Presentation delivered at the Eastern Canada Sport & Exercise Psychology Symposium (ECSEPS), Toronto, Ontario.*
- Bonk, D.**, Tamminen, K. A. (2023, October). The experience of videogame tilt, moods, and well-being: An ecological momentary assessment. *Poster presented at the 2023 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Kingston, Ontario.*

Bonk, D., Tamminen, K. A. (2023, June). Exploring experiences of tilt and ragequitting in competitive and recreational gamers. *Paper presented at the 2023 North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Toronto, Ontario.*

Bonk, D., Tamminen, K. A. (2023, February). Emotion regulation flexibility and dysregulated gaming. *Poster presented at the 2023 Society for Personality and Social Psychology (SPSP) Conference, Atlanta, Georgia.*

Bonk, D., Tamminen, K. A. (2022, October). Getting tilted: Competitive motives, emotion dysregulation, and tilt frequency among videogame players. *Poster presented at the 2022 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Montreal, Quebec.*

Bonk, D., Tamminen, K. A. (2022, March). Emotion regulation flexibility and dysregulated gaming behaviours. *Proposal presented at the 2022 Eastern Canada Sports and Exercise Psychology Symposium, Ottawa, Ontario.*

Bonk, D., & Tamminen, K. A. (2021, October). Exploring emotional experiences across different genres of videogames. *Poster presented at the International Society of Sport Psychology 15th World Congress, online.*

Bonk, D., & Tamminen, K. A. (2021, June). Perceptions of the collegiate eSports experience: A case study of a university Overwatch team. *Paper presented at the Canadian Game Studies Association Conference 2021, online.*

Bonk, D., & Tamminen, K. A. (2020, June). Perceptions of the collegiate eSports experience: A case study of a university Overwatch team. *Paper accepted at the Congress of the Humanities and Social Sciences, London, Ontario.* Note: Conference cancelled due to COVID-19.

Bonk, D., Zuluev, E., & Tamminen, K. A. (2019, June). eSports psychology: Exploring the psychological traits of casual and competitive gamers. *Paper presented at the Congress of the Humanities and Social Sciences, Vancouver, British Columbia.*

Bonk, D., Tamminen, K. A. (2018, March). Rituals in high-performance sport. *Proposal presented at the 2018 Eastern Canada Sports and Exercise Psychology Symposium, Montreal, Quebec.*

Bonk, D., Hobson, N.M, Inzlicht, M. (2016, April). Rituals decrease the neural response to performance failure. *Poster presented at the 2016 University of Toronto Scarborough Honours Thesis Poster Day, Toronto, Ontario.*

INVITED TALKS & GUEST LECTURES

Invited Talks

Invited talk for the Human-Centered Design Research Team at TD Bank (May 2024, TD Bank). Title: *Emotions, Moods, and Videogames: Exploring the Affective Experience of Gamers.*

Guest Lectures

Guest lecture for KPE325 – Stress and Coping (January 2023, University of Toronto). Title: *Psychophysiology of Stress Response III: Brain Structures.*

Guest lecture for KPE290 – Research and Design Evaluations: Qualitative Methods (March 2022, University of Toronto). Title: *On Mixed Methods: Picking the Best Methodological Tool for the Job*.

Guest lecture for KPE291 – Research and Design Evaluations: Quantitative Methods (December 2021, University of Toronto). Title: *The Replication Crisis*.

PROFESSIONAL DEVELOPMENT

Certificates

Fundamentals of OCAP (June 2020). Awarded by *Algonquin College and The First Nations Information Governance Centre*.

Certificate in Data Science (February 2020). Awarded by *SciNet High Performance Computing Consortium* at the University of Toronto.

Additional Courses and Workshops

- Analyzing Intensive Longitudinal Data (June 2023). *CenterStat*.
- Introduction to Structural Equation Modeling (June 2022). *CenterStat*.
- Linux Shell Scripting (February 2020). *SciNet Training and Education – University of Toronto*.
- Improving your Statistical Questions (online course). (December 2019). *Eindhoven University of Technology via Coursera*.
- Developing Pre-Registration Plans Workshop. (October 2019). *Society for the Study of Emerging Adulthood*.
- Introduction to GIT Version Control. (October 2019). *SciNet Training and Education – University of Toronto*.
- Graduate Centre for Academic Communication: Oral Presentation Skills. (January 2019). *University of Toronto*.
- Improving your Statistical Inferences (online course). (September 2018). *Eindhoven University of Technology via Coursera*.
- Statistics Training Day. (May 2018). *Institut National du Sport de l'Expertise et de la Performance*.
- L'Entrainement des Jeunes: Enjeux et Specificites. (May 2018). *Institut National du Sport de l'Expertise et de la Performance*.
- Using NVivo as a Research Tool (webinar). (September 2017). *QSR International*.

SERVICE

Ad Hoc Journal Reviewer

Psychology of Sport and Exercise

Leisure Sciences

Undergraduate Journal of Exercise Science