

## Eric B. Hekler

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### Work History

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**08/11 - Arizona State University, School of Nutrition and Health Promotion**  
Assistant Professor, Nutrition

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### Education

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**09/08 – 08/11 Stanford University, Stanford Prevention Research Center**

Postdoctoral Research Fellow  
Primary Mentor: Abby King  
Secondary Mentors: Thomas Robinson, William Haskell

**07/07 - 06/08 VA Maryland Health Care System/University of Maryland, Baltimore**  
**Psychology Internship Consortium**

Clinical Health Psychology Intern  
Supervisors: Stephen Bono, W. Clint McSherry, Lorrie Morris

**10/04 - 10/08 Rutgers – The State University of New Jersey**

PhD, Clinical Health Psychology  
“Symptoms as a moderator of the relationship between beliefs and behaviors among patients undergoing coronary artery bypass surgery.”  
Advisor: Richard J. Contrada

**09/02 - 10/04 Rutgers – The State University of New Jersey**

MS, Psychology  
“Depressive symptoms and perceived social support in myocardial infarction patients: Associations with markers for inflammatory activity.”  
Advisor: Richard J. Contrada

**09/98 - 05/02 The State University of New York at Albany**

BA, Summa cum Laude, Psychology  
Minors: Biology, Education, Music

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### Research Interests

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My research program focuses on how to use technology to promote physical activity and healthful eating across the social ecological model. In addition, I'm interested in using interventions as experimental tests of theories and exploring new methods (e.g., idiographic data modeling of behavior change) and technologies (e.g., smartphones) for speeding up behavioral science.

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**Peer-Reviewed Publications**


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- Hekler, E.B.**, Buman, M.P., Poothakandiyl, N., Rivera, D.E., Dzierzewski, J.M., Aiken-Morgan, A., McCrae, C.S., Robers, B.L., Marsiski, M., Giacobbi, P.R. (in press). Exploring behavioral markers of long-term physical activity maintenance: A case study of system identification modeling within a behavioral intervention. *Health Education and Research*. **NOTE: Hekler, E.B. and Buman, M.P. contributed equally and share first-authorship. Buman is corresponding author.**
- Buman, M.P., Winter, S.J., Sheats, J.L., **Hekler, E.B.**, Otten, J.J., Grieco, L.A., King, A.C. (2013). The Stanford healthy neighborhood discovery tool: A computerized tool to assess active living. *American Journal of Preventive Medicine*, 44(4), e41-e47, 10.1016/j.amepre.2012.11.028
- King, A.C., Castro, C.M., Buman, M.P., **Hekler, E.B.**, Urizar, G.G., Ahn, D.K. (2013). Impacts of sequentially versus simultaneously delivered healthful dietary plus physical activity interventions on health behavior change in chronically stressed adults. *Annals of Behavioral Medicine*, 10.1007/s12160-013-9501-y.
- King, A.C., **Hekler, E.B.**, Grieco, L.A., et al. (2013). Harnessing Different Motivational Frames via Mobile Phones to Promote Daily Physical Activity and Reduce Sedentary Behavior in Aging Adults, *PLoS One*, 8(4), e62613.
- McClain A.D., **Hekler E.B.**, Gardner C. (2013). Incorporating prototyping and iteration into intervention development: A case study of a dining hall-based intervention. *Journal of the American College Health*, 61(2), 122-131, 10.1080/07448481.2012.755189.
- King, A.C., **Hekler, E.B.**, Castro, C.M., Buman, M.P., Marcus, B.H., Friedman, R.H., Napolitano, M.A. (2013). Exercise advice by humans versus computers: Maintenance effects at 18 months. *Health Psychology*, 10.1037/a0030646.
- McClain A.D., Otten J., **Hekler E.B.**, Gardner C. (2013). Adherence to a low-fat versus low-carbohydrate diet differs by insulin resistance status, *Diabetes, Obesity, and Metabolism*, 15, 87-90. DOI: 10.1111/j.1463-1326.2012.01668.x
- Hekler, E.B.** & Buman, M.P. (2013). Power to detect meaningful effects. In A.C. Michalos (Ed.), *Encyclopedia of Quality of Life Research*. Dordrecht: Springer.
- Buman, M.P., & **Hekler, E.B.** (2013). Mixed effect models. In A.C. Michalos (Ed.), *Encyclopedia of Quality of Life Research*. Dordrecht: Springer.
- Hekler, E.B.**, Buman, M.P., Dunton, G., Atienza, A., & King, A.C. (2012) Are daily fluctuations in perceived environment associated with walking? *Psychology and Health*, 27, 1009-1020. DOI: 10.1080/08870446.2011.645213.
- Hekler, E.B.**, Castro, C.M., Buman, M.P., King, A.C. (2012). The choice study: A “taste-test” of utilitarian vs. leisure walking in older adults. *Health Psychology*, 31, 126-129.
- Buman, M.P., Winter, S.J., Baker, C., **Hekler, E.B.**, Otten, J.J., King, A.C. (2012) Neighborhood eating and activity advocacy teams (NEAAT): Engaging older adults in policy activities to improve built environments for health. *Translational Behavioral Medicine*, 2(2), 249-263, 10.1007/s13142-011-0100-9.

- Otten, J.J., **Hekler, E.B.**, Krukowski, R.A., Gardner, C.D., King, A.C. (2012). Food marketing to children through toys: Response of fast food restaurants to the first U.S. toy ordinance. *American Journal of Preventive Medicine*, 42, 56-60.
- Hekler, E.B.**, Buman, M.P., Haskell, W.L., Conway, T.L., Cain, K.L., Sallis, J.F., Saelens, B.E., Frank, L.D., Kerr, J. King, A.C. (2012). Validity of CHAMPS sedentary to vigorous physical activity in older adults. *Journal of Physical Activity and Health*, 9, 225-236.
- Buman, M. P., **Hekler, E. B.**, Bliwise, D. L., & King, A. C. (2011). Moderators and mediators of exercise-induced objective sleep improvements in midlife and older adults with sleep complaints. *Health Psychology*, 30: 579-587.
- Buman, M.P., **Hekler, E.B.**, Bliwise, D., King, A.C. (2011). Exercise effects on night-to-night fluctuations in self-rated sleep among older adults with sleep complaints. *Journal of Sleep Research*. 20: 28-37. doi: 10.1111/j.1365-2869.2010.00866.x
- Hekler, E.B.**, Gardner, C.D., Robinson, T.N. (2010) Effects of a course about food and society on college students' eating behaviors. *American Journal of Preventive Medicine*. 38, 543-547.
- Buman, M. P., **Hekler, E.B.**, Haskell, W. L., Pruitt, L., Conway, T.L., Cain, K. L., Sallis, J.F., Saelens, B.E., Frank, L.D., King, A.C. (2010). Objective light intensity physical activity associations with health in older adults. *American Journal of Epidemiology*, 172: 1155-1165.
- Behar, E., DiMarco-Dibrow, I., **Hekler, E.B.**, Mohlman, J., & Staples, A. M. (2009) Current theoretical models of generalized anxiety disorder (GAD): Conceptual review and treatment implications. *Journal of Anxiety Disorders*, 23, 1011-1023. **[NOTE: Authors contributed equally and are listed in alphabetical order: Hekler, E.B. is corresponding author].**
- Contrada, R.J., Boulifard, D.A., **Hekler, E.B.**, Idler, E.L., Goyal, T.M., Labouvie, E.W., Krause, T.J. (2008). Effects of psychosocial factors on short-term biomedical outcomes of heart surgery. *Health Psychology*, 27, 309-319.
- Mohlman, J., Cedeno, L.A. Price, R.B., **Hekler, E.B.**, Yan, G.W. & Fishman, D.B. (2008) Deconstructing demons – The case of Geoffrey. *Pragmatic Case Studies in Psychotherapy*. 4(3) 1-39.
- Hekler, E.B.**, Lambert, J.F., Leventhal, E., Leventhal, H., Jahn, E., Contrada, R.J..(2008) Commonsense illness beliefs, coping behaviors and hypertension among African Americans. *Journal of Behavioral Medicine*, 31, 391-400.
- Hekler, E.B.**, Rubenstein, J., Coups, E.J., Gilligan, S., Steiner, M.J., Krause, T.J., et al. (2007). Inflammatory markers in acute myocardial infarction patients: prospective associations with depressive symptoms. *Journal of Applied Biobehavioral Research*, 12, 65-81.

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### Peer-Reviewed Publications Included via Conference Proceedings

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- Hekler, E.B.**, Klasnja, P. Froehlich, J. Buman, M. (2013, May). Mind the theoretical gap: Interpreting, using, and developing behavioral theory in HCI research. *Proceedings of the SIGCHI Conference on Human Factors in Computing Systems*. Paris, France. NOTE: This paper received a Best Paper Award at CHI this year, meaning that of approximately 2,000 papers submitted this was deemed among the top 1%.

Murray, T., Hardy, D. Spruijt-Metz, D., **Hekler, E.B.**, Raij, Andrew. (2013, July). Avatar interfaces for biobehavioral feedback” *To appear in Proc. of HCI International 2013*, Las Vegas, NV.

Chen, F., **Hekler, E.B.**, Hu, J., Shen, L., Zhao, C. (2011, March). Designing for context-sensitive self-monitoring, feedback, and engagement. *Published and presented as part of the proceedings of annual meeting of the Association for Computing Machinery’s Computer Supported Cooperative Work Conference*. Hangzhou, China.  
<http://portal.acm.org/citation.cfm?id=1958927>, DOI: [10.1145/1958824.1958927](https://doi.org/10.1145/1958824.1958927)

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## Peer-Reviewed Extended Abstracts Included As Part Of Conference Proceedings

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**Hekler, E.B.**, Burlison, W., Lee, J. (2013, May). A DIY self-experimentation toolkit for behavior change. *Published & Presented via the Personal Informatics in the Wild: Hacking Habits for Health & Happiness at the ACM-CHI Conference*. Paris, France.  
<http://personalinformatics.org/chi2013/hekler>

Ramirez, E. R., **Hekler, E.B.**, (2012, May). Digital histories for future health. *Published & Presented via the Personal Informatics & HCI: Design, Theory & Social Implications Workshop, at the ACM-CHI Conference*. Austin, TX. <http://personalinformatics.org/chi2012/ramirez>

**Hekler, E.B.**, King, A.C., Banerjee, B., Robinson, T. Alonso, M., Cirimele, J., Buman, M.P., Chen, F.X. (2011, May). A case study of BSUED: Behavioral science-informed user experience design. *Published & Presented via the Personal Informatics & HCI: Design, Theory & Social Implications Workshop, at the ACM-CHI Conference*. Vancouver, BC, Canada.  
<http://personalinformatics.org/chi2011/hekler>

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## Peer-Reviewed Book-Chapters And Invited Papers

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**Hekler, E.B.**, Klasnja, P., Traver, V., Hendriks, M. (2013). Realizing Effective Management of Health: The Metamorphosis of Behavioral Science Methods, *IEEE Pulse*.

Norman, G.J., Kolodziejczyk, J., **Hekler, E.B.**, Ramirez, E.R., (2013). Methods for delivering physical activity messages. In Nigg, C.R. (Ed), *ACSM’s Behavioral Aspects of Exercise*. Philadelphia, PA: Lippincott Williams & Wilkins Publishers.

King, A.C., Buman, M.P., & **Hekler, E. B.** (2013) Physical activity strategies in populations. In: Green, L. Kahan, S., Gielen, A., & Fagan, P. (eds), *Health Behavior Change in Populations: The State of the Evidence and Roles for Key Stakeholders*. **NOTE: Drs. Buman and Hekler contributed equally to this chapter, with the order of co-authorship listed alphabetically.**

Brassington, G., **Hekler, E.B.**, Cohen, Z., & King, A.C. (2012). Physical activity and health. In: Baum, A, Revenson, T.A., Singer, J. (Eds): *Handbook of Health Psychology*, 2nd Edition. Taylor & Francis Group/Psychology Press, New York, NY, pp. 353-374.

Hackman, A. **Hekler, E.B.**, & Dixon, L. (2010). Health promotion and prevention of somatic disease in psychiatric settings. In Compton, M.T. (Ed), *Clinical manual of prevention principles in mental health care*. Arlington, VA: American Psychiatric Pub. Inc.

Mohlman, J., Cedeno, L.A. Price, R.B., **Hekler, E.B.**, Yan, G.W. & Fishman, D.B. (2008) Balancing between empirically-supported methods and individualized treatment design in the case of Geoffrey. *Pragmatic Case Studies in Psychotherapy*. 4(3), 70-82.

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## Manuscripts Submitted For Publication

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- Johnson-Glenberg, M.C., & **Hekler, E.B.** (2013), Alien health game: Embodied, motion-capture exergame on nutrition and MyPlate, *Manuscript submitted for publication.*
- Buman M.P., Winkler E.A.H., Kurka J.M., **Hekler E.B.**, Baldwin C.M., Owen N., Ainsworth B.E., Healy G.N., Gardiner P.A. (2012) Alternating sleep, sedentary, and active behaviors. Effects on cardiovascular disease risk biomarkers, NHANES 2005-2006. *Manuscript submitted for publication.*
- McMahon, S., Vankipuram, M., **Hekler, E.B.**, Fleury, J. (2012). Design and evaluation of theory-based technology to enhance motivation for physical activity that reduces fall risk. *Manuscript submitted for publication.*
- Chen, F.X., King, A.C. & **Hekler, E.B.** (2012). Designing health messages: Framing exergames as exercise improves duration of use. *Manuscript submitted for publication.*
- Hekler, E.B.**, Buman, M.P., Otten, J., Castro, C.M., Ahn, D. Marcus, B., Friedman, R., King, A.C. (2012). Who responds better to a computer-delivered vs. human-delivered physical activity intervention? *Manuscript submitted for publication.*

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## Manuscripts In Preparation

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- Hekler, E.B.**, Grieco, L., Winter, S., Sheats, J., Buman, M.P., & King, A.C. (2013) Results of a randomized study of Calorific – A commercially available diet-tracking smartphone Application. *Manuscript in Preparation.*
- Hekler, E.B.**, Buman, M.P., Grieco, L., Rosenberger, M., Haskell, W., & King, A.C. (2013) Validation of physical activity tracking via Android smartphones compared to an Actigraph: Results from a lab-based and a free-living study. *Manuscript in Preparation.*

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## Invited Presentations

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- Hekler, E. B.** & Salcedo, V.T.(2012, October 17) Methods Provocation: Using/Developing New Research Methods to More Rapidly Advance the Field and Exploit the Rapid Pace of Technological Development. *Invited presentation at invitation only, Building New Theories of Human Behavior Conference, 10/16- 10/17/2012.*
- Hekler, E. B.** (2012, March 10) Technology Practice Applications. *Invited presentation at the University of Arizona – Exercise is Medicine: The Only Prescription with Unlimited Refills Conference.*
- Hekler, E. B.** & Buman, M.P., (2012, February 17) Harnessing technology to promote healthy lifestyles for individuals and communities. *Invited presentation at the Building Healthy Lifestyles Conference, Arizona State University, Phoenix, AZ USA.*
- Hekler, E. B.** (2012, February 10) Using mHealth Technologies including Smartphones and Cloud Computer to Promote Healthier Living from an Individual to Policy Level. *Invited presentation at the Uniformed Services University of Health Services, Center for the Study of Traumatic Stress.*
- Hekler, E. B.** (2010, November 15) How can we use technology to improve health and test behavior change theories? *Invited presentation at the University of South Carolina's Arnold School of Public Health.*

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**Published Abstracts And Conference Presentations**


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- Kiser, S., Ohri-Vachaspathi, P., Wharton, C., Martinelli, S., Springer, L., Sherman, G., **Hekler, E. B.** (2013). *Associations between moral foundations and healthy eating identity and self-efficacy*. Poster presented at the Society of Behavioral Medicine.
- Hekler, E. B.** Grieco, L., Winter, S. J., Sheats, J., Buman, M. P., & King, A. C. (2011). *Results of a randomized study of Calorific – A commercially available diet-tracking smartphone application*. Poster presented at the Society of Behavioral Medicine.
- Winter, S. J., Buman, M. P., Otten, J. J., **Hekler, E. B.**, & King, A. C. (2011). *Links between perceived social and built environments in a sample of older adults living in low-income communal senior housing*. Paper presented at the Society of Behavioral Medicine.
- Hekler, E. B.**, Klasnja, P., Richardson, C., Resnick, P., & Wright, J. (2013). *How do I find and work productively with a computer scientist? A panel discussion on working across the disciplinary divide for developing behavior change technologies*. Panel Discussion at the Society of Behavioral Medicine.
- Hekler, E. B.**, Ramirez, E., Evans, B., Magoulas, R., Tate, D. (2013). *Quantified Self – How this large movement of self-trackers can help advance behavioral science*. Panel Discussion at the Society of Behavioral Medicine.
- Hekler, E. B.**, Poole, E., Bickmore, T., Consolvo, S., Grimes-Parker, A. (2013). *There's a whole world out there! Exemplars from human computer interactions for creating health behavior change technologies*. Symposium at the Society of Behavioral Medicine.
- Adams, M., Sallis, J., Norman, G., Perata, E., **Hekler, E. B.**, & Hovell, M. (2013). *An Adaptive goal-setting and feedback intervention for physical activity*. Paper presented at the Society of Behavioral Medicine.
- Brace, A. Davis, M. **Hekler, E. B.** (2013) *Increasing healthy eating behaviors among college students using a stealth nutrition intervention*. Poster presented at the Society of Behavioral Medicine Annual Meeting.
- Buman, M. P., Bertmann, F., Winter, S. J., Wharton, C.M., **Hekler, E. B.**, Sheats, J.L., & King, A. C. (2011). *Ethnographic study of shoppers' experiences at an urban farmers' market*. Paper presented at the Society of Behavioral Medicine.
- Winter, S. J., Buman, M. P., Otten, J. J., **Hekler, E. B.**, & King, A. C. (2011). *Links between perceived social and built environments in a sample of older adults living in low-income communal senior housing*. Paper presented at the Society of Behavioral Medicine.
- Hekler, E.B.**, Chen, F.X., King, A.C. (2012). *Do user intentions and health feedback influence exergame duration of use and measured exertion?* Poster presented at the Annual American College of Sports Medicine National Conference, 5/29-6/2, San Francisco, CA.
- Chen, F.X., **Hekler, E.B.**, King, A.C. How might we change behavior through the design of physically active video games? *Abstract and Poster at Medicine 2.0 2011*. Stanford, California, USA. September 2011.
- Chen, F.X., **Hekler, E.B.**, Shapiro, S., King, A.C. (2012) *Designing Health Messages: Framing for Exercise and Mindfulness*. In Section of the Spring 2012 Symposium series of Advancement of Artificial Intelligence entitled, "Self-tracking and collective intelligence for personal wellness". *In the Self-Tracking and Collective Intelligence Symposium at the Association for the Advancement of Artificial Intelligence (AAAI)*. Stanford, CA, USA. March 2012.

- Buman, M.P., Kurka, J., Winkler, E., Gardiner, P., **Hekler, E.**, Healy, G., Owen, N., Baldwin, C., Ainsworth, B. (2012). Estimated Replacement Effects of Accelerometer-derived Physical Activity and Self-Reported Sleep Duration on Chronic Disease Biomarkers. *Journal of Science and Medicine In Sport*, 15(S1), S76.
- Otten, J. J., **Hekler, E. B.**, Buman, M. P., O'Donohue, L., Krukowski, R. A., Saelens, B. E., et al. (2012). Food purchases and attitudes in response to toy giveaway legislations collected from adults with children at affected fast food restaurants in San Francisco, CA. *American Public Health Association, San Francisco, CA*.
- Otten, J. J., **Hekler, E. B.**, Buman, M. P., Saelens, B., Krukowski, R. A., Gardner, C. D., et al. (2012). Response of fast food restaurants to the first U. S. toy ordinance: Year one results. *Annals of Behavioral Medicine*, 43(Supp1), s85.
- Buman, M. P., Sheats, J. L., Winter, S. J., **Hekler, E. B.**, Grieco, L. A., Otten, J. J., King, A. C. (2012, April). The Stanford healthy neighborhood discovery tool: A computerized audit tool to assess neighborhood barriers and facilitators for physical activity. *Annals of Behavioral Medicine*, 43(Supp1), s2.
- Hekler, E.B.**, Grieco, L., Winter, S., Buman, M.P., Banerjee, B. Cirimele, J., Robinson, T. Mezas, E., Chen, F.X., King, A.C., (2012). Preliminary results from a pilot evaluation of a commercially available diet-tracking application. *Annals of Behavioral Medicine*, 43(Supp1), s189.
- King, A.C., **Hekler, E.B.**, Grieco, L., Winter, S., Buman, M.P., Banerjee, B. Cirimele, J., Robinson, T. Mezas, E., Chen, F.X , (2012). Mobile phone applications to promote physical activity increases: Preliminary results of the MILES pilot study. *Annals of Behavioral Medicine*, 43(Supp1), s204.
- Winter, S. J., Sheats, J. L., Buman, M. P., **Hekler, E. B.**, Otten, J. J., Grieco, L. A., et al. (2012). *Stanford Healthy Neighborhood Discovery Tool: Reliability testing of a computerized tool used by older adults to audit their built environment*. Paper presented at the American Public Health Association.
- McClain AD, **Hekler E,B.**, Cabrera B. (2012). Changing eating behavior in dining halls using an iterative design process. *Annals of Behavioral Medicine*, 43(Supp1), s189.
- Winter, S.J., **Hekler, E.B.**, Grieco, L.A., Chen F., Pollitt, S., Youngman, K., King, A., C. (2012). Teaching old dogs new tricks: Perceptions of smartphone-naïve midlife and older adults on using smartphones to improve health behaviors. *Annals of Behavioral Medicine*, 43(Supp1), s41.
- Hekler, E.B.**, Chen, F.X., Shapiro, S., King, A.C., (2012). Comparison of custom smartphone applications versus commercially available options for testing mechanisms of behavior change. Section of a Symposium presented at the annual meeting of the Society of Behavioral Medicine entitled, Using Real-Time Mobile Phone Technologies in Physical Activity and Eating Behavior Research. New Orleans, LA. *Annals of Behavioral Medicine*, 43(Supp1), s139.
- Hekler, E.B.** (2011, May-June) Chair, *Physical activity interventions for adults session*, American College of Sports Medicine/Exercise is Medicine Congress, Denver, CO.
- Hekler, E.B.**, Buman, M.P., Otten, J., Castro, C.M., Ahn, D. Marcus, B., Friedman, R., King, A.C. (2011, April). *Who responds better to a computer-delivered vs. human-delivered physical activity intervention?* Washington, DC. *Annals of Behavioral Medicine*, 42(Supp1), s57.



- Hekler, E.B.**, Buman, M., Haskell, W., Rosenberger, M., King, A.C. (2010, November). *Validity of android-based mobile phones as assessment devices of physical activity*. Poster session presented at the 2010 Health Summit. Washington, DC.
- Hekler, E.B.**, Buman, M.P., Dunton, G., Atienza, A.A., King, A.C. (2010, April). *Are daily fluctuations in perceived environment associated with walking?* Poster session presented at the annual meeting of the Society of Behavioral Medicine. Seattle, WA.
- Hekler, E.B.**, Buman, M.P., Castro, C.M., Prosak, C. King, A.C. (2010, April). *The choice study: A "taste-test" of utilitarian vs. leisure walking in older adults*. Poster session presented at the annual meeting of the Society of Behavioral Medicine. Seattle, WA.
- King, A.C., Sallis, J.F., Frank, L.D., Saelens, B.E., Ahn, D.K., Conway, T.L., Cain, K., Buman, M.P., **Hekler, E.B.** (2010, April). *The built environment and health in older adults; Associations between walkable neighborhoods, mobility impairment, and physical activity*. Poster session presented at the annual meeting of the Society of Behavioral Medicine. Seattle, WA.
- Buman, M.P., **Hekler, E.B.**, Bliwise, D.L., King, A.C. (2010, April). *Exploring moderators and mediators of exercise-induced objective sleep improvements in older adults with sleep complaints*. Poster presented at the annual meeting of the Society of Behavioral Medicine. Seattle, WA.
- Hekler, E.B.**, Buman, M., Haskell, W., Sallis, J.F., Frank, L., Saelens, B.E., King, A.C. (2009, April). *Descriptive analysis of the CHAMPS physical activity questionnaire within a large sample of older adults*. Poster session presented at the annual meeting of the Society of Behavioral Medicine. Montreal, Quebec, Canada.
- Hekler, E.B.**, Wilder, K.S., Leventhal, E. Scholz, P.M., Leventhal, H. Contrada, R.J. (2009, April). *Symptoms as a moderator of the relationship between beliefs and behaviors among patients undergoing coronary bypass surgery*. Poster session presented at the annual meeting of the Society of Behavioral Medicine. Montreal, Quebec, Canada.
- King, A.C., Castro, C.M., Pruitt, L.A., Ahn, D., Prosak, C., Buman, M., **Hekler, E.B.** (2009, April). *Optimizing diet and exercise changes in chronically stressed adults: Major results of the CALM Trial*. Paper session presented at the annual meeting of the Society of Behavioral Medicine. Montreal, Quebec, Canada.
- Hekler, E.B.**, Gottdiener, J.S., Kop, W.J. (2008, March). *The cardiac self-efficacy scale (CASE): Reliability and validity of a new assessment tool*. Poster session presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.
- Hekler, E.B.**, Gilligan, S., Alberg, K., Idler, E., Boulifard, D.A., Krause, T.J., Contrada, R.J. (2006, March). *Social relationships and gender as predictors of quality of life in open-heart surgery patients*. Poster session presented at the annual meeting of the Society of Behavioral Medicine. San Francisco, CA.
- Hekler, E.B.**, Kusnecov, A.W., Contrada, R.J. (2005, April). *Associations between inflammatory markers and depressive symptoms in acute myocardial infarction patients*. Poster session presented at the annual meeting of the Society of Behavioral Medicine Annual Convention. Boston, MA.
- Hekler, E.B.**, Coups, E.J., Gilligan S., Leventhal E., Tannenbaum A.K., Krause T.J., Kusnecov, A.W., Contrada, R.J. (2003, March). *Interleukin-6 (IL-6) and depression in acute myocardial infarction*. Poster session presented at the annual meeting of the Society of Behavioral Medicine. Salt Lake City, UT.



**Hekler, E.B.**, Coups, E.J., Gilligan S., Leventhal E., Tannenbaum A.K., Krause T.J., Contrada, R.J., Kusnecov, A.W. (2003, June). *Evidence suggesting that plasma interleukin-6 is associated with depression in acute myocardial infarction (MI) patients*. Poster session presented at the annual meeting of the Psychoneuroimmunology Research Society Convention. Amelia Island, FL.

**Hekler, E.B.**, Haim, A., Durand, V.M. (2001, May). *Inter-rater reliability analysis of the motivation assessment scale (MAS)*. Poster session presented at the annual meeting of the New York State Psychological Association Convention. Albany, NY.

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## Active Grants

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**7/01/13 – 12/31/14** Hekler (PI) Virginia G. Piper Charitable Trust  
Development of a mHealth Physical Activity Real-Time Adaptive Intervention

In this project, the goal is to develop a physical activity smartphone app that can “learn” and adapt to an individual’s response to various intervention patterns to identify the “right” intervention component (e.g., positive reinforcement) to be delivered at the “right” time and place (e.g., right before leaving work) over an extended period of time based on the user’s response to the intervention.

Role: PI

Amount: \$49,348

**5/5/2013-8/31/2013** Buman (PI) Jawbone, Inc.  
Jawbone Steps and Sleep Validation

The purpose of this study is to test the accuracy of the Jawbone UP Band, a commercially-available wrist-worn accelerometer to measure daytime physical activity (via steps and activity time) and sleep under laboratory and free-living conditions.

Role: Investigator

Total Costs: \$107,255

**7/01/13 – 12/31/14** Buman (PI) Virginia G. Piper Charitable Trust  
Biobehavioral exercise-sleep synergies for cardiometabolic health

The purpose of this study is to develop three smartphone-based interventions that individually target sleep, sedentary, and more active behaviors and to study the impact on cardiometabolic health in US Veterans with metabolic syndrome.

Role: Investigator

Amount: \$48,667

**7/01/13 – 12/31/14** Huberty (PI) Virginia G. Piper Charitable Trust  
Can text-message referral to evidence-based websites improve physical activity in pregnant women?

The purpose of this study is to develop text-messages that can be integrated into the national Text4Baby system for promoting increased physical activity among pregnant women.

Role: Investigator

Amount: \$50,000

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**Past Grants**


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- 09/30/09 – 07/31/12** King (PI) NHLBI-1RC1 HL099340  
*Modifying Physical Activity & Sedentary Behavior via Mobile Phone Technology*  
 The goals of this Challenge grant are to develop and empirically test two mobile phone-delivered interventions to promote daily increases in walking and decreases in television viewing time among adults.  
 Role: Investigator, Project Director, Grant Co-Author  
 Amount: \$967,378
- 12/10 – 12/11** King (PI) Google Corporation  
*Improving Objective Health Indicator Feedback via Smartphones and the “cloud”*  
 This study explores methods for providing feedback from “cloud” enabled assessment devices (e.g., body weight scales, blood pressure and heart rate monitors that connect to the internet) to individuals with Android smartphones.  
 Role: Grant co-author, project coordinator, & investigator  
 Amount: \$88,900
- 08/10 – 04/11** King (PI) Stanford Office of Community Health  
*Developing Community-Based Neighborhood Audit Tools to Promote Healthful Eating and Active Living in Local Counties*  
 The goal of this project is to develop an easy-to-use environmental audit tool to assess physical activity and food environments and scaling this information to policymakers.  
 Role: Co-investigator
- 01/10 – 01/11** Otten (PI) The Obesity Society  
*Assessing the Impact of 2010 Santa Clara County Ordinance Banning Toys and Other Incentives with Unhealthy Restaurant Food Purchases*  
 The goal of this study is to examine the impacts of a recent county ordinance banning toys and other incentives on child-specific menu choices, restaurant environment, and parent perception and behavior.  
 Role: Co-investigator
- 9/01/06 – 6/01/08** Hekler (PI) Pilot grant from R24 AG023958 Center  
*Illness Representations and Health Behaviors in Heart Surgery Patients*  
 This grant supported a longitudinal study examining the influence of commonsense beliefs prior to heart surgery on subsequent nutrition, physical activity, and medication adherence.  
 Role: PI on pilot study  
 Amount: \$10,000

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**Teaching Experience**


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- 08/12 - 12/12 Computer Applications in Nutrition, ASU**  
**01/13 - 05/13** Instructor: Eric Hekler  
 Role: Designed and taught this all online course  
 Class size: 40 undergraduate students  
 Focus: Taught basics in using technologies (e.g., webpage development, use of social media, smartphone apps) within a nutrition context  
 Evaluation: Course Overall: 3.6/5.0, Instructor Overall: 3.95/5.0

**01/12 - 04/12 Designing Health Behavior Change Interventions, ASU**

**08/11 - 12/11** Instructor: Eric Hekler  
Role: Designed and taught the course  
Class size: Approximately 10 graduate students per semester  
Focus: Fundamentals for Designing Health Interventions  
Evaluation: Course Overall: 4.9/5.0, Instructor Overall: 5.0/5.0

**01/09 - 03/09 Food and Society, Stanford University**

Primary instructors: Thomas Robinson and Christopher Gardner  
Role: Teaching assistant, co-developer of the course  
Class size: 22 undergraduates  
Focus: Food-related social issues in the US

**07/06 - 08/06 Introduction to Psychology, Rutgers University**

Instructor: Eric Hekler  
Role: Designed and taught a course on psychology fundamentals  
Class size: 30 undergraduates  
Evaluation: Overall effectiveness score: 4.8/5

**09/06 - 12/06 Gateway: Introduction to Psychology Recitation, Rutgers University**

**09/05 - 12/05** Lecture Instructors: Steven Barnhart, 2005, Len Hamilton, 2006  
Role: Recitation Instructor  
Recitation class size: 15 undergraduates  
Focus: Taught basics of psychology to students with an identified learning problem

**09/05 - 12/05 Teaching Effectiveness Seminar, Rutgers University**

**09/04 - 12/04** Instructors: A variety of experienced teachers at Rutgers.  
Role: Organized and redesigned graduate-level course on undergraduate teaching skills  
Class size: Approximately 20 first year graduate students per semester

**06/05 - 07/05 Health Psychology, Rutgers University**

**07/04 - 08/04** Instructor: Eric Hekler  
Role: Designed and taught a course surveying health psychology.  
Class size: 30 undergraduates, 2004; 50 undergraduates, 2005.  
Evaluation: Overall effectiveness score: 4.83/5

**01/07 - 05/07 Teaching Assistant, Rutgers University**

**01/06 - 05/06** Instructors: A variety of professors at Rutgers.  
**09/04 - 05/05** Role: Responsible for grading and teaching individual class sessions  
**09/02 - 5/03** when needed for three to four lecture classes per semester.  
Class sizes: Varied from 15 to 300 undergraduates.

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**Service and Other Professional Activity**

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**08/06 -** Peer reviewer for the following journals:  
Journal of the Academy of Nutrition and Dietetics, Personal and Ubiquitous Computing special issue, American Journal of Preventive Medicine, International Journal of Computer Human Studies, SIG-CHI Conference

paper (ACM SIG, Computer Human Interactions, Archives of Internal Medicine, UBICOMP, Annals of Behavioral Medicine, Journal of Physical Activity and Health, Journal of Medical Internet Research, Chronic Illness, Journal of Health Psychology, Current Aging Science, Journal of Clinical Psychology, Psychoneuroendocrinology, Journal of Traumatic Stress.

- 04/13 – 4/15 Society of Behavior Medicine, SBM Technology SIG – Co-Chair**
- 12/12 – 11/14 City of Phoenix General Plan - Arizona State University Advisory Board Committee Member**
- 06/11 – 7/14 American College of Sports Medicine, Exercise is Medicine, Family Website Development Committee Member**
- 06/11 – 6/14 American College of Sports Medicine, SHI-Behavioral Strategies Committee Member**
- 03/12 – 5/13 Arizona State University – Sustainable Food Task Force Committee Member**
- 04/12 – 4/13 Society of Behavior Medicine, 2012 SBM Technology Liaison/ SBM Working Group on Technology - Committee Chair**
- 03/12 – 12/12 Arizona State University – School of Nutrition and Health Promotion – Research Strategic Planning Committee Member**
- 06/11 – 6/13 American College of Sports Medicine/Society of Behavioral Medicine, Initiative to Identify Evidence-based Practices for Exercise is Medicine, Committee Member**
- 04/11 – 4/12 Society of Behavior Medicine, 2011 Conference Planning Committee**
- 04/11 – 4/12 Society of Behavior Medicine, 2011 Development Committee**
- 09/10 – 08/11 Co-Organizer of postdoctoral roundtable discussions, Stanford**  
Role: Co-organizing colloquium series for fellow post docs at SPRC.
- 05/06 – 07/06 Assistant grant reviewer for the American Cancer Society**  
Role: Assisted Dr. Dorie Glover in reviewing two competitive multi-million dollar grants.
- 09/03 - 05/05 Clinical psychology graduate student representative, Rutgers**  
Role: Participated in faculty meetings to voice concerns of the clinical psychology students and planned events such as graduate student picnic.
- 09/00 - 05/02 Middle Earth Crisis Hotline, SUNY, Albany**  
Roles: Counselor – dealt with a range of issues including suicidal behavior. Resource trainer – trained other counselors in proper hotline counseling techniques. Vice-president – co-led the group/planned events including a yearly conference.
- 05/00 - 08/00 Mental health technician and unit coordinator, Benedictine Hospital**
- 05/01 - 08/01** Role: Involved in direct patient care of patients with serious mental illness an inpatient unit. As unit coordinator, communicated with administration and ordered medications.
- 05/02 - 08/02**

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## Clinical Experience

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### **03/08 - 6/08 Trauma Recovery Program Rotation, VA Maryland – Baltimore**

Population: Veterans with comorbid post traumatic stress disorder (PTSD) and substance abuse.  
Assessment: Performed comprehensive batteries for assessing PTSD  
Treatment: Performed individual and group therapy for treating PTSD and substance abuse.  
Used Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) techniques.  
Supervisor: Lorie Morris, PsyD

### **11/07 - 03/08 Primary Care/Chronic Pain Rotation, VA Maryland – Baltimore**

Population: Veteran patients seen in the primary care clinic or chronic pain clinic.  
Assessment: Assessment of psychosocial problems impacting medical care and quality of life.  
Treatment: Performed brief disease management and mental health interventions.  
Ran group for chronic pain using Acceptance and Commitment Therapy.  
Supervisor: Stephen Bono, PhD

### **09/07 - 06/08 Couples Therapy Minor Rotation, VA Maryland –Baltimore**

Population: Veteran patient with spouse.  
Treatment: Couples therapy using emotional focused therapy.  
Supervisor: Neil Weissman, PsyD

### **07/07 - 11/07 Health Psychology Rotation, VA Maryland –Perry Point**

Population: Veterans requiring disease and/or chronic pain management.  
Assessment: Assessed mental and physical health issues among patients.  
Treatment: CBT & ACT for smoking cessation & preventive medicine.  
Supervisor: W. Clint McSherry, PhD

### **07/06 - 05/07 Generalized Anxiety Disorders Practicum, Rutgers**

Population: Older adult patients with generalized anxiety disorder patients in randomized clinical trial (RCT).  
Assessment: Assessed for GAD in older adults using the SCID-IV and 1 hour neuropsychology battery.  
Treatment: Therapist for RCT using CBT techniques.  
Supervision: Peer-supervisor for other therapists working on RCT.  
Supervisor: Jan Mohlman, PhD

### **06/05 - 06/06 Neurobehavioral Institute of New Jersey**

Population: Patients with traumatic brain injury (TBI), dementia and/or a learning disability.  
Assessment: Neuropsychology trainee – administered 8 hour neuropsychology battery weekly.  
Experience with: WAIS III, WISC-IV, WMS-III, WIAT-III, CVLT, MMPI-2, Category Test, Hiscock, Rey 15, WRAT-3, Stroop, Trails, Boston Naming, CPT-2.

Treatment: Co-leader of a stress-management group.  
Cognitive-behavioral therapist with individual clients – treated depression following TBI; Cognitive remediation work with TBI patients – focused on improving cognitive functioning.  
Supervisor: Lynette McKeon, PsyD

**09/04 - 08/05 Program for Addictions Consultation and Treatment, Rutgers**

Population: Ethnically diverse alcohol and other substance abuse patients.  
Assessment: Assessed for substance abuse using clinical interview, SCID, and self-report.  
Treatment: Individual and group therapist – CBT and motivational interviewing techniques used.  
Supervisors: James Langenbucher, PhD and Barbara McCrady, PhD

**09/03 - 06/04 Rutgers Psychological Clinic**

Population: General outpatient clinic.  
Assessment: Conducted mental status exams and intelligence testing (WAIS-III; WMS-III)  
Treatment: Cognitive Behavioral Therapist for depression and obsessive compulsive disorder.  
Supervisors: Daniel Fishman PhD and Donald Morgan, PsyD

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**Membership in Professional Organizations**

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03/12	Association for Computing Machinery
01/02	Society of Behavioral Medicine
01/02	American Psychological Association – Division 38, Health Psychology
06/09	American College of Sports Medicine

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**Honors and Awards**

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4/13	ASU 2013 President's Medal for Social Embeddedness, Team Member
10/12	Participant, Invite-only 2012 Building New Theories of Human Behavior Conference, Brussels, Belgium
06/11	Participant, 2011 mHealth Summer Training Institute, NIH
04/11	Physical Activity SIG Student Award, Society of Behavioral Medicine
04/11	Meritorious Student Abstract Award, Society of Behavioral Medicine
01/11	Winner–Health2.0 Developer Challenge SF/Bay Area Code-a-thon
09/10	Participant – 2010 Physical Activity and Public Health Postgraduate Course
03/10	Conference Travel Award for Burrill & Co. Digital Health, Burrill & Co.
09/08 - 8/11	Post doctoral fellowship, Stanford University
11/07	Travel Award to ABCT conference –VA Maryland Health Care System
04/03	Travel Award to SBM conference – Rutgers University
05/02	Phi Beta Kappa – SUNY Albany
01/99 - 05/02	Deans' List – SUNY Albany
09/98 - 05/02	Presidential Scholar – SUNY Albany

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## References

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