

Curriculum vitae: Helen Senior

Personal Information

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Summary

I am an interdisciplinary Chartered Physiotherapist, academic, and neurodiversity advocate with experience across clinical practice, public health, and research. My focus is on supporting inclusive, collaborative relationships that respect diverse perspectives. With expertise in physical therapy, functional movement, mental performance, the science of wellbeing, and evidence-informed practice, I created BIOME movement, a website dedicated to Attention Deficit Hyperactivity Disorder (ADHD) and exercise. My goal is to bridge research and the lived experience of ADHDers, promoting impactful, actionable, and meaningful exercise guidance from the ADHD perspective.

Qualifications

Doctor of Philosophy in Public Health

Jul '22 – Jul '26

School of Public Health, the University of Queensland, Australia
(*Thesis: Exploring the ways that governments influence the public health research they commission: A mixed-methods study*)

Post-Graduate Diploma in Public Health

Sep '21 - Jul '22

School of Health and Related Research (SchARR), the University of Sheffield, UK (*Award: Distinction*)

Public Health Advocacy

Apr '22

Online attendance, the University of Canberra, Australia (*Award: Certified Advocate*)

Master of Science in Physiotherapy	Jan '09 - May '11
Department of Sport, Exercise and Rehabilitation, Northumbria University, UK (<i>Award: Distinction</i>)	
Master of Pharmacy	Sep '00 - Aug '05
Faculty of Biology, Medicine and Health, the University of Manchester, UK (<i>Award: First Class</i>)	
<u>Professional Skills</u>	
LeadHers	Sep - Nov '23
Leadership training program for women and gender-diverse people in academia, the University of Queensland, Australia	
Disability Awareness	Nov '23
University of Queensland, Australia	
Understanding ADHD: Current Research and Practice	Nov '23
King's College London, UK, FutureLearn	
Aboriginal and Torres Strait Islander Peoples' Cultural Awareness	May '23
University of Queensland, Australia	
Introduction to Participatory Approaches	May '23
Imperial College London, Coursera	
Career Management for Early Career Academic Researchers	Mar '23
FutureLearn	
GRADE Training	Mar '22
JBI, the University of Adelaide, Australia	
Comprehensive Systematic Review Training	Feb '22
JBI, the University of Adelaide, Australia	
Science of Well-being	May '20
Yale University, USA, Coursera	
SIRPA (Stress Illness Recovery Practitioner Association) Training	Jan '20
Level 1 & 2, SIRPA Training School, UK	
Healthcare Practitioner Certificate in Acupuncture and Dry Needling	Jun '16
Anthony Agius School of Acupuncture, London, UK	

Neuro-Linguistic Programming Practitioner	May '08
Helford2000, Manchester, UK	

Work History

Specialist Physiotherapist	Aug '13 - Present
Various locations; Part-time Self-Employed Physiotherapist	
Health Advocate	Mar '08 - Present
Various locations, UK; Part-time voluntary position	
Physiotherapist specialising in functional movement	Jan '13 - Aug '13
Northumberland, UK; Part-time Self-Employed	
Massage Therapist and Performance Coach	May '08 - Jan '10
Various locations, UK; Part-time, self-employed and employed	

Additional Experiences

Staff-Student Partnership Project: Student Partner	Sep '23 - Dec '23
Partner in a co-designed project, representing the student voice on behalf of the postgraduate community.	
Staff-Student Partnership Project: Student Partner	Mar '23 - Jun '23
Partner in a co-designed project relating to equality, diversity and inclusivity.	
Symposium Speaker	Nov '22
The University of Queensland School of Public Health	
Public Health Champion	Jan '11 - Nov '17
Chartered Society of Physiotherapists (CSP)	

Professional Affiliation and Membership

Society of Social Medicine and Population Health (SSMMEE7267)	Sep '23 - present
Faculty of Public Health (66643)	May '23 - present

Health and Care Professions Council (PH100786)

May '14 - present

Chartered Society of Physiotherapists (089507)

Oct '11 - present

Academic Achievements & Publications

Senior, H. J., Teimouri, N., Waller, M., Capewell, S., & Cullerton, K. (2025). How governments influence public health research: A scoping review. *Health Promotion International*, 40(4), Article daaf097. <https://doi.org/10.1093/heapro/daaf097>

Senior, H.J., Waller, M., Teimouri, N., Capewell, S., & Cullerton, K. (2025). P32 In what ways do governments influence the public health research process? A scoping review. *J Epidemiol Community Health*, 79, Article A53. <https://doi.org/10.1136/jech-2025-SSMabstracts.109>

Senior, H.J., Waller, M., Capewell, S., & Cullerton, K. (2025). P33 When academics and government collaborate to produce policy-relevant evidence: It isn't all about politics. *J Epidemiol Community Health*, 79, Article A53-54. <https://doi.org/10.1136/jech-2025-SSMabstracts.110>

Teimouri, N., Sievert, K., Hannah, A., Merciar, S., Gill, K., **Senior, H.J.**, & Cullerton, K. (2026). Is meat industry associated with study conclusion in Nutrition research? A meta-research review. *Obesity Reviews*, e70153. <https://doi.org/10.1111/obr.70153>

"Being You: How To Be You In The World" by Helen Jane Senior (Sep 2020). ISIN: B08H7VYFWH