



Maria Luisa M. Guinto, Ph.D., R.Psy., ISSP-R.

Full Professor VI | University Scientist 1

University of the Philippines, Diliman

College of Human Kinetics, Department of Sports Science

Editor-in-Chief: International Sports Studies

Licensed Psychologist: Philippine Regulatory Commission

Registered Sport Psychologist: International Society of Sport Psychology

Education

Ph.D. Social & Organizational Psychology, Ateneo de Manila University

M.A. Community Psychology, Ateneo de Manila University

A.B. Psychology, Ateneo de Manila University

Post-Graduate University Diploma in New Trends in Sports Science,

Universidad Católica de Murcia, Spain

Academic and Professional Appointments

Full Professor VI, University of the Philippines Diliman (2025–present)

University Scientist I, University of the Philippines Diliman (2023–2025)

Research Director, College of Human Kinetics, University of the Philippines Diliman (2015–2022; 2024–2025)

Editor-in-Chief, International Sports Studies (2023–present)

Professional Affiliations and Leadership

International Association of Physical Education and Sport for Girls and Women (IAPESGW)

Board Secretary (2021–2025)

Co-Opted Member of the Executive Board (2019–2021)

Country Representative (2017–2021)

Asian South-Pacific Association of Sport Psychology (ASPASP)

Vice President for Membership (2022–2026)

Treasurer (2018–2022)

Managing Council (2014–present)

Psychological Association of the Philippines (PAP)

Board of Directors (2021–2024)

International Relations Officer (2022–2024)

Inaugural Chairperson, Sport & Exercise Psychology Special Interest Group (2014-2016)

International Society for Comparative PE and Sport (ISCPES)

Board Member for Publications (2022-present)

ASEAN Regional Union of Psychological Societies

Executive Committee (2023-2024)

Foundation of Global Community Health

Scientific Advisory Board (2017–present)

Awards and Recognitions

All-Women Sports Award for Sports Executive (Philippine Sports Commission) 2021

UP Scientist 1 Award 2023–2025

One UP Professorial Chair for Outstanding Research and Public Service in Sport Psychology 2022-2024

Margaret Talbot Award (President's Award for Service to the International Association of Physical Education and Sport for Girls and Women) 2021

One UP Faculty Award for Outstanding Teaching and Public Service in Sport Psychology 2019–2021

Selected Publications (2020-2025)

Guinto, M. L. M. & Campoamor-Olegario, L. A. (2025). From Fitness to Flourishing: Culturally Grounded Implementation of the PERMAH Model in Philippine Physical Education. *Frontiers in Psychology (Positive Psychology, Physical Education for Holistic Educational Development)*, 16, <https://doi.org/10.3389/fpsyg.2025.1648656>

Campoamor-Olegario, L. A., Camitan IV, D. S., & Guinto, M. L. M. (2025). Beyond the pandemic: Physical activity and health behaviors as predictors of well-being among Filipino tertiary students. *Frontiers in Psychology*, 16(1490437). <https://doi.org/10.3389/fpsyg.2025.1490437>

Guinto, M. L. M. & Ang, D. F. (2025). Beyond the game: Well-being amid life disruptions among elite athletes. *Performance Enhancement & Health*, 12(1) <https://doi.org/10.1016/j.peh.2024.100316> [Editor's Choice].

González-Rivera, M.-D., Guinto, M. L., & Rodríguez-Hernández, M. L. (2024). Navigating Gender Dynamics in Sport and Physical Activity Employment. *International Sports Studies*, 46(2), 52–81. <https://doi.org/10.69665/iss.v46i2.64>

Campoamor-Olegario, L. A., Guinto, M. L., Camitan IV, D. S., Gomez, M. G., Pituk, C. S., Yleaña, C. J., Edilo, I. G., Diaz, F. C., Bajin-Camitan, L., & Jamon, K. G. (2025). Enhancing well-being in physical education classes: Applying the PERMAH Framework in the Philippines. In M. Garcia (Ed.), *Global Innovations in Physical Education and Health* (pp. 261-290). IGI Global. <https://doi.org/10.4018/979-8-3693-3952-7.ch010>

Guinto, M. L. M. & Camitan, D. S. IV. (2024). Comparative investigation of differential mood responses among elite, non-elite, and non-athletes in total lockdown. *International Sports Studies*, 46(1). 36-65, <https://doi.org/10.69665/iss.v46i1.17>

Seechung, A. S. & Guinto, M. L. M. (2024). “You take my place; let’s switch!” What It mean to be a woman powerlifter in parasport. *The Qualitative Report*, 29(3), 649-670. <https://doi.org/10.46743/2160-3715/2024.6153>

Guinto, M. L. M. & Logan, I. L. N. (2021). Harnessing the power of sport for disaster recovery. *Qualitative Research in Sport, Exercise and Health*, 14(2), 326-343. <https://doi.org/10.1080/2159676X.2021.1922493>

Guinto, M. L. M., Lasat-Uy, G., & Cantancio, M. F. (2021). Women in Philippine sport and physical education: Bridging the gender divide. In R. L. de D’Amico, M. K. Jahromi & M. L. M. Guinto (Eds.) *Women and Sport in Asia* (1st ed., pp. 157–167). <https://doi.org/10.4324/9781003131885-18>

Roychowdhury, D., Ronkainen, N., & Guinto, M. L. (2021). The transnational migration of mindfulness: A call for reflective pause in sport and exercise psychology, *Psychology of Sport and Exercise*, 101958, ISSN 1469-0292, <https://doi.org/10.1016/j.psychsport.2021.101958>.

Benzing, V.; Nosrat, S.; Aghababa, A.; Barkoukis, V.; Bondarev, D.; Chang, Y.-K.; Cheval, B. Çiftçi, M.C.; Elsangedy, H.M.; Guinto, M.L.M.; Huang, Z.; Kopp, M.; Kristjánsdóttir, H.; Kuar G.; Mallia, L.; Rafnsson, D.; Oliveira, G.T.A.; Pesola, A.J.; Pesce, C.; Ronkainen, N.J.; Timme S.; Brand, R. (2021) Staying active under restrictions: changes in type of physical exercise during the initial COVID-19 lockdown. *International Journal of Environmental Research & Public Health*, 18(12015). <https://doi.org/10.3390/ijerph182212015>

Kim, Y., Zhang, L., Lu, F., Araki, K., Vongjaturapat, N., Guinto, M. L., Kuan, G., Lee, J-H., Chang, Y-J., Roychowdhury, D., Huang, Z., Acharya, J., Al-Wattar, N., & Ortega, E. (2021). ASPASP position stand: Strategies for the development of sport and exercise psychology in the Asian and South Pacific region, *Asian Journal of Sport and Exercise Psychology*, 1(1), 3-5, ISSN 2667-2391, <https://doi.org/10.1016/j.ajsep.2021.03.001>.

Guinto, M. L. M. (2020). Spirituality in sport psychology consulting. *Advancements in Mental Skills Training*, 189–200. <https://doi.org/10.4324/9780429025112-18>

Selected International Engagements and Presentations (2020-2025)

The invisible weight: Autoethnographic insights into the mental health of elite athletes, PAP x ARUPS Joint National-International Convention, Cebu International Convention Center, September 25-27, 2025

Well-being in Motion: The impact of PERMAH in Higher Education PE, PAP x ARUPS Joint National-International Convention, Cebu International Convention Center, September 25-27, 2025

Sport for Psychosocial Care Post-Disaster: A Multi-Disciplinary Collaboration. ASEAN Regional Union of Psychological Societies Invited Symposium: Innovative Psychosocial Interventions in Crises and Disasters, 33rd International Congress of Psychology, Prague, Czech Republic, July 21-26, 2024

“Hits harder than a heartbreak”: A qualitative study on the well-being of student-athletes during the global health crisis. 9th Qualitative Research in Mental Health Conference, Eötvös Loránd University, Budapest, Hungary. August 31-September 2, 2023.

Interrupted lives: Well-being from the voice of elite athletes during the global pandemic. 9th Qualitative Research in Mental Health Conference, Eötvös Loránd University, Budapest, Hungary. August 31-September 2, 2023.

Sport Psychology: Nurturing Mental Health and Well-being Among Athletes. 2023 National Conference of the Thailand Applied Sport Psychology Association (TASPA), Pattaya City, Chon Buri, Thailand. June 22-23, 2023.

Heartbreak in Sports: Isolation of Student-Athletes during the COVID-19 Pandemic. 16th European Congress of Sport and Exercise Psychology. University of Padova, Italy. July 2022.

Disrupted Lives: COVID-19 Quarantine Measures and Filipino National Athletes. 16th European Congress of Sport and Exercise Psychology. University of Padova, Italy. July 2022.

Locked Down and Locked Out of Sport: Reconstruction of Meaning among Sport Participants. 16th European Congress of Sport and Exercise Psychology. University of Padova, Italy. July 2022.

Gender equality today for a sustainable tomorrow. International Women’s Day celebration. National Sports University, Imphal, Manipur, India, and Lakshmi Bai National College of Physical Education, Trivandrum, Kerala. March 8, 2022.

Sports in quarantine: Training behavior and subjective experiences of athletes during the COVID-19 pandemic. Mental health and well-being of athletes in the COVID-19 pandemic. International Society of Sport Psychology 15th World Congress, Taipei, Taiwan, September 30–October 4, 2021.

The transnational migration of mindfulness: a call for reflective pause in sport and exercise psychology. Transnational migration in sport: What we talk about when we talk about cultural transition in a transnational context. International Society of Sport Psychology 15th World Congress, Taipei, Taiwan, September 30–October 4, 2021.

Mental Health for Girls and Women during COVID-19. 19th Quadrennial Conference of the International Association of PE and Sport for Girls and Women, Tianjin University of Sport, China, September 8-10, 2021.

It’s not about me: Collaboration as a core competence in sport psychology consultation. 2021 International Symposium on Psychological Training and Consultation for Athletes. Beijing Sport University. April 24-25, 2021.

Bridging the Gender Divide: The Philippine Experience Symposium on Developments of Women’s Sport in Asia. 2020 Yokohama Sport Conference, Japan. September 2020

Walk the Talk: Self-Care as Moral Obligation of the Sport Psychology Consultant Symposium on Sport Psychology in Action: Opportunities and Challenges in Support of Performance Excellence, 2020 Yokohama Sport Conference, Japan. September 2020