

Dr Kobus Du Plooy

PhD, MBA.

Research specialisation: Mental Wellbeing & Performance Psychology.

Experience: Registered Clinical Psychologist with 16 yrs experience and currently a Senior-Lecturer at the University of Otago, Extraordinary Professor at North-West University (NWU) and a Clinical Psychologist for Te Whatu Ora (Health New Zealand). Former Performance Consultant / Team Psychologist for the Springbok Women's Sevens and NWU Varsity Cup rugby sides. Currently still seeing professional rugby players for individual therapy / performance coaching in a private capacity. Recipient of the 'Top Young-Up & Coming Researcher' award in 2014 by the South African Association for Counselling and Development in Higher Education.



Research overview: Focus on the fields of Mental Wellbeing, Sport & Performance Psychology. In addition to my current research as part of my role at the University of Otago I also remain involved in a number of projects with fellow researchers based at NWU in South Africa.

Postgraduate supervision: Currently supervising two PhD students at the University of Otago and have successfully supervised 6 Master's & 4 PhD Psychology students towards the successful completion of their research projects.

Research publications: 14 peer reviewed publications and 5 conference presentations. List of published articles:

- Du Plooy, K., Kruger, P., & Visagie, J. (2020). Leadership challenges experienced by elite South African rugby coaches. *SA Journal of Industrial Psychology*, 46, 1-11.
- Kirkcaldy, H., Van Rensburg, E., & Du Plooy, K. (2020). Psychologists' experience of a malpractice complaint: Their relationship with and processes at the regulator. *Health SA Gesondheid*, 25, 1-8.
- Kirkcaldy, H., Van Rensburg, E., & Du Plooy, K. (2020). "You can't bully me anymore": Coping strategies in a group of psychologists accused of professional misconduct. *Journal of Psychology in Africa*, 30(3), 268-275.
- Du Plooy, K. (2019). Interactional Therapy: Prospects for treating mental health conditions. *Journal of Psychology in Africa*, 29:6, 630-637
- Kruger, A., Du Plooy, K., & Kruger, P. (2019). Personality profiling of South African rugby union players. *Journal of Psychology in Africa*, 29(4), 383-387.
- Kruger, A., Du Plooy, K., & Kruger, P. (2019). Differences in the neurocognitive profiles of professional and semi-professional male South African rugby union players. *Journal of Psychology in Africa*, 29(2), 172-175.
- Kruger, A., Du Plooy, K., & Kruger, P. (2018). Thinking Differently about Rugby Performance: The Relationship between Cognitive Functioning and On-field Performance. *African Journal for Physical Activity and Health Sciences*, 24(1), 77-94.
- Du Plooy, K., & De Beer, R. (2018). Effective Interactions: Communication and High levels of Marital Satisfaction. *Journal of Psychology in Africa*, 28(2), 161-167.
- Du Plooy, K., & Van Rensburg, E. (2016). What do the true experts say? Young adults' recommendations for coping with parental divorce. *The Social Work Practitioner-Researcher*, 28(2), 138-156.
- Du Plooy, K., & Van Rensburg, E. (2015). Young Adults' Perception of Coping with Parental Divorce: A Retrospective Study. *Journal of divorce and remarriage*, 56(6), 490-512.
- Du Plooy, K. (2015). Impact of a Relationship Development Group on students' interpersonal communication and relationships. *South African Journal of Higher Education*, 29(2), 82-105.
- Du Plooy, K. (2014). The use of the Interactional Pattern Analysis (IPA) as a tool for Effective Short-Term Psychotherapy among Students at South African Tertiary Institutions. *Journal of Counselling and Development in Higher Education Southern Africa*, 2(1), 27-40.
- Grobler, H., Du Plooy, K., Kruger, P., & Ellis, S. (2021). The prevalence of common mental disorders and its relationship with mental toughness in professional South African rugby players. *South African Journal of Psychology*, 51(1), 1-12.
- Kirkcaldy, H., Van Rensburg, E., & Du Plooy, K. (2021). "Under the sword of Damocles": psychologists relate their experience of a professional misconduct complaint. *Ethics & Behavior*, 31(4), 1-12.

Currently under peer-review:

- Walsh, A. & Du Plooy, K. (2022). How far have we come with integrating Mental Skills Training into Elite Sports Teams? *The New Zealand Journal of Sport and Exercise Science*.



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