

MEET OUR FACULTY

Doctor of Psychology (Psy.D.) | Clinical Psychology

Virginia N. Iannone, Ph.D.

Professor of Psychology

Dr. Virginia (VJ) Iannone received her Ph.D. in Clinical Psychology from the Catholic University of America and joined the faculty at Stevenson University in 2002. Her research interests include examining mental toughness in youth athletes as well as examining the role of injury, retirement, and other transitional events on quality of life. She was appointed as a Teaching Fellow for the Center for Teaching and Learning in 2019 and was awarded Excellence in Teaching Awards from the National Society for Leadership and Success (2015) and Stevenson University (2017). Outside of Stevenson, Dr. Iannone is a licensed psychologist with an active and vibrant practice working with athletes and coaches as a sport psychology consultant. She is a founding and executive board member of the Mid-Atlantic Consortium for Sport and Performance Psychology and holds active memberships in several professional organizations related to the science and practice of sport psychology.



AREAS OF FOCUS

- Sport and Performance Psychology
- Performance Enhancement
- Athlete Mental health

CURRENT RESEARCH

- Examining the mental and situational factors that lead to peak performance in athletes, and investigating issues related to athlete mental health.
- Studying retirement and other transitional events on quality of life.

SELECT PUBLICATIONS AND PRESENTATIONS

Iannone, V. N. (2019). *Meeting them where they are: A holistic model for working with youth athletes to increase mental toughness and enhance performance*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity Annual Meeting, Baltimore, MD.

Russo, W. R., & Iannone, V. N. (2019). *Validation of a new measure of sport confidence*. Poster presented at the Eastern Psychological Association Annual Meeting, New York, NY.

Hamel, A. L., & Iannone, V. N. (2019). *Gender differences in the athletic coping of division-III soccer players*. Poster presented at the Eastern Psychological Association Annual Meeting, New York, NY.

Iannone, V. N. (2019). *Overview of mental health in college student-athletes*. Invited address at the Mid-Atlantic Conference Mental Health Symposium, Baltimore, MD.

Iannone, V. N. (2018). *The Two-Point model of performance excellence*. Invited address to pre-doctoral interns and medical residents from the University of Maryland School of Medicine and the United States Naval Academy, Baltimore, MD.

Iannone, V. N. (2018). *Why do they fall apart? Coaching to enhance mental toughness*. Paper presented at the Intercollegiate Men's Lacrosse Coaches Association Annual Convention, Baltimore, MD.