

# Eric B. Hekler

## Business Contact Information

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## Work History

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<b>Ass. Prof.</b>	<b>Arizona State University, School of Nutrition and Health Promotion</b> 2011-present Assistant Professor, Nutrition
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## Education

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<b>Postdoc</b>	<b>Stanford University, Stanford Prevention Research Center</b> 2008-2011 Postdoctoral Research Fellow Primary Mentor: Abby King Secondary Mentors: Thomas Robinson, William Haskell
<b>Internship</b>	<b>VA Maryland Health Care System/University of Maryland, Baltimore Psychology Internship Consortium</b> 2007-2008 Clinical Health Psychology Intern Supervisors: Stephen Bono, W. Clint McSherry, Lorrie Morris
<b>PhD</b>	<b>Rutgers – The State University of New Jersey</b> 2004-2008 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
<b>MS</b>	<b>Rutgers – The State University of New Jersey</b> 2002-2004 MS, Psychology “Depressive symptoms and perceived social support in myocardial infarction patients: Associations with markers for inflammatory activity.” Advisor: Richard J. Contrada

**BA**                    **The State University of New York at Albany**  
 1998-2002  
 BA, Summa cum Laude, Psychology  
 Minors: Biology, Education, Music

## **Research Interests**

My research program focuses on how to use digital technologies to promote physical activity and healthful eating across all levels of the social ecological model. In addition, I'm interested in using interventions as experimental tests of theories and exploring new methods and technologies (e.g., smartphones, cloud computing) for speeding the pace behavioral science for translating insights into practice.

## **Publications** (Total Published/In Press, N=37)

### **In Preparation** (N=4, first author n=3)

**Hekler, E.B.**, Buman, M.P., Grieco, L., Rosenberger, M., Haskell, W., & King, A.C. (2013). Validation of Three Android Smartphones as Activity Monitors Compared to an Actigraph and Zephyr Bioharness. *Manuscript in Preparation*.

**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.**, McDonald, D. Poole, E., Li, V. Eikey, E., Riley, K., & Sweeney, J. (2013). How Effective are Online Support Groups for Promoting Weight Loss? *Manuscript in Preparation*.

Riley, W.T., Martin, C.A., Rivera, D.E., **Hekler, E.B.**, Buman, M.P., Adams, M.A., Pavel, M., & King, A.C. (2013). The Development of a Control Systems Model of Social Cognitive Theory. *Manuscript in Preparation*.

### **Under Review** (N=7, senior author n=1)

Klasnja, P., **Hekler, E.B.**, Froehlich, J. & Buman, M.P. (2013, May). Nine Questions for the Design and Evaluation of Behavior-Change Technologies. *Manuscript submitted for publication*.

Martin, C.A., Rivera, D.E., Riley, W.T., **Hekler, E.B.**, Buman, M.P., Adams, M.A., & King, A.C. (2013). A Dynamical Systems Model of Social Cognitive Theory. *Manuscript submitted for Publication*.

Adams, M.A., Sallis, J.F., Norman, G.J., Hovell, M.F., **Hekler, E.B.**, & Perata, E. (2013). An Adaptive Physical Activity Intervention for Overweight Adults: A Randomized Controlled Trial. *Manuscript submitted for Publication*.

Phillips, L.A., & **Hekler, E.B.** (2013). Maintenance Mechanisms of Exercise Habit: Self-Concept Preservation and Intrinsic Motivation-Negative Reinforcement. *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. (2013). Alternating Sleep, Sedentary, and Active Behaviors. Effects on Cardiovascular Disease Risk Biomarkers, NHANES 2005-2006. *Manuscript submitted for Publication.*

Chen, F.X., King, A.C., & **Hekler, E.B.** (2013). Designing Health Messages: Framing Exergames for Exercise Improves Duration of Use. *Manuscript submitted for publication.*

Johnson-Glenberg, M.C., & **Hekler, E.B.** (2013). Alien Health Game: Embodied, Motion-Capture Exergame on Nutrition and MyPlate. *Manuscript submitted for Publication.*

### In press (N=5, first author n=1)

**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.*

McMahon, S., Vankipuram, M., **Hekler, E.B.**, & Fleury, J. (in press). Design and Evaluation of Theory-based Technology to Enhance Motivation for Physical Activity that Reduces Fall Risk. *Translational Behavioral Medicine.*

King, A.C., **Hekler, E.B.**, Castro, C.M., Buman, M.P., Marcus, B.H., Friedman, R.H., & Napolitano, M.A. (in press). Exercise Advice by Humans versus Computers: Maintenance Effects at 18 Months. *Health Psychology.*

King, A.C., Buman, M.P., & **Hekler, E. B.** (2014). 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.*

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.

### 2013 (N=12, first author n=5)

#### **Health/Behavioral Science Peer-Reviewed Publications** (n=6, first author n=1)

**Hekler, E.B.**, Buman, M.P., Otten, J., Castro, C.M., Ahn, D. Marcus, B., Friedman, R., & King, A.C. (2013). Who Responds Better to a Computer-Delivered vs. Human-Delivered Physical Activity Intervention? *International Journal of Behavior, Nutrition, and Physical Activity*, 10:109.  
<http://www.ijbnpa.org/content/10/1/109>.

King, A.C., **Hekler, E.B.**, Grieco, L.A., Winter, S.J., Sheats, J.L., Buman, M.P., Banerjee, B., Robinson, T.N., & Cirimele, J. (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.

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.

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.

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

#### Peer-Reviewed Computer Science/Engineering Conference Proceeding Publications

(n=2, first author n=1)

**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 (CHI '13)*. ACM, New York, NY, USA, 3307-3316. <http://doi.acm.org/10.1145/2470654.2466452>;

Murray, T., Hardy, D., Spruijt-Metz, D., **Hekler, E.B.**, & Raji, A. (2013, July). Avatar Interfaces for Biobehavioral Feedback. *Proceedings of HCI International 2013*, Las Vegas, NV.

#### Peer-Reviewed Encyclopedia Entries (n=2, first author n=1)

**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.

#### Peer-Reviewed Computer Science/Engineering Practitioner-Oriented Publications

(n=1, first author n=1)

**Hekler, E.B.**, Klansja, P., Traver, V., & Hendriks, M. (2013). Realizing Effective Behavioral Management of Health: The Metamorphosis of Behavioral Science Methods, *IEEE Pulse*, 4(5): 29-34. Doi: 10.1109/MPUL.2013.2271681

#### Peer-Reviewed Computer Science/Engineering Workshop Paper (n=1, first author n=1)

**Hekler, E.B.**, Bureson, 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>

**Book Chapters** (n=1, first author=0)

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.

**2012** (N=7, first author n=3)**Health/Behavioral Science Peer-Reviewed Publications** (n=5, first author=3)

**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.

**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). Reliability and Validity of CHAMPS Self-Reported Sedentary to Vigorous Intensity Physical Activity in Older Adults. *Journal of Physical Activity and Health*, 9, 225-236.

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.

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, 249-253.

**Book Chapters** (n=1, first author n=0)

Brassington, G.S., **Hekler, E.B.**, Cohen, Z., & King, A.C. (2012). Health Enhancing Physical Activity. In Revenson, T.A., & A. Baum, A. (Eds.), *Handbook of Health Psychology*. Mahwah, New Jersey: Lawrence Erlbaum Associates Publishers.

**Computer Science/Engineering Peer-Reviewed Workshop Papers** (n=1, first author n=0)

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>

**2011** (N=4, first author n=1)**Health/Behavioral Science Peer-Reviewed Publications** (n=2, first author n=0)

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

**Computer Science/Engineering Peer-Reviewed Publications** (n=1, first author n=0)

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)

**Computer Science/Engineering Peer-Reviewed Workshop Papers** (n=1, first author n=1)

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>

**2010** (N=3, first author n=1)

**Health/Behavioral Science Peer-Reviewed Publications** (n=2, first author n=1)

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.

**Book Chapters** (n=1, first author=0)

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.

**2009** (N=2, corresponding author=1)

**Health/Behavioral Science Peer-Reviewed Publications** (n=1, first author=0)

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.

**Invited Paper Responses** (n=1, first author=0)

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.

**2008** (N=3, first author=1)**Health/Behavioral Science Peer-Reviewed Publications** (n=3, first author=1)

**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.

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.

**2007** (N=1, first author=1)**Health/Behavioral Science Peer-Reviewed Publications** (n=1, first author=1)

**Hekler, E.B.**, Rubenstein, J., Coups, E.J., Gilligan, S., Steiner, M.J., Krause, T.J., Leventhal, E.A., Tannenbaum, A.K., Kusnecov, A.W., & Contrada, R.C. (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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**Presentations and Published Abstracts** (N=42, Lead Presenter n=27)

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**2014** (N=1)**Conference Presentations/Published Abstracts** (n=1)

Militello, L.K., Small, L., Jacobson, D., **Hekler, E.B.**, & Melnyk, B.M. (Mar 2014). TEXT2COPE Program for Parents of Overweight or Obese Preschool Aged Children. *Poster to be presented at the National Association of Pediatric Nurse Practitioners (NAPNAP) Annual Conference, Boston, MA.*

**2013** (N=10)**Invited Presentations** (n=2)

**Hekler, E.B.** (2013, September 11). New Technologies in Health Promotion; *Invited presentation for the USDA Western Regional Symposium.*

<http://www.designinghealth.org/presentations.html>; Total Times Viewed on Slideshare.net: n=90

**Hekler, E.B.** (2013, September 19). Big Data Mash-ups & Statistical Modeling: Opportunities and Challenges – Invited Discussant, National Cancer Institute BIG DATA (Data and Theory Advancement) Workshop.

**Conference Presentations/Published Abstracts** (n=8)

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.*

Brace, A., **Hekler, E.B.**, & Davis, M. (2013). Promoting Local, Sustainable Food Choices to Improve Eating Behaviors among College Students, Oral presentation at the Food Studies: An Interdisciplinary Conference.

**Hekler, E.B.**, Grieco, L., Winter, S., Sheats, J. Buman, M.P., & King, A.C. (2013). Results of a randomized pilot trial of Calorific: A commercially available, diet-tracking smartphone app. Oral presentation 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 Word 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.

## **2012** (N=16)

### **Invited Presentations (n=4)**

**Hekler, E. B.** (2012, May 16) Teaching Behavior Change: The baby steps for making effective behavioral interventions. Invited presentation at the Stanford Mobile Health 2012 Conference. Slides available at:  
<http://www.designinghealth.org/presentations.html>

**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. <http://www.designinghealth.org/presentations.html>



**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.** (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.

#### **Conference Presentations/Published Abstracts (n=12)**

**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.

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.B.,** 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.

## 2011 (N=5)

### **Conference Presentations/Published Abstracts** (n=5)

- Chen, F.X., **Hekler, E.B.**, King, A.C. (2011) 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.
- 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.** (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? Paper presented at the annual meeting of the Society of Behavioral Medicine. Washington, DC.

**2010** (N=6)**Invited Presentations** (n=1)

**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.

**Conference Presentations/Published Abstracts** (n=5)

**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.

**2009** (N=3)**Conference Presentations/Published Abstracts** (n=3)

**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.

### 2008 (N=1)

#### **Conference Presentations/Published Abstracts** (n=1)

**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.

### 2006 (N=2)

#### **Conference Presentations/Published Abstracts** (n=2)

**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.

### 2003 (N=2)

#### **Conference Presentations/Published Abstracts** (n=2)

**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.

### 2001 (N=1)

#### **Conference Presentations/Published Abstracts** (n=1)

**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** (Total Funds=\$335,595, Total as PI=\$109,673)

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**A DIY Self-Experimentation Toolkit for Fostering User-Driven Behavior Change**

PI: Hekler, E.B.

Funder: Google Corporation

Abstract: The goal of this project is to build on human-computer interaction (HCI) research; behavioral science; and our own work to create a DIY self-experimentation toolkit for fostering self-experimentation of strategies for creating better behavioral routines. The DIY toolkit will include (a) a Google tracking tool (i.e., Paco), (b) a design portal to foster translation of lessons of behavioral science into personal and customizable behavior change strategies, and (c) a UbiComp system (GaLLaG [Game as Life--Life as Game]) that includes wireless home-based sensors (e.g., motion or pressure sensors) and programmable contingency feedback mechanisms (e.g., playing audio files via wireless speakers in the home; see previous research section).

Timeline: 9/01/13-8/1/2014

Funding: \$60,325 (0% Indirects)

**Development of a mHealth Physical Activity Real-Time Adaptive Intervention**

PI: Hekler, E.B.

Funder: Virginia G. Piper Charitable Trust (Internal SNHP Grant)

Abstract: 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.

Timeline: 7/01/13 – 12/31/14

Funding: \$49,348 (0% Indirects)

**Jawbone Steps and Sleep Validation Study**

PI: Buman, M.P.

Role: Co-Investigator involved in study design & student supervision

Funder: Jawbone, Inc.

Abstract: 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.

Timeline: 5/5/13-8/31/13

Funding: \$107,255 (66% Indirects)

### Using Stakeholder Feedback to Modify a VA Mobile Application for Insomnia Self-Management

PI: Epstein, D.

Role: Co-Investigator

Funder: Department of Veterans Affairs, Polytrauma/Blast-Related Injury QUERI

Abstract: The purpose of the project is use provider and Veteran feedback to adapt the “VA CBTI Coach” smartphone application for use in a VA stepped care approach for low to moderate intensity insomnia intervention in OEF/OIF/OND Veterans.

Timeline: 4/1/13-9/30/13

Funding: \$20,000 (0% Indirects)

### Biobehavioral exercise-sleep synergies for cardiometabolic health

PI: Buman, M.P.

Role: Co-Investigator (support app design)

Funder: Virginia G. Piper Charitable Trust (Internal SNHP Grant)

Abstract: 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.

Timeline: 7/01/13 – 12/31/14

Funding: \$48,667 (0% Indirects)

### Can text-message referral to evidence-based websites improve physical activity in pregnant women?

PI: Huberty

Role: Co-Investigator (Support text message creation)

Funder: Virginia G. Piper Charitable Trust (Internal SNHP Grant)

Abstract: 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.

Timeline: 7/01/13 – 12/31/14

Funding: \$50,000 (0% Indirects)

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### Past Grants (Total Funds=\$1,066,278; Total as PI=\$ 10,000)

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#### Modifying Physical Activity & Sedentary Behavior via Mobile Phone Technology

PI: King

Role: Grant co-author, Project Director, Investigator

Funder: NHLBI-1RC1 HL099340

Abstract: 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.

Timeline: 09/30/09 – 07/31/12

Funding: \$967,378 (66.7% Indirects)

### **Improving Objective Health Indicator Feedback via Smartphones and the “Cloud”**

PI: King

Role: Grant co-author, Project Director, Investigator

Funder: Google Corp.

Abstract: 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.

Timeline: 12/10 – 12/11

Funding: \$88,900 (0% Indirects)

### **Developing Community-Based Neighborhood Audit Tools to Promote Healthful Eating and Active Living in Local Counties**

PI: King

Role: Investigator

Funder: Stanford Office of Community Health

Abstract: 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.

Timeline: 08/10 – 04/11

### **Assessing the Impact of 2010 Santa Clara County Ordinance Banning Toys and Other Incentives with Unhealthy Restaurant Food Purchases**

PI: Otten

Role: Investigator

Funder: The Obesity Society

Abstract: 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.

Timeline: 01/10 – 01/11

### **Illness Representations and Health Behaviors in Heart Surgery Patients**

PI: Hekler

Funder: Pilot grant from NIA-funded Center R24 AG023958

Abstract: This grant supported a longitudinal study examining the influence of commonsense beliefs prior to heart surgery on subsequent nutrition, physical activity, and medication adherence.

Timeline: 9/01/06 – 6/01/08

Funding: \$10,000 (0% Indirects)

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## Teaching

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### Arizona State University

#### *Informatics PhD – Curriculum Development Committee Member*

Role: SNHP representative to an ASU-wide working group focused on developing an interdisciplinary PhD Program in Informatics. Application is currently being reviewed for possible creation of this program at ASU that would span multiple colleges within the University.

#### *NTR 598- Designing Health Behavior Change Interventions*

Role: Developed concept of course and teach the class

Class size: 10-20 graduate students per semester

Focus: Fundamentals for Designing Health Interventions

Semesters Taught: Fall 2011; Spring 2012; Fall 2013

Most Recent Evaluation: Course Overall: 4.9/5.0, Instructor Overall: 5.0/5.0

#### *NTR 300 - Computer Applications in Nutrition*

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

Semesters Taught: Fall 2012; Spring 2013; Fall 2013

Most Recent Evaluation: Course Overall: 3.3/5.0, Instructor Overall: 3.78/5.0

#### *Residential College Advisory Board (RCAB) Faculty Advisory for pHC (PreHealth)*

Role: Provided faculty mentorship to undergraduate pre-health students living in Taylor Place downtown.

Focus: Support students, particularly freshman with their transition to college.

Semesters Taught: Spring 2012

### Stanford University

#### *Food and Society*

Primary instructors: Thomas Robinson and Christopher Gardner

Role: Teaching assistant, co-developer of the course

Class size: 22 undergraduates

Semesters Taught: Winter 2009

Focus: Food-related social issues in the US

### Rutgers University

#### *PSY 101 Introduction to Psychology, Rutgers University*

Role: Designed and taught a course on psychology fundamentals

Semesters Taught: Summer 2006

Class size: 30 undergraduates

Evaluation: Overall effectiveness score: 4.8/5



***PSY 101 Gateway: Introduction to Psychology Recitation, Rutgers University***

Lecture Instructors: Steven Barnhart, 2005, Len Hamilton, 2006

Role: Recitation Instructor

Class size: 15 undergraduates

Semesters Taught: Fall 2005; Fall 2006

Focus: Taught basics of psychology to students with an identified learning problem

***Teaching Effectiveness Seminar, Rutgers University***

Instructors: A variety of experienced teachers at Rutgers.

Role: Organized and redesigned graduate-level course on undergraduate teaching skills

Semesters Taught: Fall 2004; Fall 2005

Class size: Approximately 20 first year graduate students per semester

***Health Psychology, Rutgers University***

Instructor: Eric Hekler

Role: Designed and taught a course surveying health psychology.

Class size: 30 undergraduates, 2004; 50 undergraduates, 2005.

Semesters Taught: Summer 2004; Summer 2005

Evaluation: Overall effectiveness score: 4.83/5

***Teaching Assistant***

Instructors: A variety of professors at Rutgers.

Role: Responsible for grading and teaching individual class sessions when needed for three to four lecture classes per semester.

Semesters Taught: Fall 2002; Spring 2003; Fall 2003; Spring 2003; Spring 2006; Spring 2007

Class sizes: Varied from 15 to 300 undergraduates.

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**Guest Lectures**

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***CTI 294, Make Your Ideas Happen***

Instructor: Richard Filley (College of Technology & Innovation)

Date: Spring 2013

Focus: Participated as a guest lecture and mentor for students in the class focused on creating a start-up.

***NTR/EXW791, PANW, Doctoral Seminar***

Date: 1/31/12; 1/27/13

Focus: Invited guest lecture focused on mentoring graduate students. Received unsolicited positive feedback from one of the students (available upon request).

***EEE 598, Personal Sensors for Mobile Health Applications,***

Instructor: Nongjian Tao (Biodesign Institute)

Date: 2/27/12

Focus: Invited guest lecture focused on using behavior change technologies for tracking physical activity and providing feedback.

***NTR/EXW691, Health Promotion Theory Course***

Date: 11/13/12

Focus: Invited guest lecture focused on using technology in health promotion research for Dr. Der Ananian.

***NTR/EXW691, PANW, Doctoral Seminar***

Date: 11/21/11

Focus: Invited guest lecture focused on using technology in health promotion research. Received positive peer evaluation from Dr. Barbara Ainsworth (available upon request).

**Mentorship**

Graduate Students (All students are from ASU unless otherwise specified)		Proposal	Data check	Defense
Student	Chair			
<b>MS (N=10, Completed n=7, Completed as chair/co-chair n=3)</b>				
<b>Nutrition</b>				
Janessa Faust	Hekler	TBD		
Thea Lund	Hekler	TBD		
Sarah Kiser	Hekler			3/2013
LeeAnn Springer	Wharton & Hekler			8/2013
Sarah Martinelli	Ohri-Vachaspathi			2/2013
Diana Kinsfather	Johnston			8/2012
<b>Exercise &amp; Wellness</b>				
Ravi Patel	Buman	TBD		
<b>Computer Science</b>				
Frank Chen (Stanford Human-Computer Interaction)	Hekler & Klemmer			12/2011
Luis Garduno (Computer Science)	Burleson			4/2012
<b>Sustainability</b>				
Peter Goldman	Brown			5/2013
<b>PhD Students (Total N=8, completed n=2, completed as chair/co-chair n=0)</b>				
<b><i>Physical Activity, Nutrition &amp; Wellness</i></b>				
Adrian Chavez	Vega-Lopez	TBD		
Kaitlin Riley	Hekler	Left		
<b><i>Nursing</i></b>				
Siobhan McMahon	Fleury			7/2012
Lisa Militello	Small	9/12		
<b><i>Computer Science</i></b>				
Jisoo Lee	Burleson	TBD		
<b><i>Public Health</i></b>				

Andrea Brace (University of Georgia, Public Health)	Davis			12/2012
<i>Engineering</i>				
Cesar Martin	Rivera	TBD		
DangDang Shao	Tao	3/2013		
<i>Postdoc Mentorship (Total N=1)</i>				
Siobhan McMahon (U. of Minn.)	Rothman	N/A		

Undergraduate Students	Chair	Defense	Project Description
<i>Barrett Honors Students</i>			
McKinsey Chartier	Hekler	TBD	Working on the Policy Visualization System, with plans of possibly turning the work into an Honors Thesis
Kaitlin Smith	Hekler	TBD	Working on the Policy Visualization System, with plans completing an Honors Thesis
Pooja Raghani	Hekler	TBD	Conducting qualitative interviews and other “needs finding” tasks to better understand best strategies for disseminating evidence-based health promotion concepts into self-sustaining business models.
Justin Rosales	Burleson	3/2013	Research on home automation and ubiquitous computing
<i>Independent Research</i>			
Ami Sedani	Hekler	N/A	Working on the social network research for credit
Jessica Sweeney	Hekler	N/A	Working on the social network research for credit

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## Clinical

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### VA Maryland – Baltimore

#### *Trauma Recovery Program Rotation*

Dates: 03/08 - 6/08

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

***Primary Care/Chronic Pain Rotation***

Dates: 11/07 - 03/08

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

***Couples Therapy Minor Rotation***

Dates: 09/07 - 06/08

Population: Veteran patient with spouse.

Treatment: Couples therapy using emotional focused therapy.

Supervisor: Neil Weissman, PsyD

***Health Psychology Rotation***

Dates: 07/07 - 11/07

Population: Veterans requiring disease and/or chronic pain management.

Assessment: Assessed mental and physical health issues among patients.

Treatment: Led 6-week smoking cessation group multiple times. Chronic disease management via Acceptance and Commitment Therapy.

Supervisor: W. Clint McSherry, PhD

***Rutgers University***

***Generalized Anxiety Disorders Practicum***

Dates: 07/06 - 05/07

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

***Neurobehavioral Institute of New Jersey***

Dates: 06/05 - 06/06

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 cognitive functioning.

Supervisor: Lynette McKeon, PsyD

***Program for Addictions Consultation and Treatment***

Dates: 09/04 - 08/05

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

**Rutgers Psychological Clinic**

Dates: 09/03 - 06/04

Population: General outpatient clinic.

Assessment: Conducted mental status exams and intelligence testing (WAIS-III; WMS-III)

Treatment: Cognitive Behavioral Therapist for depression and OCD.

Supervisors: Daniel Fishman PhD and Donald Morgan, PsyD

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**Service**

**School of Nutrition & Health Promotion/College of Health Solutions-Level Service**

***CONHI T32 Mentorship Support***

Dates: 05/13

Role: Agreed to be a mentor for the CONHI T32 Pre- and Post-doctoral fellows program.

***Affiliated Faculty for the University of Minnesota/ASU Public Health Program***

Dates: 9/13-

Role: Agreed to be a part of the new University of Minnesota/ASU Public Health Program Faculty; currently being reviewed a U of Minn.

***Funding Diversification Committee for SNHP***

Dates: 01/13 –

Role: Involved in a working group focused on devising strategies for leveraging and further supporting our fledging programming and development core through alternative sources of funding beyond grants.

***Health and Wellness Entrepreneurship Club Advisor***

Dates: 05/13 –

Role: Advise students in the health entrepreneurial activities

***Programming and Development Core Coordinator***

Dates: 05/12 –

Role: Organized the creation of the SNHP programming and development core including co-leading the hiring of Kevin Hollinshead with Steve Hooker and Henry Barto.

***Research Strategic Planning Committee Member***

Dates: 03/12 – 12/12

**Arizona State University-Level Service**

*City of Phoenix General Plan - ASU Advisory Board Committee Member*

Dates: 12/12 –

*Sustainable Food Task Force Committee Member*

Dates: 03/12 – 5/13

**National-Level Service**

*Workshop on Interactive Systems in Healthcare (WISH) 2013 Steering Committee Member*

Dates: 5/13-11/13

Role: Aided in the organization of this interdisciplinary (e.g., medical informatics, human-computer interaction designers/researchers, and behavioral scientists) including submission reviewer

*University of Michigan Workshop on Individualizing Real-Time Interventions, Participant*

Dates: 8/16/13

Role: Participated in a workshop focused on learning about and providing feedback to Susan Murphy and colleagues at the University of Michigan on their methodology for creating just in time adaptive interventions using reinforcement learning methods from computer science.

*National Cancer Institute's Big D.A.T.A. (Data And Theory Advancement) Workshop Participant*

Dates: 9/19-9/20/13

Role: Invited participant the workshop focused on defining future opportunities for behavioral theory with the advent of Big Data and respective analytic techniques.

*Society of Behavioral Medicine Behavioral Ontology Working Group*

Dates: 4/13-

Role: Working group organizer focused on developing a behavioral ontology for supporting improved communication and translation of behavioral theories into replicable science and technology processes.

*Society of Behavior Medicine Technology SIG – Co-Chair*

Dates: 04/13 – 4/15

Focus: Lead the Society of Behavioral Medicine Technology Special Interest Group. Organize meetings, content for the annual meetings, and organize collaborations and connections both within SBM and between SBM and industry partners.

*Society of Behavior Medicine, 2013 Development Committee Member*

Dates: 04/13 – 4/14

Role: Working group focused on support SBM's financial sustainability.

*American College of Sports Medicine, SHI-Behavioral Strategies Committee Member*

Dates: 06/11 – 6/14

*American College of Sports Medicine, Exercise is Medicine, Family Website Development Committee Member*

Dates: 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*

Dates: 06/11 – 6/13

*Society of Behavior Medicine Technology Liaison - Committee Chair*

Dates: 04/12 – 4/13

*Society of Behavior Medicine, 2011 Conference Planning Committee*

Dates: 04/11 – 4/12

*Society of Behavior Medicine, 2011 Development Committee*

Dates: 04/11 – 4/12

*Assistant grant reviewer for the American Cancer Society*

Dates: 05/06 – 07/06

Role: Assisted Dr. Dorie Glover in reviewing two competitive multi-million dollar grants.

#### International-Level Service

*EPSRC Network for supporting technology-mediated physical activity research*

Dates: Request to participate 7/13 (pending final budgetary approval)

Role: Steering Committee Member focused on fostering improved international relations on technology-mediated physical activity promotion research.

#### Other Professional Services

*Peer reviewer for the following journals/conferences/fellowships*

(2013 original article reviews N=11, listed in order of recency)

Wellcome Trust Sir Henry Wellcome Postdoctoral Fellowship (2013)

Medicine X (2013)

International Journal of Computer Human Studies (2011, 2012, 2013)

Current Directions in Psychology (2013)

Journal of Medical Internet Research (2009, 2010, 2011, 2012, 2013)

American Journal of Preventive Medicine (2011, 2012, 2013)

Journal of Behavioral Medicine (2013)

Journal of the Academy of Nutrition and Dietetics (2012, 2013)

Computer Supported and Collaborative Work-CSCW Conference (2013)

PLoS One (2013)

Translational Behavioral Medicine (2013)

SIG-CHI Conference paper (ACM SIG, Computer Human Interactions (2011, 2012, 2013))

Annals of Behavioral Medicine (2010, 2011, 2012, 2013)

Personal and Ubiquitous Computing special issue (2011, 2012)

Archives of Internal Medicine (2011)

Ubiquitous Computing (UbiComp Conference, 2011)  
Journal of Physical Activity and Health (2010, 2011)  
Chronic Illness (2009)  
Journal of Health Psychology (2011)  
Current Aging Science (2009)  
Journal of Clinical Psychology (2009)  
Psychoneuroendocrinology (2009)  
Journal of Traumatic Stress (2008)

**Quantified Self Phoenix/Scottsdale Co-Founder**

Dates: 9/2012-

Role: Co-founder and Meet-up organizer

**Phoenix Symphony Young Professionals**

Dates: 9/2011-

Roles: Membership Committee Chair, first year; Membership Committee Member, year two

**Service at Previous Universities**

**Co-Organizer of postdoctoral roundtable discussions, Stanford**

Dates: 09/10 – 08/11

Role: Co-organizing colloquium series for fellow post docs at SPRC.

**Clinical psychology graduate student representative, Rutgers**

Dates: 09/03 - 05/05

Role: Participated in faculty meetings to voice concerns of the clinical psychology students and planned events such as graduate student picnic.

**Middle Earth Crisis Hotline, SUNY, Albany**

Dates: 09/00-05/02

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.

**Mental health technician and unit coordinator, Benedictine Hospital**

Dates: 05/00-08/00; 05/01-08/01; 05/02-08/02

Role: Involved in direct patient care of patients with serious mental illness an inpatient unit. As unit coordinator, communicated with administration and ordered medications.



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## **Membership in Professional Organizations**

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### **Active Membership**

Association for Computing Machinery, 03/12  
Society of Behavioral Medicine, 01/02

### **Inactive Membership**

American Psychological Association – Division 38, Health Psychology, 01/02  
American College of Sports Medicine, 06/09  
Association for Behavior and Cognitive Therapies, 01/02

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## **Honors and Awards**

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### **2013**

ASU President's Medal for Social Embeddedness, team member 4/13

### **2012**

Graduate Course–Designing Health Behavior Change Interventions Highlighted at the Stanford Mobile Health as an Innovative Teaching Method 5/12  
Participant, Invite-only 2012 Building New Theories of Human Behavior Conference, Brussels, Belgium, 10/12

### **2011**

Participant, 2011 mHealth Summer Training Institute, NIH, 06/11  
Physical Activity SIG Student Award, Society of Behavioral Medicine, 04/11  
Meritorious Student Abstract Award, Society of Behavioral Medicine, 04/11  
Winner–Health2.0 Developer Challenge SF/Bay Area Code-a-thon, 01/11  
Post doctoral fellowship (continuation), Stanford University, 1/11-8/11

### **2010**

Participant – 2010 Physical Activity and Public Health Postgraduate Course, 09/10  
Conference Travel Award for Burrill & Co. Digital Health, Burrill & Co., 03/10  
Post doctoral fellowship (continuation), Stanford University, 1/10-12/10

### **2009**

Post doctoral fellowship, Stanford University (continuation), 1/09-12/09

### **2008**

Post doctoral fellowship, Stanford University, 9/08-12/08

### **2007**

Travel Award to ABCT conference –VA Maryland Health Care System, 11/07

### **2003**

Travel Award to SBM conference – Rutgers University, 04/03

### **2002**

Phi Beta Kappa – SUNY Albany, 05/02  
Deans' List – SUNY Albany 5/02  
Presidential Scholar – SUNY Albany

**2001**

Deans' List – SUNY Albany 5/01, 12/01  
Presidential Scholar – SUNY Albany

**2000**

Deans' List – SUNY Albany 5/00, 12/00  
Presidential Scholar – SUNY Albany

**1999**

Deans' List – SUNY Albany 5/99  
Presidential Scholar – SUNY Albany

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**References**

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**Abby C. King, PhD**

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