

JENNIFER LYNNE HUBERTY, PHD

Curriculum Vitae

CONTACT INFORMATION

Jennifer Huberty, PhD, RYT

14848 N 46th Place

Phoenix AZ 85032

jenhubertyphd.com

Instagram: @jenhuberty

<https://www.linkedin.com/in/jennifer-huberty-8b320066/>

BACKGROUND

INDUSTRY POSITIONS

Fractional Chief Science Officer + Founder, Fit Minded LLC 2015 - present

Head of Science, Calm 2017- present

ACADEMIC APPOINTMENTS

Associate Professor of Medicine, University of Texas Health San Antonio, MD Anderson, Texas 2018-present.
Adjunct Associate Professor, Arizona State University, College of Health Solutions, Phoenix, AZ, 2021-present.

Tenured Associate Professor, Arizona State University, College of Health Solutions, Phoenix, AZ, 2013-2021.

Barret Honors Faculty, Arizona State University, College of Health Solutions, Phoenix, AZ, 2014-2021.

Associate Professor, Department of Obstetrics and Gynecology, University of Arizona College of Medicine, Phoenix, AZ, 2020-present.

Adjunct Associate Professor of Medicine, Mayo Clinic of Arizona, Phoenix, AZ, 2016-present.

Tenured Associate Professor, University of Nebraska Omaha, School of Health, Physical Education, & Recreation, Omaha, NE, 2009-2012.

Governing Faculty, University of Nebraska Medical Center, College of Public Health, Omaha, NE, 2009-2012.

Assistant Professor, University of Nebraska Omaha, School of Health, Physical Education, & Recreation, Omaha, NE, 2004-2009.

EDUCATION

Ph.D. Exercise and Sport Science – Fitness Leadership Emphasis (1999-2004). University of Utah, Salt Lake City, UT.

Dissertation title: “*Qualitative Perspectives on Exercise Adherence in Previously Sedentary vs. Sedentary Women.*”

M.S. Kinesiology/Exercise Science (1997-1999). James Madison University, Harrisonburg, VA.

Thesis title: “*Time Sequence of Measurable Changes in Cardiovascular Disease Risk Factors as a Result of Physical Activity in Women.*”

B.S. Exercise Science/Physical Science Minor (1993-1997). Northern Arizona University, Flagstaff, AZ.

Jennifer Lynne Huberty, PhD

AWARDS AND HONORS

Alumni of the Year Award, James Madison University Department of Kinesiology, Spring 2017

Paper Anvil Award, Nebraska Chapter Public Relations Society of America, Fall 2013

2nd Place, American Journal of Preventive Medicine Childhood Obesity Challenge, Spring 2013

Research Innovation Award, University of Nebraska Medical Center & UNeMed Corporation, Fall 2011

Licensed Technology Award, University of Nebraska Medical Center & UNeMed Corporation, Fall 2010

New Invention Award, University of Nebraska Medical Center & UNeMed Corporation, Advancing the UNMC Research Program through new inventions, Fall 2009

Varner Professorship, University of Nebraska Omaha - Outstanding Research and Community Service – Spring 2007 & May 2010

Outstanding Paper in Health, PE and Recreation, Utah Academy of Sciences Arts and Letters, “The effects of physical activity in the prevention and treatment of breast cancer in women,” Fall 2000

Student Research Award, Southern Academy of Women in Physical Activity, Sport, and Health, Fall 1999

TRAININGS AND FELLOWSHIPS

Training Institute for Dissemination and Implementation Science National Cancer Institute, Spring 2018

Registered Yoga Teacher, Yoga Teacher Training, 300 hr, Summer 2017

Fellow, Leadership Institute for the Society of Behavioral Medicine, Spring 2017

Fellow, Society of Behavioral Medicine, Spring 2015

Fellow, Physical Activity and Public Health Course, University of South Carolina Arnold School of Public Health and Center for Disease Control, 2007

PROFESSIONAL MEMBERSHIPS

Society of Behavioral Medicine (SBM), 2007-present

American College of Sports Medicine (ACSM), 1998-present

International Association of Yoga Therapists, 2014-present

The Obesity Society, 2015-present

CONSULTANT

VP of Science. Flo Health June 2021-September 2021

Director of Science. Calm, LLC. October 2018-2021

RESEARCH

SPONSORED RESEARCH FUNDING (TOTAL N = 27)

Primary Investigator or Subcontract Primary Investigator

2022

27. National Institutes of Health/National Institutes of Aging. (R21) "Using mobile technology to reduce stress in caregivers of persons with Dementia: A scalable solution to a growing problem." October 2021 (resubmission) [MPI: Huberty & Vranceanu]. R21AG075187-01A1
26. National Institutes of Health/National Cancer Institute. (R01) "Consumer-based meditation app, Calm, for treatment of sleep disturbance in hematological cancer patients." July 2021 (resubmission) (2.7 million) [MPI: Huberty & Mesa]. R01CA262041-01A1

2021

25. National Institutes of Health/National Cancer Institute (R41). "*Leveraging an academic-industry partnership to develop a cancer-specific mobile meditation app.*" April 2021 (\$397,000) [MPI: Huberty & Dun Wang (Calm)]. R411CA261260

2020

24. National Institute of Health/National Institute of Child and Human Development (R01) "*A multisite randomized controlled trial of an internet-based program for preventing and reducing depressive symptoms.*" \$275,000 04/06/20-04/05/25 [PI Kinser, ASU PI: Huberty]. R34AT008808
23. ASU College of Health Solutions COVID-19 SEED grant. "*Mindfulness takes practice: Optimizing mHealth tools for building persistent mindfulness meditation habits*" April 2020 [PIs: Huberty & Stetcher].

2019

22. National Institute of Child Health and Human Development (R21). "*My baby my move+: a community wellness intervention.*" 1/2019-1/2021. \$38,640 [PI: Leiferman; ASU PI: Huberty].
21. Arizona State University Institute for Social Science Research. "*Feasibility of social networking to improve social support of an online yoga intervention in mothers who have experienced stillbirth.*" \$9,000 06/30/19. [PI: Huberty].

2018

20. Mayo Clinic. "*Development of a podcast health education control group.*" \$51,000 07/01/18 – 06/30/19 [PI: Huberty].
19. Mayo Clinic. "*Feasibility of using EMA to measure fatigue in MPN patients.*" \$1,000 07/01/18 – 06/30/19 [PI: Huberty].
18. Mayo Clinic. "*Effects of an online yoga intervention in blood transfusion patients.*" \$45,079 07/01/18 – 06/30/19 [PI: Huberty].

2017

17. Mayo Clinic. "*Feasibility and acceptability of a meditation intervention delivered via a mobile app in Myeloproliferative Neoplasm patients.*" \$24,450 07/01/17-06/30/19 [PI: Huberty].
16. Mayo Clinic. Mayo Cancer Center. "*MPN patient collaborative.*" \$10,000. 5/16/17-6/31/19 [PI: Huberty].

2016

15. Arizona State University Institute for Social Science Research. *"Feasibility of a mobile app to improve physical activity and reduce sedentary behavior in pregnant women."* \$8,000 09/16-8/17 [PI: Huberty].
14. Mayo Clinic. *"A pilot study of online yoga to improve fatigue and quality of life in myeloproliferative Neoplasm patients."* \$49,423 8/1/16-12/31/17 [PI: Huberty].

2015

13. National Institute of Health/National Center for Complementary and Integrative Health (R34). *"Yoga online: Inter-conception care to prevent PTSD symptoms after stillbirth."* \$693,000 11/1/15-10/31/19 [PI: Huberty].
12. Mayo Clinic/ASU Piper Health Solutions Seed Grant. *"Feasibility of using online yoga to improve quality of life in MPN patients."* \$20,000 6/1/15-6/30/17 [PI: Huberty].
11. UNICEF. *"Kids Power: Pilot evaluation."* \$27,989 7/1/14-12/31/14 [PI: Huberty].

2014

10. School of Nutrition and Health Promotion Piper Fund. *"Can text-message referral to evidence-based websites improve physical activity in pregnant women?"* \$47,502 8/1/14-7/31/15 [PI: Huberty].

2013

9. Robert Wood Johnson Foundation Active Living Research Translational Research Award. *"Ready for recess dissemination."* \$40,000 3/1/13-12/14/13 [PI: Huberty].

Co-Investigator

2015

8. National Institutes of Health/National Cancer Institute. *"Effects of meditative movement on fatigued breast cancer survivors."* \$450,077. 04/01/15-03/31/20 [PI: Larkey; Co-I: Huberty].

2014

7. Robert Wood Johnson Foundation. *"Agile science: speeding the development of behavioral interventions."* 2014 \$65,928 8/5/14-8/5/17 [Co-I: Huberty].

2013

6. National Institutes of Health/National Heart Lung and Blood Institute (R01). *"Physical activity and nutrition intervention in afterschool programs."* 2012 \$151,000 2012-2016 [PI: Beets; Co-I: Huberty].

Mentored Applications

2020

5. Arizona State University Institute for Social Science Research. *"A cross-sectional survey assessing perceived stress, everyday discrimination, social support, and the use of and interest in mHealth delivered mindfulness-based practices in racial/ethnic minorities."* \$9,000. [PI: Green (post-doc)].
4. Arizona State University Institute for Social Science Research. *"A pilot study of the consumer-based meditation app, Calm, for psychological distress, physical activity and sedentary behavior in cancer patients."* \$8,000. [PI: Bhuiyan (post-doc)].

2019

3. Arizona State University GPSA Research Award. *"Can a Facebook discussion group improve social support in an online yoga intervention?"* 2019 \$750 Spring 2019 [PI: Sullivan; Chair: Huberty].

- 2018
2. Kripaulu Center for Yoga and Health. *"The power of yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain."* 2017 \$10,000 12/1/17-5/31/19 [PI: Green; Chair: Huberty].

- 2015
3. Arizona State University Sun Devils Athletics Department. *"Interest in alternative approaches for gestational weight gain and maternal stress management during pregnancy: a survey."* 2015 \$3,500 Fall/Spring 2015 [PI: Matthews; Chair: Huberty].

PENDING RESEARCH PROPOSALS (TOTAL N =5)

Primary Investigator or Subcontract Primary Investigator

2022

5. National Institutes of Health (R61/33) "Prevention of post-partum depression" June 2022 (2.7 million) MPI Huberty & Payne
4. National Institutes of Health/National Center for Complementary and Integrative Health (R01) "Behavioral economics and anchoring to support mindfulness meditation habits" March 2022 (2.5 million) [MPI Huberty & Stecher].
3. National Institutes of Health "Smartphone sensing to increase engagement with a consumer-based mediation mobile app in a diverse population of adults with depressive symptoms" March 2022 (\$3,770,667) [MPI: Torous & Huberty].

Co-Investigator

2021

2. National Institutes of Health/National Heart Lung and Blood Institute (R01) "Mysteries of Modality: Engaging hypertensive Hispanic women in novel physical activities to reduce blood pressure." April 2021 (\$529,000) [PI: Larky; Co-I: Huberty]

Mentored Applications

1. National Center for Complementary and Integrative Health. (K01) "Culturally tailoring a mindfulness meditation mobile app to reduce psychological distress in Black adults." November 2021 (resubmission; \$682,315) [PI: Green].

GRANTS SUBMITTED BUT NOT FUNDED (TOTAL N = 47)

Primary Investigator or Subcontract Primary Investigator

2021

47. National Cancer Institute (K99/R00) "An Adapted Mobile Health Intervention plus Mindfulness Meditation for Reducing Sedentary Behavior in Cancer Patients." 2022-2026 (\$918,065) [PI: Bhuiyan]
46. National Institutes of Health/National Center for Complementary and Integrative Health (R01) *"Consumer-Based App to Reduce Stress in Middle-Aged Adults: Testing Efficacy and Optimal Dose"* March 2021 (\$2,600,000) [PI Huberty]

2020

45. National Institutes of Health/National Center for Complementary and Integrative Health (U01) *"Optimizing a yoga intervention for inter-conception care in moms with stillbirth"* October 2021 (\$3,200,000) [PI Huberty]

44. National Center for Complementary and Integrative Health (R34). "*Koru mindfulness: A feasibility study among emerging adults experiencing first-year university transitional stress.*" June 2020 [PI: Larkey; Co-I: Huberty].
 43. National Institutes of Health/National Cancer Institute (R01) "*Efficacy of using online delivered yoga to improve fatigue and symptom burden in MPN cancer patients*". March 2020 (\$2,393,833) [PI: Huberty].
- 2019
42. Stillbirth Foundation Australia (SFA). "*The effectiveness of massage in treating stress in mothers who have experienced stillbirth: a randomized feasibility study.*" 2019 [PI: Fogarty; Co-I: Huberty].
 41. National Institute of Nursing Research (R34). "*Using mobile technology to reduce stress in caregivers; A scalable solution to a group problem.*" 2019 [Co-PI: Huberty & Vranceanu].
 40. National Institutes of Health/National Cancer Institute (R01). "*Being mindful about chronic cancer treatment: Delivery of meditation using a consumer-based app to reduce myeloproliferative neoplasm sleep disturbance.*" 2019 [Co-PI: Huberty & Mesa].
 39. National Cancer Institute (R01). "*A full-scale efficacy randomized controlled trial of an mHealth intervention to help caregivers of patients with advanced cancer manage distress.*" 2019 [PI: Pensak; Co-I: Huberty].
 38. National Center for Complementary and Integrative Health (R34). "*Feasibility of using Calm to reduce stress in middle-aged women.*" 2019 [PI: Huberty].
 37. National Institutes of Health/National Cancer Institute (R01). "*Streaming yoga; Efficacy and sustainability of an online yoga intervention to reduce fatigue.*" 2019 (\$2.5 million). [Co-PI: Huberty & Mesa].
- 2018
36. National Institutes of Health/National Cancer Institute (R01). "*Being mindful about chronic cancer treatment: Delivery of meditation using a consumer-based app to improve myeloproliferative neoplasm symptom burden.*" 2018 (\$2.5 million) [Co-PI: Huberty & Mesa].
 35. Leukemia Lymphoma Society. "*Can online yoga improve the symptom burden in MPN patients? The mindful health for MPN study.*" 2018 (\$200,000) [Co-PI: Huberty & Mesa].
 34. Myeloproliferative Neoplasm Research Foundation. "*Delivery of meditation using a consumer-based app to improve symptom burden and quality of life in myeloproliferative neoplasm patients.*" 2018 (\$200,000). [Co-PI: Huberty & Mesa].
 33. National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases (R01). "*JustMoveMom: A mobile app intervention to reduce sitting and increase light-intensity physical activity during pregnancy.*" 2018 (\$2.5 million) [Co-PI: Huberty & Buman].
 32. National Institutes of Health/National Cancer Institute (R01). "*Can a consumer-based app improve fatigue in myeloproliferative neoplasm patients.*" 2018 (\$2.5 million) [Co-PI: Huberty & Mesa].
 31. Leukemia Lymphoma Society. "*Potential strategies to reduce fatigue in myeloproliferative neoplasm (MPN) patients.*" 2018. (\$600,000). [Co-PI: Huberty & Mesa].
 30. National Institute of Health. "*Feasibility of provider prescribed physical activity to improve prenatal physical activity.*" 2018 [PI: Leiferman; Co-I: Huberty].

2017

29. Patient-Centered Outcomes Research Institute (PCORI). “*Systematic patient interventions for relief of incapacitating tiredness (SPIRIT) trial.*” 2017. (\$2,000,000). [Co-PI: Huberty & Mesa].
28. March of Dimes. “*Can a mobile meditation smartphone app reduce stress during pregnancy?*” 2017. (\$25,000). [PI: Huberty].

2016

27. National Center for Complementary and Integrative Health (R34). “*Development and feasibility of an online yoga intervention to reduce depression symptoms in pregnant women.*” 2016. (\$450,000). [PI: Huberty].

2014

26. National Institutes of Health/National Institute of Child Health and Human Development (R21). “*Improvements to a national curriculum to increase physical activity in girls.*” 2014. (\$275,000). [PI: Huberty].

2013

25. National Institutes of Health/National Institute of Child Health and Human Development (R21). “*Mindful Mothers: improving depressive symptoms and quality of life in women after stillbirth.*” 2013. (\$275,000). [PI: Huberty].
24. Arizona State University Foundation, Women in Philanthropy. “*Fit Minded: The college edition.*” 2013. (\$75,000). [PI: Huberty].
23. Aetna Foundation. “*GoGirlsGo! Plus: enhancement of a girls’ physical activity program afterschool.*” 2013. (\$40,000). [PI: Huberty].
22. Arizona State University and Mayo Clinic Seed Grant. “*Fit Minded cancer survivors: a novel approach to increasing physical activity after cancer.*” 2013. (\$50,000). [PI: Huberty].

2012

21. National Institutes of Health/National Heart Lung and Blood Institute (RO1). “*I am worth it: Using a sedentary pursuit (book club) to improve physical activity.*” 2012. (\$2.5 million). [PI: Huberty].
20. National Institutes of Health/National Heart Lung and Blood Institute (R21). “*Development and testing of training to promote girls’ physical activity.*” 2012. (\$275,000). [PI: Huberty].
19. National Institutes of Health/National Cancer Institute (R21). “*Using an iPad to increase physical activity in women: A Fit Minded Approach.*” 2012. (\$275,000). [PI: Huberty].
18. Olson Women’s Center. “*Can physician referrals to websites increase physical activity in women?*” 2012. (\$50,000). [PI: Huberty].
17. National Institutes of Health/National Heart Lung and Blood Institute (R21). “*Online versus in-person training to increase physical activity in afterschool programs.*” 2012. (\$275,000). [PI: Beets; Co-I: Huberty].

2011

16. National Institutes of Health/National Cancer Institute (R21). “*Increasing physical activity and self-worth in middle aged women: A Fit Minded approach.*” 2011. (\$275,000). [PI: Huberty].
15. Nebraska Research Initiative. “*A Fit Minded approach: Can a book club improve physical activity participation in female cancer survivors?*” 2011. (\$100,000). [PI: Huberty].

14. National Institutes of Health/National Cancer Institute (R21). "*Fit Minded: Feasibility of an internet book club to improve women's physical activity.*" 2011. (\$275,000). [PI: Huberty].

13. National Institutes of Health/National Cancer Institute (R21). "*Fit Minded Cancer Survivors: A novel approach to increasing physical activity after cancer.*" 2011. (\$275,00). – Scored but not funded – [PI: Huberty].

2010

12. National Heart Lung and Blood Institute (R21). "*Fit Minded heart disease survivors: Novel approach to increase physical activity.*" 2010. (\$275,000). [PI: Huberty].

2009

11. National Institutes of Health/National Cancer Institute Challenge Grant. "*Fit Minded cancer survivors: A novel approach to increasing physical activity after cancer.*" 2009. (\$900,000). [PI: Huberty].

2007

10. Department of Health and Human Services. "*Healthy weight in young women: Social support and its relationship to healthy birth outcomes.*" 2007. (\$431,250). [PI: Huberty].

2006

9. Balance Bar. "*Women bound to be active.*" 2006. (\$25,000). [PI: Huberty].

8. Foster's Community Grant. "*Women bound to be active.*" 2006. (\$57,935). [PI: Huberty].

7. Nebraska Department of Health and Human Services. "*Smoking cessation in patients with peripheral arterial disease.*" 2006. (\$40,000). [PI: Huberty].

6. Women's Fund of Omaha. "*Women bound to be active – North Omaha.*" 2006. (\$6,765). [PI: Huberty].

2005

5. University Committee on Research Grant. "*Effective physical activity (PA) interventions: Guidelines and model programs.*" 2005. (\$4,500). [PI: Huberty].

4. Ryka. "*Women bound to be active.*" 2005. (\$5,000). [PI: Huberty] [in collaboration with Visiting Nurse Association].

3. Women Helping Others Foundation. "*Women bound to be active.*" 2005. (\$22,187.75). [PI: Huberty]. [in collaboration with Institute for Career Advancement Needs].

Mentored applications

2016

2. National Institute of Child Health and Human Development (F31). "*The power of yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain.*" 2016. (\$86,059) [PI: Matthews; Chair: Huberty].

1. American College of Sports Medicine Foundation. "*The power of yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain.*" 2016. (\$5,000). [PI: Matthews; Chair: Huberty].

SPONSORED RESEARCH FUNDING (PRIOR TO ASU)

Primary Investigator or Subcontract Primary Investigator

2012

Jennifer Lynne Huberty, PhD

29. Olson Women's Center. *"Fit Minded mothers: A novel intervention to increase physical activity in women of perinatal loss."* 2012. (\$50,000). [PI: Huberty].
28. Women's Sports Foundation. *"Go girls go evaluation."* 2012. (\$55,000). [PI: Huberty].
- 2011
27. Community Transformation Grant, Centers for Disease Control. *"Movin' before, during, and after school."* 2011. (\$25,000). [PI: Balluff; Co-PI: Huberty]
26. University of Nebraska Omaha Committee on Research. *"Using the iPad to increase physical activity."* 2011. (\$4,500). [PI: Huberty].
25. University of Nebraska Omaha. *"Social media and pregnancy."* 2011. (\$35,000). [PI: Huberty].
24. Alegent Health. *"Social media and pregnancy."* 2011. (\$12,000). [PI: Huberty].
- 2010
23. Center for Disease Control. *"Communities putting prevention to work: Movin' after school."* 2010. (\$380,000 of \$5.7 million). [PI: Balluff; Co-PI Huberty].
22. Alegent Foundation. *"Live Well Omaha Kids childhood obesity prevention programs."* 2010. (\$150,000). [PI: Huberty].
- 2009
21. Alegent Foundation. *Live well Omaha kids childhood obesity prevention programs.* 2009. (\$220,000). [PI: Huberty].
20. University Committee on Research. *"Healthy weight in women."* 2009. (\$4,500). [PI: Huberty].
19. Pacific Life. *Women bound to be active.* 2009. (\$10,000). [PI: Huberty].
- 2008
18. Robert Wood Johnson Foundation – Active Living Research. *"Effects of environmental changes at recess on physical activity (PA) levels in socioeconomically disadvantaged children in Nebraska."* 2008. (\$352,641). [PI: Huberty].
17. American Heart Association. *"Women bound to be active: Is a book club approach effective as a means to increase physical activity in African American women?"* 2008. (\$5,000). [PI: Huberty].
16. Alegent Foundation. *"Activate Omaha kids childhood obesity prevention programs."* 2008. (\$279,890). [PI: Huberty].
- 2007
15. Alegent Community Benefit Trust Fund & Douglas County Health Department. *"Club possible."* 2007. (\$680,000; \$106,867) (for evaluation and physical activity component). [PI: Huberty].
13. Alegent Health. *"Community collaboration with Alegent for childhood obesity prevention."* 2007. (\$23,245). [PI: Huberty].
13. Civic Participation University of Nebraska Omaha. *"Women bound to be active: Study 2 (North Omaha)."* 2007. (\$1,500). [PI: Huberty].
12. Midwest Consortium for Service Learning in Higher Education. *"Serving urban youth."* 2007. (\$900). [PI: Huberty].

11. University Committee on Research. "*Women bound to be active – Technology.*" 2007. (\$4,500). [PI: Huberty].
- 2006
10. University of Nebraska Foundation Student Technology Fee Grant. "*Women bound to be active.*" 2006. (\$41,550). [PI: Huberty].
 9. Alegent Community Benefit Trust Fund. "*Our healthy community partnership. Club possible.*" 2006. (\$680,000; \$80,000) (for evaluation and physical activity component). [PI: Huberty].
 8. Civic Participation University of Nebraska Omaha. "*Women bound to be active – North Omaha.*" 2006. (\$1,500). [PI: Huberty].
 7. Melpomene Institute. "*Women bound to be active – North Omaha.*" 2006. (\$5,000). [PI: Huberty].
- 2005
6. University Committee on Research Grant. "*Women bound to be active.*" 2005. (\$4,500). [PI: Huberty].
 5. Sarpy/Cass County Department of Health and Wellness Grant. "*Women bound to be active – Sarpy/Cass County.*" 2005. (\$5,000). [PI: Huberty].
 4. Midwest Consortium External Grant. "*Service learning – Implementing physical activity in culturally diverse populations.*" 2005. (\$1,000). [PI: Huberty].
 3. Midwest Consortium External Grant. "*Service learning – PE 4200 planning worksite wellness.*" 2005. (\$2,000). [PI: Huberty].
 2. University Committee on Advancement of Teaching Grant. "*Service learning.*" 2005. (\$400). [PI: Huberty].
 1. Alegent Community Benefit Trust Fund. *Our healthy community partnership. "Club possible."* 2005. (\$584,979) (\$38,778 for evaluation and physical activity component). [PI: Balluff; Co-PI: Huberty]

Summary of Publications and Abstracts/Presentations		Total
<u>Publications</u>		
Journal Publications (Published, In Press, and/or Accepted)		154
Journal Publications as first/senior/corresponding author (Published, In Press, and/or Accepted)		106
Manuscripts in review		11
Book Chapters Published		6
<u>Abstracts/Presentations</u>		
Abstracts/Presentations		132
Abstracts/Presentations as first/senior/corresponding author		70
Abstracts/Presentations with student involvement		58
Symposium/Panelist Leader Presentations		12
Invited Lectures		31
Creative Scholarly Works and Contributions to the Popular Media		71

PEER-REVIEWED PUBLICATIONS (TOTAL N = 154 IN PRESS OR PUBLISHED)

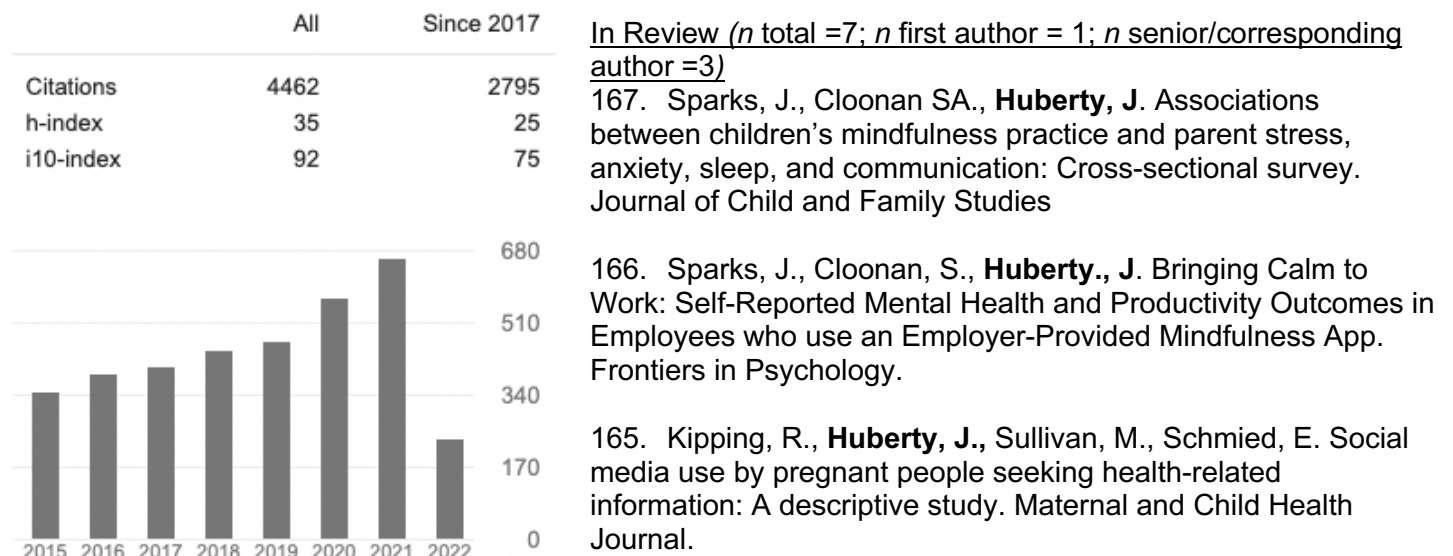
Notes: Authors are generally listed in decreasing order of contribution. The first author is usually the person who conducted most of the work and wrote the main contents of the manuscript. Depending upon the discipline in which the work is published, the senior author whom is responsible for securing funding may be listed the 2nd or last position, especially when mentoring students and/or Co-Investigators.

Figure 1. Google Scholar Citation indices for Huberty, JL.

Annotations for individual citations:

- h-index= number of citations received in other publications
- i10-index= number of publications with at least 10 citations

citation statistics updated 5/12/22



164. Sullivan, M., **Huberty, J.**, Chung, Y., Stecher, C., Mindfulness Meditation App Abandonment During the COVID-19 Pandemic: An Observational Study. *Mindfulness*.
163. **Huberty, J.**, Sullivan, M., Green, J., Joeman, L., Gold, K., Guastafarro, K., Leiferman, J., & Cacciatore, J. How does online yoga help women who have experienced a stillbirth? *International Journal of Yoga Therapy*.
162. Green, J., Cloonan, S., Clarke, C., Puzia, M., & **Huberty, J.** The Calm app as an employee health benefit: Associations between app usage, mindfulness, and resilience. *Leadership & Org Dev*.
161. Green, J., Puzia, M., & **Huberty, J.** Associations between mobile app-based meditation, mood tracking, and mood valence: A longitudinal analysis in Calm subscribers. *Frontiers in Digital Health*.

2022/in press (n total =11; n first author = 4; n senior/corresponding author = 4)

160. **Huberty, J.L.**, Espel-Huynh, H.M., Neher, T.L., & Puzia, M. E. Bringing Calm to Work: A Randomized Controlled Trial Testing the Pragmatic Effectiveness of a Consumer-Based Mindfulness Mobile App in the Workplace.
159. Espel-Huynh, H.M., Baldwin, B., Puzia, M., & **Huberty, J.L.** Bringing Calm to Work: The indirect effects of a mindfulness mobile app on productivity through changes in sleep among retail employees. *JMIR mHealth uHealth*
158. **Huberty, J.**, Bhuiyan, N., Puzia, M., Joeman, L., Larkey, L., Mesa, R. Meditation mobile app developed for cancer patients and survivors: A feasibility study. *Journal of Medical Internet Research*.
157. **Huberty, J.**, Bhuiyan, N., Eckert, R., Larkey, L., Petrov, M., Todd, M., & Mesa, R. Insomnia in chronic hematological cancer patients: An unmet need and protocol of a randomized controlled trial evaluating a consumer-based meditation app for treatment of sleep disturbance. *Journal of Medical Internet Research*.
156. Puzia, M., Clarke, C., Cloonan, S., Green, J., & **Huberty J.** Examining the associations of using the Calm app on team mindfulness and psychological safety in remote workers. *Environmental and Occupational Health Practice*.
155. Eckert, R., **Huberty, J.**, Kurka, J., Laird, B., Mesa, R., & Palmer, J. A randomized pilot study of online yoga for the management of physical and psychological symptoms among bone marrow transplant survivors. *The International Journal of Yoga Therapy*.
154. Win H., Russell S., Wertheim B., Maizes V., Crocker R., Brooks A., Mesa R., **Huberty J.**, Geyer H., Eckert R., Larsen A., & Gowin K. (2022). Mobile App Intervention on Reducing the Myeloproliferative Neoplasm Symptom Burden: Pilot Feasibility and Acceptability Study. *JMIR Formative Research*. 6(3):e33581.
153. Green J, Neher T, Puzia M, Laird B, & **Huberty J.** (2022). Pregnant women's use of a consumer-based meditation mobile app: A descriptive study. *Digital Health*.
152. Sullivan M, **Huberty J**, Green J, & Cacciatore J. (2022). Adding a Facebook Support Group to an Online Yoga Randomized Trial for Women Who Have Experienced Stillbirth: A Feasibility Study. *J Integr Complement Med*. 28(2):179-187.
151. Green J, Larkey L, Leiferman JA, Buman M, Oh C, & **Huberty J.** (2022). Prenatal yoga and excessive gestational weight gain: A review of evidence and potential mechanisms. *Complementary Therapies in Clinical Practice*, 46:101551.

150. **Huberty J**, Bhuiyan N, Neher TL, Joeman L, Mesa R, & Larkey L. (2022). Leveraging a consumer-based product to develop a cancer-specific mobile meditation app: Prototype development study. *JMIR Formative Research*. 6(1):e32458.

2021 (n total =12; n first author = 3; n senior/corresponding author = 4)

149. **Huberty J**, Puzia ME, Larkey L, Vranceanu AM, & Irwin MR. (2021). Can a meditation app help my sleep? A cross-sectional survey of Calm users. *PLoS One*, 16(10):e0257518
148. Neher, T., Green, J., Puzia, M., & **Huberty, J.** (2021). Describing the use of a mindfulness-based app for sleep and well-being, across age, in children. *Child and Youth Care Forum*.
147. Stecher, C., Berardi, V., Fowers, R., Christ, J., Chung, Y., & **Huberty, J.** (2021). Identifying App-based Meditation Habit Strength and the Associated Mental Health Benefits: Longitudinal Observational Study. *Journal of Medical Internet Research*, 23(11):e27282.
146. **Huberty, J.**, Puzia, M., Green, J., Vlisides-Henry, R., Larkey, L., Irwin, M., & Vranceanu. (2021). A mindfulness meditation mobile app improves depression and anxiety in adults with sleep disturbance: Analysis from a randomized controlled trial. *General Hospital Psychiatry*, 73:30-37.
145. Laird B, Puzia M, Larkey L, Ehlers D, & **Huberty J.** (2021). Feasibility of Using a Mobile App for Stress in Middle-Aged Men and Women. *JMIR Formative Research*.
144. Green, J., James, D., Larkey, L., Leiferman, J., Buman, M., Oh, C., & **Huberty, J.** (2021). A qualitative investigation of a prenatal yoga intervention to prevent excessive gestational weight gain: A thematic analysis of interviews with pregnant women. *Complementary Therapy Clinical Practice*, 44:101414.
143. Stecher, C., Sullivan, M., & **Huberty, J.** (2021). Using personalized anchors to establish routine meditation practice with a mobile app: Randomized controlled trial. *Journal of Medical Internet Research mHealth uHealth*, 9(12):e32794.
142. **Huberty, J.**, Sullivan, M., Green, J., Gorczyca, A., Leiferman, J., & Fuller, K. (2021). Running behaviors in a convenience sample of pregnant women: A descriptive study. *International Journal of Women's Health and Wellness*, 7(120).
141. Leiferman JA, Jewell JS, **Huberty JL**, & Lee-Winn AE. Women's Mental Health and Wellbeing in the Interconception Period. (2021). *American Journal of Maternal/Child Nursing*. 46(6):339-345.
140. Mesa R, Palmer J, Eckert R, & **Huberty J.** (2021) Quality of Life in Myeloproliferative Neoplasms: Symptoms and Management Implications. *Hematol Oncol Clin North*, 35(2):375-390.
139. Green J, **Huberty J**, Puzia M, & Stecher C. The Effect of Meditation and Physical Activity on the Mental Health Impact of COVID-19-Related Stress and Attention to News Among Mobile App Users in the United States: Cross-sectional Survey. (2021) *Journal of Medical Internet Research Mental Health*, 13;8(4):e28479.
138. Bhuiyan N, Puzia M, Stecher C, & **Huberty JH.** (2021). Associations Between Rural-Urban Status, Health Outcomes and Behaviors, and COVID-19 Perceptions Among Meditation App Users: A Longitudinal Survey. *Journal of Medical Internet Research mHealth and uHealth*.
137. **Huberty, J.**, Green, J., Puzia, M. & Stecher, C. (2021). Evaluation of Mood Check-in Feature for participation in meditation mobile app users: Retrospective longitudinal analysis: *Journal of Medical Internet Research mHealth uHealth.*, 9(4):e27106.

136. Smith, R., Mahnert, N., Foote, J., Saunders, K., Mourad, J., & **Huberty, J.** (2021). Mindfulness effects in obstetrics/gynecology patients during the coronavirus disease 2019 (COVID) Pandemic: A Randomized Controlled Trial. *Obstetrics and Gynecology*, 137(6):1032-1040.
135. Luberto, C. M., **Huberty, J.**, Puzia, M., & Vranceanu, A.M. (2021). Usage Patterns of the Calm Meditation App Among People with Cardiovascular Disease. *Mindfulness*, 12(4), 983-993.
134. **Huberty, J.**, Green, J., Puzia, M.E., Larkey, L., Laird, B., Vranceanu., A.M., Vlisides-Henry, R.D., & Irwin, M.R. (2021). Testing a mindfulness meditation mobile app, Calm, for the treatment of daytime symptoms in adults with sleep disturbance: A randomized controlled trial. *PLoS One*, 16(1):e0244717.
133. **Huberty, J.**, Puzia, M., Green, J., & Stecher, C. (2021). Mental health and meditation practices of pregnant women during COVID-19. *Obstetrics and Gynecology Research* 4 (2021): 001-006.
132. Edwards, ES., Sackett, SC., Sullivan, M. & **Huberty, J.** (2021). Participation in a weekly book club improves health outcomes over 12 weeks in rural women. *Translational Journal for the American College of Sports Medicine*, 6(3):e000165.
131. Kinser P, Jallo N, **Huberty J**, Jones E, Thacker L, Moyer S, Laird B, Rider A, Lanni S, Drozd F, Haga S. (2021). Study protocol for a multisite randomized controlled trial of an internet and mobile-based intervention for preventing and reducing perinatal depressive symptoms. *Research in Nursing & Health*, 44(1):13-23.

2020 (n total =11; n first author = 4; n senior/corresponding author = 3)

130. **Huberty, J.** Puzia, M., Larkey, L., Irwin, M. & Vranceanu, A. (2020). Use of the consumer-based meditation app Calm for sleep disturbances: A cross-sectional survey study. *Journal of Medical Internet Research Formative Research*, 4(11):e19508.
129. Larkey, L., Kim, W., James, D., Kishida M., Vizcaino, M., **Huberty, J.**, & Krishnamurthi, N. (2020). Mind-body and psychosocial interventions may similarly affect heart rate variability patterns in cancer recovery: Implications for a mechanism of symptom management. *Integrative Cancer Therapies*, 19: 1534735420949677.
128. Puzia, M., Laird, B., Green, J., **Huberty, J.** (2020). Parent's Perceptions of Children's Engagement in a Consumer-based Meditation Mobile App. *JMIR Pediatrics and Parenting*. 3(2):e24536.
127. Gowin, K., Langlais, B., Kosiorek, H., Dueck, A. C., Millstine, D., **Huberty, J.**, Eckert, R., & Mesa, R. (2020). The SIMM Study: Survey of Integrative Medicine in Myeloproliferative Neoplasms. *Cancer Medicine*, 9(24):9445-9453.
126. Eckert, R., **Huberty, J.**, Kosiorek, H., Clark-Sienkiewicz, S, Larkey, L., and Mesa, R. (2020). Remote monitoring of cancer patient participation in a 12-week online study: Challenges and directions for future research. *Journal for the Measurement of Physical Behaviour*, 3(4), 338-345.
125. **Huberty, J.** Eckert, R. Puzia, M. Laird, B. Larkey, L. & Mesa, R. (2020). A Novel Educational Control Group Mobile App for Meditation Interventions: Single-Group Feasibility Trial. *Journal of Medical and Internet Research Formative Research*. 4(7):e19364.
124. Puzia, M., **Huberty, J.**, Eckert, R., Larkey, L., & Mesa, R. (2020). Associations between global mental health and response to an app-based meditation intervention in myeloproliferative neoplasm patients. *Integrative Cancer Therapies*, 19(1534735420927780).

123. **Huberty, J.**, Sullivan, M., Green, J., Jonathan, K., Leiferman, J., Gold, K., & Cacciatore, J. (2020). Online yoga to reduce post-traumatic stress in women who have experienced a stillbirth: A randomized control feasibility trial. *BMC Complementary Medicine and Therapies*, 20(1):173.
122. Thompson, A., **Huberty, J.**, Taylor, M.J., Ortiz, A., & Joeman, L. (2020). Determining Physical Therapists' Readiness for Integrating Yoga Therapeutics into Rehabilitation. *International Journal of Yoga Therapy*, 30(1):77-88.
121. **Huberty, J.**, Puzia, M.E., Eckert, R. & Larkey, L. (2020). Cancer patients'/survivors' perceptions of the Calm app: Cross-sectional descriptive study. *Journal of Medical Internet Research Cancer*, 6(1):e16926.
120. Brazendale, K., Beets, M., Weaver, R., Turner-McGrievy, G., Moore, J., **Huberty, J.**, & Ward, DS. (2020). Turn up the Healthy Eating and Activity Time (HEAT): Physical activity outcomes from a 4-year non-randomized controlled trial in summer day camps. *Preventive Medicine Reports*, 7:101053.

2019 (n total = 8; n first author = 6; n senior/corresponding author = 0)

119. **Huberty, J.**, Green, J., Gold, K.J., Leiferman, J., & Cacciatore, J. (2019). An iterative design process to develop a randomized feasibility study and inform recruitment of minority women after stillbirth. *Pilot and Feasibility Studies*. 5(140).
118. **Huberty, J.**, Vranceanu, AM., Carney, C., Breus, M., Gordon, M., & Puzia, M. (2019). Characteristics and usage patterns in a convenience sample of paid subscribers to calm: A meditation mobile app. *Journal of Medical Internet Research eHealth mHealth*. 7(11) :e15648.
117. Leifermann, J., Farewell, C.V., Lee-Winn, A., Jewell, J., Ulrickson, C., **Huberty, J.**, & Paulson, J. (2019). Management of prenatal depression: Effectiveness of an online training module across health care disciplines. *Journal of Continuing Education in the Health Professions*, 39(3):178-184.
116. **Huberty, J.**, Eckert, R., Larkey, L., Joeman, L., Mesa, R. (2019). Experiences of using a consumer-based mobile meditation app to improve fatigue in myeloproliferative patients: A qualitative study. *Journal of Medical Internet Research Cancer*, 5(2): 5(2):e14292.
115. **Huberty, J.L.**, Eckert, R., Dueck, A., Kosiorek, H., Larkey, L., & Mesa, R. (2019). Online yoga in myeloproliferative neoplasm patients: Results of a randomized pilot trial to inform future research. *BMC Complementary and Alternative Medicine*, 19(121).
114. **Huberty, J.L.**, Green, J., Glissman, C., Larkey, L., Puzia, M., Lee, C. (2019). Efficacy of the mindfulness meditation mobile app, *Calm*, to reduce stress among college students: A randomized controlled trial. *Journal of Medical Internet Research Mhealth Uhealth*, 7(6):e14273.
113. **Huberty, J.**, Eckert, R., Larkey, L., Kurka, J., Rodriguez, S., Yoo, W., Mesa, R. (2019). Smartphone-based meditation for myeloproliferative neoplasm patients: A feasibility study to inform future trials. *JMIR Formative Research*, 3(2):e12662..
112. O'Brien, L. M., Warland, J., Stacey, T., Heazell, A. E., Mitchell, E. A., STARS Consortium, Collins, J.H., **Huberty, J.L.**, Kliman, H.J., McGregor, J.A. & Parast, M. (2019). Maternal sleep practices and stillbirth: Findings from an international case-control study. *Birth*. 46(2):344-354.

2018 (n total = 14; n first author = 5; n senior/corresponding author = 3)

111. **Huberty, J.L.**, Green, J., Cacciatore, J., Buman, M.P., & Lefierman, J. (2018). Relationship between mindfulness and posttraumatic stress in women who experienced stillbirth. *Journal of Obstetrics, Gynecology and Neonatal Nursing*. 47(6), 760-770.

110. **Huberty, J.L.**, Matthews, J.L., Toledo, M., Smith, L., Jarrett, C.L., Duncan, B., & Buman, M. (2018). Vinyasa flow: Metabolic costs and lab-based estimates with hip-based and wrist-worn wearable sensors. *Journal for the Measurement of Physical Behaviour*, 1(4):174-180.
109. Larouche, M., Mullane, S., Toledo, M., Pereira, M., **Huberty, J.**, Ainsworth, B., & Buman, M. (2018). Using point-of-choice prompts to reduce sedentary behavior in sit-stand workstation users. *Frontiers in Public Health*. 6:323.
108. Vizcaino, M., **Huberty, J.**, Larkey, L., Kosiorek, H., Gowin, K., Eckert, R., & Mesa, R. (2018). Dysregulation in cortisol diurnal activity among myeloproliferative neoplasm cancer patients. *Hematology and Medical Oncology*. 3(4), 1-7.
107. Eckert, R., **Huberty, J.**, Larkey, L., Marks, L., & Mesa, R. (2018). The use of meditative movement as a non-pharmacologic approach in hematological cancer patients: A systematic review of the literature. *Hematology and Medical Oncology*. 3(4).
106. **Huberty, J.**, Eckert, R., Larkey, L., Gowin, K., Mitchell, J., & Mesa, R.A. (2018). Perceptions of myeloproliferative neoplasm patients participating in a home-based, online-streamed yoga intervention. *Integrative Cancer Therapies*. 17(4), 1150-1162.
105. **Huberty, J.**, Matthews, J., Leiferman, J., Cacciatore, J., Gold, K. (2018). A study protocol of a three-group randomized feasibility trial of an online yoga intervention for mothers after stillbirth (The Mindful Health Study). *Pilot and Feasibility Studies*. 4(1):12.
104. **Huberty, J.L.**, Matthews, J., Leiferman, J.L., Lee, C. (2018). Use of complementary approaches in pregnant women with a history of miscarriage. *Complementary Therapies in Medicine*. 36, 1-5.
103. Matthews, J., **Huberty, J.L.**, Leiferman, J., & Buman, M. (2018). Psychosocial predictors of gestational weight gain and the role of mindfulness. *Midwifery*. 56, 86-93.
102. Dinkel, D., **Huberty, J.**, Tibbits, M. & Whitt-Glover, M. (2018) Exploring the differences between staff and girls' perceptions of girls' motivation, autonomy, and relatedness at an afterschool program. *Women in Sport and Physical Activity Journal*. 25(11), 11-19.
101. Bruening, M., **Huberty, J.L.**, Skelton, K., Brennhofers, S., & Voytyuk, M. (2018). Social mechanisms for weight-related behaviors among emerging adults. *Health Behavior and Policy Review*. 4(5), 419-426.
100. Beets, M., Weaver, R., Turner-McGreivly, G., **Huberty, J.L.**, Moore, J.B., Khan, M., & Ward, D. (2018). Economic evaluation of a group randomized controlled trial on healthy eating and physical activity in afterschool programs. *Preventive Medicine*. 106, 60-65.
99. Brazendale, K., Beets, M.W., Weaver, R.G., Turner-McGrievy B., Brazendale A.B., Chandler, J.L., Moore, J.B., **Huberty, J.L.**, Lemly, J & Brownson, R.C. (2018). The application of mHealth to monitor implementation of best practices to support healthy eating and physical activity. *Global Health Promotion*. 27 (1), 33-40.
98. Dellaserra, C., Crespo, N.C., Todd, M., **Huberty, J.**, & Vega-Lopez, S. (2018). Environmental and psychosocial factors as possible mediators between acculturation and leisure-time physical among Mexican-American adults. *Journal of Physical Activity and Health*. 15(9), 683-691.
- 2017 (n total = 9; n first author = 2; n senior/corresponding author = 3)
97. Pelitirri, K., **Huberty, J.**, Ehlers, D., & Bruening, M. (2017). Fit Minded College Edition. *Journal of Public Health Management*. 23(1), e10-e19.

96. Matthews, J., **Huberty, J.**, Leiferman, J., McClain, D., & Larkey, L. (2017). Perceptions, uses of, and interests in complimentary health care approaches in depressed pregnant women: The PAW survey. *Journal of Evidence-Based Complementary & Alternative Medicine*. 22(1), 81-95.
95. **Huberty, J.L.**, Matthews, J., Leiferman, J., & Cacciatore, J. (2017). Experiences of women who participated in a beta-test for an online-streamed yoga intervention. *International Journal of Yoga Therapy*. 27(1), 59-68.
94. Beets, M. W., Weaver, R. G., Turner-McGrievy, B., **Huberty, J.**, Moore, J.B., Ward, D.S., Freedman, D. A., & Beighle, A. (2017). Two Year Healthy Eating Outcomes: A Randomized Controlled Trial in Afterschool Programs. *American Journal of Preventive Medicine*. 53(3), 316-326.
93. **Huberty, J.L.**, Eckert, R., Gowin, K., Mitchell, J., Dueck, A., Ginos, B.F., Larkey, L., & Mesa, R. (2017). Feasibility study of online-streamed yoga for symptom management in patients with myeloproliferative neoplasms. *Haematologica*. 102(10), e384-e388.
92. Wang, H., Li, T., Siahpush, M., Chen, L., & **Huberty, J.** (2017). Cost effectiveness of Ready for Recess to promote physical activity in children. *Journal of School Health*. 87(4), 278-285.
91. Brazendale, K., Beets, M.W., Weaver, R.G., Chandler, J.L., Brazendale, A.B., Turner-McGrievy, G.M., Moore, J.B., **Huberty, J.L.**, & Ward, D.S. (2017). Children's moderate-to-vigorous physical activity attending summer day camps. 53(1), 78-84. *American Journal of Preventive Medicine*.
90. Lyles, A.A, Amresh, A., **Huberty, J.**, Todd, M., & Lee, R.E. (2017). Mobile, Avatar-Based App for Improving Body Perceptions Among Adolescents: A Pilot Test. *Journal of Medical Internet Research*. 5(1), e4.
89. Weaver, R., Brazendale, K., Chandler, J., Turner-McGreivy, G., Moore, J., **Huberty, J.L.**, Ward, D., & Beets, M. (2017). First year Physical Activity findings from Turn up the HEAT (Healthy Eating and Activity Time) in summer day camps. *PLOS One*. 12(3), e0173791.
- 2016 (n total = 17; n first author = 5; n senior/corresponding author = 6)
88. **Huberty, J.**, Leiferman, J., Kruper, A., Jacobson, L., Waring, M., Matthews, J., Wischenka, D., Braxter, B., & Kornfield, S.L. (2016). Exploring the need for interventions to manage weight and stress during inter-conception. *Journal of Behavioral Medicine*, 40(1), 145-158.
87. **Huberty, J.L.**, Buman, M., Leiferman, J., Bushar, J., Hekler, E., & Adams, M. (2016). Dose and timing of text messages for increasing physical activity among pregnant women: A randomized controlled trial. *Translational Behavioral Medicine*. 7(2), 212-223.
86. **Huberty, J.**, Matthews, J. Leiferman, J., Hermer, J., Cacciatore, J. (2016). When a baby dies: A systematic review of experimental interventions for women after stillbirth. *Reproductive Sciences*. 24(7), 967-975.
85. Larkey, L., **Huberty, J.**, Pedersen., & Weihs, K. (2016). Qigong/Tai Chi Easy for fatigue in breast cancer survivors: Rationale and design of a randomized clinical trial. *Contemporary Clinical Trials*. 50, 222-228.
84. **Huberty, J.L.**, Buman, M., Leiferman, J., Rowedder., & Bushar, J. (2016). Trajectories of objectively-measured physical and sedentary time over the course of pregnancy in women self-identified as inactive. *Preventive Medicine Reports*. 3, 353-360.
83. **Huberty, J.L.**, Rowedder, L., Hekler, E., Adams, M., Hanigan, E., McClain, D., Balluff, M., Buman, M., & Bushar, J. (2016). Development and design of an intervention to improve physical activity in pregnant women using Text4baby. *Translational Behavioral Medicine*, 6(2), 285-294.

82. Eckert, R., **Huberty, J.**, Gowin, K., Mesa, R., Marks, L., (2016). Physical activity as a non-pharmacological symptom management approach in Myeloproliferative Neoplasms: Recommendations for future research. *Integrative Cancer Therapies*, 16(4), 439-450.
81. Devlin, C., **Huberty, J.**, Symons Downs, D. (2016). Influences of prior miscarriage and weight status on perinatal psychological well-being, exercise motivation and behavior. *Midwifery*, 43, 29-36.
80. Mailey, E., **Huberty, J.L.**, & Irwin, B. (2016). Feasibility and effectiveness of a web-based physical activity intervention for working mothers. *Journal of Physical Activity and Health*, 13(8), 822-829.
79. Buman, M.P., Epstein, D.R., Gutierrez, M., Herb, C., Hollingshead, K., **Huberty, J.L.**, Hekler, E.B., Vega-Lopez, S., Ohri-Vachaspati, P., Hekler, A.C., & Baldwin, C.M. (2016). BeWell24: Development and process evaluation of a smartphone "app" to improve sleep, sedentary, and active behaviors in US Veterans with increased metabolic risk. *Translational Behavioral Medicine*. 6(3), 438-448.
78. Hekler, EB, Klasnja, P, Riley, WT, Buman M., & **Huberty, J.** (2016). Agile science: creating useful products for behavior change in the real world. *Translational Behavioral Medicine*, 6(2), 317-328.
77. Ehlers, D.K., **Huberty, J.L.**, Buman, M.P., Hooker, S.P., Todd, M., & de Vreede, G.J. (2016). A novel, inexpensive use of smartphone technology for ecological momentary assessment in middle-aged women. *Journal of Physical Activity & Health*, 13(3), 262-268.
76. Beets, M.W., Turner-McGrievy, G., Weaver, R.G., **Huberty, J.**, Moore, J.B., Ward, D.S., & Freedman, D.A. (2016). Intervention leads to improvements in the nutrient profile of snacks served in afterschool programs: A group randomized controlled trial. *Translational Behavioral Medicine*, 6(3), 329-338.
75. Beets, M.W., Weaver, R.G., Turner-McGrievy, G., **Huberty, J.**, Ward, D.S., Freedman, D.A., Hutto, B., Moore, J.B., & Beighle, A. (2016). Making healthy eating policy practice: A group randomized controlled trial on changes in snack quality, costs, and consumption in afterschool programs. *American Journal of Health Promotion*, 30(7), 521-531. *Editor in Chief's Award for the 2016 Paper of the Year.
74. Beets, M. W., Weaver, R. G., Turner-McGrievy, G., **Huberty, J.**, Ward, D.S., Pate, R., Freedman, D.A., Hutto, B., Moore, J.B., Bottai, M., Chandler, J., Brazendale, K., & Beighle, A. (2016). Physical activity outcomes in afterschool programs: A group randomized controlled. *Preventive Medicine*, 90, 207-215.
73. Weaver, R.G., Beets, M.W., Beighle, A., Webster, C., **Huberty, J.**, Moore, J. (2016). Strategies to Increase Afterschool Program Staff Behaviors to Promote Healthy Eating and Physical Activity. *Health Promotion Practice*, 17(1), 88-97.
72. Weaver, R.G., Moore, J.B., **Huberty, J.**, Freedman, D., Turner-McGrievy, B., Beighle, A., Ward, D., Pate, R., Saunders, R., Brazendale, K., Chandler, J., Ajja, R., Kyryliuk, B., & Beets, M.W. (2016). Process evaluation of making HEPA policy practice: A group randomized trial. *Health Promotion Practice*, 17(5), 631-647.

2015 (n total = 11; n first author = 1; n senior/corresponding author = 2)

71. Dinkel, D., **Huberty, J.**, & Beets, M. (2015). Qualitative evaluation of GoGirlGo!: Insights from staff on utilizing a curriculum within afterschool programs to improve physical activity." *Health Promotion Practice*. 16(2), 184-192.
70. Weaver, R.G., Hutto, B., Saunders, R., Moore, J.B., Turner-McGrievy, G., **Huberty, J.**, Ward, D.S., Pate, R., Beighle, A., Freedman, D., & Beets, M.W. (2015). Making Healthy Eating and Physical Activity Policy Practice: Process evaluation of a group randomized controlled intervention targeting healthy eating and physical activity in afterschool programs. *Health Education Research*, 30(6), 849-865.
69. Beets, M.W., Weaver, R.G., Turner-McGrievy, G., Ward, D., **Huberty, J.**, & Freedman, D., (2015). Salty or Sweet? Nutritional quality, consumption, and cost of snacks served in afterschool programs. *American Journal of Preventive Medicine*. 85(2), 118.

68. Weaver, R.G., Beets, M.W., **Huberty, J.**, Freedman, D., Turner-McGrievy, G., & Ward, D. (2015). Physical activity opportunities in afterschool programs. *Health Promotion Practice*, 16(3), 371-382.
67. Warland, J., O'Brien, L., Heazell, A., Mitchell, E., & Stars Consortium. (2015). An international internet survey of experiences of 1,714 mothers with a late stillbirth: the STARS cohort study. *BMC Pregnancy and Childbirth*, 15(1),172.
66. Beets, M.W., Weaver, R.G., Turner-McGrievy, G., **Huberty, J.**, Ward, D.S., Freedman, D.A., Hutto, B., Moore, J. B., & Beighle, A. (2015). Making policy practice in afterschool programs: A randomized controlled trial on physical activity changes. *American Journal of Preventive Medicine*, 48(6), 694-706,
65. **Huberty, J.L.**, Ehlers, D.K., Kurka, J., Ainsworth B., & Buman, M.P. (2015). Feasibility of three wearable sensors for 24 hour monitoring of sleep, sedentary, and active behaviors in middle-aged women. *BMC Women's Health*, 15(1), 55.
64. Ehlers, D.K., **Huberty, J.L.**, & de Vreede, G.J. (2015). Can an evidence-based book club intervention delivered via a tablet computer improve physical activity in middle-aged women? *Telemedicine and e-Health*, 21(2), 125-131.
63. Beets, M.W., Shah, R., Weaver, R.G., **Huberty, J.**, Beighle, A., & Moore, J.B. (2015). Physical Activity in after-school Programs: Comparison to Physical Activity Policies. *Journal of Physical Activity & Health*, 12(1), 1-7.
62. Brazendale, K., Chandler, J.L., Beets, M.W., Weaver, R.G., Beighle, A., **Huberty J.L.**, Moore, J.B. (2015). Maximizing children's physical activity using the LET US Play principles, *Preventive Medicine*, 76, 14-19.
61. Brazendale, K., Beets M.W., Weaver R.G., **Huberty, J.**, Beighle, A.E., & Pate, R.R. (2015). Wasting our time? Allocated versus accumulated physical activity in afterschool. *Journal of Physical Activity and Health*. 12(8), 1061-1065.

2014 (*n* total = 12; *n* first author = 4; *n* senior/corresponding author = 6)

60. **Huberty, J.L.**, Leiferman, J.A., Gold, K.J., Rowedder, L., Cacciatore, J., & McClain, D. (2014). Physical activity and depressive symptoms after stillbirth: Informing future interventions. *BMC Pregnancy and Childbirth*. 14, 391.
59. **Huberty, J.**, Dinkel, D, & Beets, M. (2014). Evaluation of GoGirlsGo!; A practitioner-based program to improve physical activity. *BMC Public Health*, 5, 14.
58. **Huberty, J.L.**, Coleman, J., Rolfsmeyer, K., & Wu, S. (2014). A qualitative study exploring women's beliefs about physical activity after stillbirth. *BMC Pregnancy and Childbirth*, 14(1), 26..
57. **Huberty, J.L.**, Beets, M., Beighle, A., Saint-Maurice, P.F., & Welk, G.J. (2014). Effects of Ready for Recess, an environmental intervention, on physical activity in 3rd – 6th grade children. *Journal of Physical Activity and Health*, 11(2), 384-395.
56. Ehlers, D.K., & **Huberty J.L.** (2014). Middle-aged women's preferred theory-based features in mobile physical activity applications. *Journal of Physical Activity and Health*, 11(7), 1379-1385.
55. Leiferman J.A., Sinatra E., & **Huberty J.** (2014). Pregnant women's perceptions of patient-provider communication for health behavior change during pregnancy. *Open Journal of Obstetrics and Gynecology*, 4(11), 672-684.
54. Mailey, E., **Huberty, J**, Dinkel, D., McAuley, E. (2014). Physical activity barriers and facilitators among working mothers and fathers. *BMC Public Health*. 14(1), 657.
53. Dinkel, D., **Huberty, J.**, Beets, M., & Tibbits, M. (2014). Staff's perceptions of the use of evidence-

based physical activity promotion strategies for promoting girls' physical activity at afterschool programs: A qualitative study. *Evaluation and Program Planning*. 45, 102-109.

52. Ajja, R., Clennin, M., Weaver, R., Moore, J, **Huberty, J.**, Ward, D., Pate, R., & Beets, M.W. (2014). Association of Environment and Policy Characteristics on Children's Moderate-to-Vigorous Physical Activity and Time Spent Sedentary in Afterschool Programs. *Preventive Medicine*. 69. S49-S54.
 51. Beets, M.W., Weaver, R.G., Turner-McGrievy, G., **Huberty, J.**, Ward, D., Freedman, D. A., Pate, R. R., Beighle, A., Saunders, R., Hutto, B., & Moore, J.B. (2014). Making Healthy Eating and Physical Activity Policy Practice: The Design and Overview of a Group Randomized Controlled Trial in Afterschool Programs. *Contemporary Clinical Trials*. 38(2), 291-303.
 50. Saint-Maurice, PF, Welk, G., Russell, D., & **Huberty, J.L.** (2014). Moderating influences of baseline activity levels in school physical activity programming for children: The Ready for Recess Project. *BMC Public Health*. 14, 103.
 49. Weaver, R.G., Beets, M.W., Webster, C., & **Huberty, J.** (2014). System for Observing Staff Promotion of Activity and Nutrition (SOSPAN). *Journal of Physical Activity and Health*. 11(1), 173-185.
- 2013 (n total = 12; n first author = 6; n senior/corresponding author = 6)
48. **Huberty, J.L.**, Ehlers, D., Coleman, J., Gao, Y., & Elavsky, S. (2013). Women Bound to Be Active: Differences in long-term physical activity between completers and non-completers of a book club intervention. *Journal of Physical Activity in Health*. 10, 368-378.
 47. **Huberty, J.L.**, Vener, J., Gao, Y., Matthews, J., Ransdel, L., & Elavsky, S. (2013). Developing an instrument to measure physical activity-related self-worth in women: Rasch analysis of the Women's Physical Activity Self-worth Inventory. *Psychology of Sport and Exercise*. 14, 111-121.
 46. **Huberty, J.L.**, Beets, M., & Beighle, A. (2013). Effects of a policy-level intervention on children's pedometer-determined physical activity: Preliminary findings from Movin' Afterschool. *Journal of Public Health Management and Practice*. 19(6), 525-528.
 45. **Huberty, J.L.**, Dinkel, D., Beets, M., & Coleman, J. (2013). Describing the use of the Internet for health, physical activity, and nutrition information in pregnant women. *Maternal and Child Health*. 17(8), 1363-1372.
 44. Ehlers, D.K., **Huberty, J.L.**, & Beseler, C. (2013). Changes in community readiness among key school stakeholders after Ready for Recess. *Health Education Research*. 28(6), 943-953.
 43. **Huberty, J.L.**, Beets, M., Beighle, A., & McKenzie, T. (2013). Association of staff behaviors and afterschool program features to physical activity: Findings from Movin' Afterschool. *Journal of Physical Activity and Health*. 10(3), 423-429.
 42. Beets, M., **Huberty, J.L.**, Beighle, A., Moore, J., Webster, C., Ajja, R., & Weaver, G. (2013). Impact of policy environment characteristics on physical activity and sedentary behaviors of children attending afterschool programs. *Health Education and Behavior*. 40(3), 296-304.
 41. Beets, MW, **Huberty, J.L.**, & Beighle, A. (2013). Systematic observation of physical activity in afterschool programs: Preliminary findings from Movin' Afterschool intervention. *Journal of Physical Activity and Health*. 10(7), 974-981.
 40. Beets, MW, Webster, C, Saunders, R., & **Huberty, J.L.** (2013). Translating policies into practice: A framework for addressing childhood obesity in afterschool programs. *Health Promotion Practice*. 14(2), 228-237.

39. **Huberty, J.**, Beets, M., Beighle, A., & Welk, G. (2011). Environmental Modifications to Increase Physical Activity during Recess: Preliminary Findings from Ready for Recess. *Journal of Physical Activity and Health*. 8(s2), S249-S256.
38. Ehlers, D., **Huberty, J.L.**, & Beseler, C.L. (2013). Is school community readiness related to physical activity before and after the Ready for Recess intervention? *Health Education Research*. 28(2), 192-204.
37. Ridgers, N.D., Saint-Maurice, P.F., Welk, G.J., Siahpush, M., & **Huberty, J.L.** (2013). Non-overweight and overweight children's physical activity during school recess. *Health Education Journal*. 73(2), 129.

2012 (n total = 7; n first author = 2; n senior/corresponding author = 5)

36. Beets, M. W., & **Huberty, J.** (2012). Advocating widespread dissemination of physical activity programs in the afterschool setting: The need for more evidence. *Translational Behavioral Medicine: Practice, Policy and Research*. 2(3), 286-287.
35. Ajja, R., Beets, M., & **Huberty, J.L.** (2012). The Healthy Afterschool Activity and Nutrition Documentation (HAAND) Instrument: An environmental quality rating scale. *American Journal of Preventive Medicine*. 43(3), 263-71.
34. **Huberty, J.**, Dinkle D., Coleman, J., Beighle, A., & Apenteng, B. (2012). The role of schools in children's physical activity participation: Staff perceptions. *Health Education Research*. 27(6), 986-95.
33. **Huberty, J.L.**, Dodge, T., Peterson, K., & Balluff, M. (2012). Creating a Movement for Active Living via a Media Campaign. *American Journal of Preventive Medicine*. 43(5S4), S390-S391.
32. Weaver, R.G., Beets, M.W., Webster, C., Beighle, A., & **Huberty, J.L.** (2012). A conceptual model for training afterschool program staffers to promote physical activity and nutrition. *Journal of School Health*. 82(4), 186-195.
31. Siahpush, M., **Huberty, J.L.**, & Beighle, A. (2012). Does the effect of a school recess intervention on physical activity vary by gender or race? Results from the Ready for Recess pilot study. *Journal of Public Health Management & Practice*. 18(5), 416-422.
30. Beets, M. W., **Huberty, J. L.**, & Beighle, A. (2012). Physical activity of children attending afterschool programs: Research-and practice-based implications. *American Journal of Preventive Medicine*. 42(2), 180-184.

2011 (n total = 6; n first author = 2; n senior/corresponding author = 4)

29. Sidman, C.L., **Huberty, J.L.**, & Gao, Y. (2011). Observation of step-count patterns of women participating in healthy lifestyle intervention. *Women in Sport and Physical Activity Journal*. 20(2), 51-64.
28. **Huberty, J.**, Beets, M., M. Beighle, A., & Welk, G. (2011). Environmental modifications to increase physical activity during recess: Preliminary findings from Ready for Recess. *Journal of Physical Activity and Health*. 8(S2), 256.
27. Ridgers, N.D., Saint-Maurice, P.F., Welk, G.J., Siahpush, M., & **Huberty, J.L.**, (2011). Differences in Physical Activity during School Recess. *Journal of School Health*. 81(9), 545-551.
26. **Huberty, J.L.**, Siahpush, M., Beighle, A., Fuhrmeister, E., Silva, P., & Welk, G. (2011). Ready for Recess: A pilot study to increase physical activity in elementary school children. *Journal of School Health*. 81(5), 251-257.

25. Saint-Maurice, P.F., Welk, G.J., Silva, P., Siahpush, M., & **Huberty, J.** (2011). Assessing children's physical activity behaviors at recess: A multi-method approach. *Pediatric Exercise Science*. 23(4), 585-99.
24. Wolcott, D.M., **Huberty, J.L.**, McIlvain, H., Rosenkranz, R., & Stacy, R. (2011). Changing health behaviors: A case study exploring families' participation in a family-centered healthy lifestyles intervention for overweight/obese children, *Childhood Obesity*. 7(3), 206-214.

2010 (n total = 6; n first author = 5; n senior/corresponding author = 1)

23. **Huberty, J.L.**, Beets, M., Beighle, A., & Balluff, M. (2010). Movin After School: A community-based support for policy change in the afterschool environment. *Childhood Obesity*. 6(6), 337-341.
22. **Huberty, J.L.**, Rosenkranz, R., Balluff, M., & High, R. (2010). Describing weight status and fitness in a community sample of children. *Journal of Sports Medicine and Physical Fitness*. 50(2), 217-228.
21. Beighle, A., Beets, M.W., Erwin, H., **Huberty, J.L.**, Moore, J.B., & Stellino, M. (2010). Promoting physical activity in afterschool programs. *Afterschool Matters*. 11, 24-32.
20. **Huberty, J.L.**, Vener, J., Ransdell, L.B., Budd, M.A., Schulte, L., & Gao, Y. (2010). Women Bound to Be Active (Year 3 & 4): Can a book club help women overcome barriers to physical activity and improve self-worth? *Women and Health*. 50(1), 88-106.
19. **Huberty, J.L.**, Meendering, J., Balluff, M., Schram, S., Roberts, S., & Mason, M. (2010). Healthy weight in young perinatal women: Exploring beliefs. *Maternal and Child Health*. 14(6), 918-921.
18. **Huberty, J.**, Balluff, M., O'Dell, M., & Peterson, K. (2010). From good ideas to actions: A model-driven community collaborative to prevent childhood obesity. *Preventive Medicine*. 50, S36-S43.

2009 (n total = 8; n first author = 3; n senior/corresponding author = 4)

17. Ransdell, L.B., Vener, J., & **Huberty, J.** (2009). Masters Athletes: An analysis of performances in running, swimming, and cycling. *Journal of Exercise Science and Fitness*. 7(2), S61-S73.
16. Beets, M.W., Beighle, A., Erwin, H.E., & **Huberty, J.** (2009). Impact of After-School Programs to Increase Physical Activity – A meta-analysis. *American Journal of Preventive Medicine*. 36(6), 527-537
15. **Huberty, J.L.**, Dodge, T., Peterson, M., & Balluff, M. (2009). Activate Omaha: The journey to an active living environment. *American Journal of Preventive Medicine*. 37(6S), S428-S435.
14. **Huberty, J.L.**, Vener, J., Schulte, L., Roberts, S.M., Stevens, B.A., & Ransdell, L.B. (2009). Women Bound to Be Active: One Year Follow-Up to an Innovative Pilot Intervention to Increase Physical Activity and Self-Worth in Women. *Women and Health*, 49(6&7). 522-539.
13. Debate, R., Pettee, K., Zwald, M., & **Huberty, J.** (2009). Changes in psychosocial factors and physical activity frequency among 3rd to 8th grade girls who participated in a developmentally focused youth sport program. *Journal of School Health*. 79(10), 474-84.
12. **Huberty, J.L.**, Vener, J., Waltman, N., Ott, C., Twiss, J., Gross, G., & McGuire, R. (2009). Development and evaluation of an instrument to measure adherence to strength training in postmenopausal breast cancer survivors. *Oncology Nursing Forum*. 36(5), E266-E273.

11. Debate, R., **Huberty, J.**, & Pettee, K. (2009). Psychometric Properties of the Commitment to Physical Activity Scale in a Sample of 3rd-8th Grade Girls. *American Journal of Health Behavior*. 33(4), 425-34.
10. Beets, M.W., Beighle, A., Erwin, H.E., & **Huberty, J.L.** (2009). After-school program impact on physical activity and fitness: A meta-analysis. *American Journal of Preventive Medicine*. 36(6), 527-537.

2008 (n total = 4; n first author = 3; n senior/corresponding author = 0)

Note: White denotes Maiden name

9. **Huberty, J.L.**, Ransdell, L., Sidman, C., Flohr, J., Shultz, B., Grosshans, O., Durrant, L., & Morrow, S. (2008). Explaining long-term exercise adherence in women who complete a structured exercise program. *Research Quarterly for Exercise and Sport*. 79(3), 374-384.
8. **Huberty, J.L.**, Vener, J. Sidman, C., Meendering, J.R., Blissmer, B., Schulte, L., Flohr, J., & Ransdell, L. (2008). Women Bound to Be Active: A pilot study to explore the feasibility of an intervention to increase physical activity and self-worth in women. *Women and Health*. 48(2), 83-101.
7. Ransdell, L.B., Toevs, S., **White, J.**, Lucas, S., Perry, J et al. (2008). Increasing number of women administrators in kinesiology and beyond: A proposed application of the transformational leadership model. *Women in Sport and Physical Activity Journal*. 17(1), 3-14.
6. **White, J.L.**, Meendering, J. Strategies for success in the early years of higher education: Perspectives from young female faculty. (2008). *Delta Gamma Society*. 74(3), 32-34.

2005 (n total = 2; n first author = 2; n senior/corresponding author = 0)

5. **White, J.L.**, Ransdell, L., & Vener, J, & Flohr, J. (2005). Factors related to physical activity adherence in women: Review and suggestions for future research. *Women and Health*. 41(4), 123-148.
4. **White, J.L.**, Flohr, J., Winter SS., Vener, J., Feinauer, L.R., & Ransdell, L. (2005). Potential benefits of physical activity for children with acute lymphoblastic leukemia (ALL) *Pediatric Rehabilitation*. 8(1), 53-58.

2003 (n total = 1; n first author = 1; n senior/corresponding author = 0)

3. **White, J.L.**, & Ransdell, L. (2003). U Try Active Habits and Fitness (UTAHFIT): A Worksite Intervention Model for Facilitating Changes in Physical Activity, Fitness, and Psychological Parameters. *Perceptual and Motor Skills*. 97, 461-466.

2001 (n total = 1; n first author = 1; n senior/corresponding author = 0)

2. **White, J.L.**, Flohr, J., Ransdell, L., & Saunders, M.J. (2001). Time sequence of measurable changes in cardiovascular disease risk factors as a result of physical activity in women. *International Electronic Journal of Health Education*. 4, 361-367.

2000 (n total = 1; n first author = 0; n senior/corresponding author = 1)

1. Crandall, J., **White, J.L.**, & Ransdell, L. (2000). The role of physical activity in the prevention and treatment of breast cancer. *The Journal of the Utah Academy of Sciences, Arts, and Letters*. 77, 163-171.

BOOKS/BOOK CHAPTERS

6. Sullivan, M., **Huberty, J.**, Braun, SE. (2022). Chapter 6: Module 3: Applications of Mindfulness as a Healthcare Professional. In Braun, S. & Kinser, P. (Eds). *Delivering compassionate healthcare: A mindfulness curriculum for interdisciplinary healthcare professionals*. Switzerland: Springer Publishing Company. doi: 10.1007/978-3-030-91062-4

5. **Huberty, J.**, Sullivan, M., Loisel, M. (2022). Chapter 6 Module 4: Interpersonal Mindfulness and Compassionate Patient Care. In Braun, S. & Kinser, P. (Eds). Delivering compassionate healthcare: A mindfulness curriculum for interdisciplinary healthcare professionals. Switzerland: Springer Publishing Company. doi: 10.1007/978-3-030-91062-4
4. Salisbury J., **Huberty, J.**, Sullivan, M., Curtin, N., Braun, SE. (2022). Chapter 6: Summary of Mindful Movement Sequences. In Braun, S. & Kinser, P. (Eds). Delivering compassionate healthcare: A mindfulness curriculum for interdisciplinary healthcare professionals. Switzerland: Springer Publishing Company. doi: 10.1007/978-3-030-91062-4
3. Adams JB, Dietert R, Freedenfeld S, Frye RE, Green J, Hamilton D, Heilbrun L, **Huberty J.**, Kobliner V, Laake D, Lein PJ, Lipski E, McDonough-Means S, Mitchell J, Palmer R, Naviaux RK, O'Hara N, Records K, & Willhite C. (2016). The Healthy Child Guide: Preconception and Pregnancy Recommendations for a Healthy Child, published by the Neurological Health Foundation, Dallas, TX.
2. Wolcott, D., Ehlers, D., & **Huberty, J.L.** (2013). Adherence to exercise: Helping your clients stay active. In: ACSM's Resources for the Personal Trainer (4th ed). Philadelphia: Lippincott Williams & Wilkins. (Chapter 8)
1. Ransdell, L.B., Dinger, M., **Huberty, J.L.**, & Miller, K. (2009). Effective physical activity interventions: Guidelines for model programs. Human Kinetics.

PEER-REVIEWED ABSTRACTS AND CONFERENCE PRESENTATIONS (TOTAL N = 132)

Note: Underlined authors are Masters and/or PhD graduate students, Asterisks* denote undergraduate students

* 2013 to present includes presentations after joining ASU faculty

2021 (n total = 4; n first author = 1)

132. Laird, B., Puzia, M., **Huberty, J.** Parent's Perceptions of Children's Engagement in a Consumer-based Meditation Mobile App. Abstract submitted to the 2021 Society of Behavioral Medicine Annual Meeting, virtual conference.
 131. Stecher, C., Fowlers, R., Christ, J., Berardi, V., Chung, Y., & **Huberty, J.** Using mHealth data to identify mindfulness meditation habits and the associated mental health benefits. Abstract submitted to the Society of Behavioral Medicine's Virtual Annual Meeting and Scientific Sessions. 2021.
 130. **Huberty, J.**, Puzia, M., Lister, H.,* & Stecher, C. Mental health and meditation practices of pregnant women during COVID-19. Abstract submitted to the American College of Obstetricians and Gynecologists annual meeting. 2021.
 129. Laird, B., Moyer, S., Kinser, P., & **Huberty, J.** Informing Recruitment Efforts for Large Scale RCTs in Pregnant Women. Abstract submitted to the American College of Obstetricians and Gynecologists annual meeting. 2021.
- 2020 (n total = 8; n first author = 2)
128. Luberto, C. M., **Huberty, J.**, Puzia, M., & Vranceanu, A.M. (2020, September). Usage patterns of the Calm meditation app among people with cardiovascular disease. Abstract submitted to the 2020 Osher Integrative Medicine Network Forum, Boston MA.
 127. Hitt, E., **Huberty, J.**, Scales, R., Whited, H. Accessing medically-based exercise therapy via cardiac rehabilitation and preventive cardiology. Medicine & Science in Sports & Exercise, Abstract 263, 52, 5: S384, ACSM 2020 Virtual Conference.

126. Larkey, L., Krishnamurthi, N., James, D., & **Huberty, J.** Preliminary findings on HRV and stress related to body fat % in a Tai Chi Easy/Qigong intervention for breast cancer survivors. Poster presentation at the Society of Behavioral Medicine, San Francisco, CA.
125. **Huberty, J.**, Sullivan, M., Cacciatore, J., Leiferman, J., & Green, J. Feasibility of a home-based online yoga intervention in women who have experienced stillbirth. Poster presentation at the Society of Behavioral Medicine, San Francisco, CA.
124. **Huberty, J.**, Sullivan, M., Joeman, L., Leiferman, J., & Cacciatore, J. Perceptions of an online yoga intervention in mothers who experienced the death of a baby from stillbirth. Poster presentation at the Society of Behavioral Medicine, San Francisco, CA.
123. Sullivan, M., **Huberty, J.**, & Cacciatore, J. Perceptions of social support in a small sample of women who participated in an online yoga intervention after stillbirth. Poster presentation at the Society of Behavioral Medicine, San Francisco, CA.
122. Laird, B., Clark-Sienkiewicz, S., Eckert, R., Larkey, L., Mesa, R., & **Huberty, J.** A feasibility study of 12 weeks of smartphone-based health education podcasts in myeloproliferative neoplasms. Poster presentation at the Society of Behavioral Medicine, San Francisco, CA.
121. Puzia, M. & **Huberty, J.** Who uses Calm? User and usage characteristics in a sample of meditation app subscribers. Poster presentation at the Society of Behavioral Medicine, San Francisco, CA.
- 2019 (n total = 5; n first author =1)
120. Kinser, P., **Huberty, J.**, Haga, S., Garthus-Niegel, S., Thacker, L., Jallo, N., Serlin, D., Sullivan, M., Matthews, J., Drozd, F. Mamma Mia- A U.S.-based pilot study of an internet intervention for perinatal depressive symptoms. Presentation at the Norwegian Society for Research on Internet Interventions.(International) we
119. Green, J., Glissmann, C., Larkey, L., Sebren, A., Lee, C., & **Huberty, J.** Impact of an 8-week mindfulness-based meditation mobile app on stress, mindfulness, and self-compassion in college students. Paper/poster at the Society of Behavioral Medicine Conference, Washington D.C.
118. Green, J., Gorczyca, A., & **Huberty, J.** Self-reported physical activity, lifestyle factors, and health care provider recommendations in active and non-active pregnant women. Symposium at the Society of Behavioral Medicine Conference, Washington D.C.
117. **Huberty, J.**, Glissman, C., Eckert, R., Larkey, Sebren, & Lee. Calm College: The feasibility of a mobile app meditation intervention among stressed college students. Poster at the Society of Behavioral Medicine Conference, Washington D.C.
116. Sohl, S.J., Vranceanu, A.M., Glacobbi, P., **Huberty, J.**, Shallcross, A. Using technology to delivery mind body interventions: Benefits, challenges, and future directions. Symposium to be presented at the Society of Behavioral Medicine, Washington DC.
- 2018 (n total = 11; n first author = 3)
115. Geyer, H., Scherber, R., Mazza, G., Kosiorek, H., Langlais, B., Dueck, A., **Huberty, J.**, Padmos, L., Diaz, E., Palmer, J., Jain, T., Gowin, K., Patel, D., Fleischman, A., Larkey, L., Shah, D., Weitzman, T., & Mesa, R. The safety of chronic opioid therapy in patients with myeloproliferative neoplasms: An international survey of 502 oatientes by the MPN quality of life study group. American Society of Hematology, San Diego, CA: December 2018.
114. Geyer, H., Scherber, R., Mazza, G., Kosiorek, H., Langlais, B., Dueck, A., **Huberty, J.**, Padmos, L., Diaz, E., Palmer, J., Jain, T., Gowin, K., Patel, D., Fleischman, A., Larkey, L., Shah, D., Weitzman, T.,

- & Mesa, R. Addressing the adequacy of current MPN pain management strategies: International survey of 502 patients by the MPN quality of life study group. American Society of Hematology, San Diego, CA: December 2018.
113. Gowin, K., Langlais, B.T., Millstine, D., Kosiorek, H.E., **Huberty, J.**, Eckert, R., & Mesa, R. Survey of Integrative Medicine in Myeloproliferative Neoplasms (The SIMM Study-2). American Society of Hematology, San Diego, CA: December 2018.
 112. **Huberty, J.**, Eckert, R., Larkey, L., Padrnos, L., Scherber, R., Dueck, A., Kosiorek, H., & Mesa, R. Feasibility of delivering meditation using consumer-based mobile apps in a sample of MPN patients. Society for Integrative Oncology, Scottsdale, AZ: October 2018.
 111. Scherber, R., Langlais, B., Geyer, H., Dueck, A., **Huberty, J.**, Padrnos, L., Palmer, J., Fleishman, A., & Mesa, R. The relationship of body mass index to symptom burden in the myeloproliferative neoplasms. European Hematology Association, Stockholm, Sweden: June 2018.
 110. Vizcaino, M., **Huberty, J.**, Larkey, L., Kosiorek, H., & Mesa, R. (2018). Dysregulation in cortisol rhythm among Myeloproliferative Neoplasm Cancer patients. Society of Behavioral Medicine. New Orleans, Louisiana.
 109. James, D., Kim, S., Munoz, F., **Huberty, J.**, Chatterjee, P., & Larkey, L. (2018). Correlates and potential mechanisms of cognitive improvements in a low-intensity physical activity intervention for breast cancer survivors. American Psychosocial Oncology Society. Tucson, Arizona.
 108. **Huberty, J.L.**, Matthews, J., Leiferman, J.L., Mitchell, J., Cacciatore, J., & Gold, K.(2018) Study protocol and phase one findings for a feasibility trial of an online yoga intervention for mothers after stillbirth. Society of Behavioral Medicine. New Orleans, Louisiana.
 107. **Huberty, J.**, Eckert, R., Gowin, K., Mitchell, J., Dueck, A., Kosiorek, H., Ginos, B., Larkey, L., and Mesa, R. (2018) Feasibility of online yoga for myeloproliferative neoplasm patients: Combined data from multiple studies. Society of Behavioral Medicine. New Orleans, LA.
 106. Matthews, J., **Huberty, J.**, Toledo, M., Hand, L., Buman, M. (2018) Vinyasa Flow: Metabolic cost and lab-based estimates with hip- and wrist-worn wearable sensors. Symposium for the Society of Behavioral Medicine Conference, New Orleans, LA.
- 2017 (n total = 11; n first author = 4)*
105. Eckert, R., **Huberty, J.**, Dueck, A., Kosiorek, H., Larkey, L., and Mesa, R. (2017) A pilot study of online yoga to improve fatigue and quality of life in myeloproliferative neoplasm patients. American Society of Hematology. Atlanta, GA.
 104. Padrnos, L., Scherber, R., Langlais, B.T., Dueck, A.C., **Huberty, J.L.**, Geyer, H., Kosiorek, H.E., Bruso, M., Senyak, Zhenya, Clark, M., Boxer, M., McCallister, A., Cotter, M., Van Husen, B., Harrison, C., & Mesa, R. (2017). Depressive symptoms and myeloproliferative neoplasms: Understanding the additional factor in a complex condition. American Society of Hematology Conference. Atlanta, Georgia
 103. **Huberty, J.L.**, Eckert, R., Gowin, K., Ginos, B., Kosiorek, H., Dueck, A.C., Larkey, L., & Mesa, R. (2017). Online yoga as a non-pharmacologic symptom management approach in myeloproliferative neoplasms. International Association of Yoga Therapists Conference. Boston, MA.
 102. Gowin, K., Millstine, D., Kosiorek, H., Langlais, B., **Huberty, J.L.**, Eckert, R., & Mesa, R.

(2017). The SIMM Study: Survey of Integrative Medicine in Myeloproliferative Neoplasms. European Hematology Association Conference. Madrid, Spain.

101. **Huberty, J.L.**, Leiferman, J., & Fuller, K. (2017). Running behaviors in a convenient sample of pregnant women: A descriptive study. International Society of Behavioral Nutrition and Physical Activity. Victoria, Canada.
100. **Huberty, J.L.**, Lieferman, J., Kruper, A., Lisette J., Waring, M., Matthews, J., & Wischenka, D. (2017). Exploring the need for interventions to manage weight and stress during inter-conception. Paper as part of a Symposium - Advancing Behavioral Medicine in Obesity Research Across the Lifespan. Society of Behavioral Medicine, San Diego, CA.
99. **Huberty, J.L.**, & Pagoto, S. (2017) Surviving midcareer in academia: Mentoring, research, work/life, and beyond. Society of Behavioral Medicine, San Diego, CA.
98. Eckert, R., **Huberty, J.L.**, Gowin, K., Larkey, L., Buman, M. & Mesa, R. (2017). Description of physical activity levels among myeloproliferative neoplasm patients engaging in a yoga intervention. Society of Behavioral Medicine, San Diego, CA.
97. Matthews, J., & **Huberty, J.L.** (2017). Differences in stressors and coping strategies of pregnant women with low-moderate and high-severe perceived stress scores. Society of Behavioral Medicine, San Diego, CA.
96. Glissmann, C., **Huberty, J.L.**, & Owens, A. (2017). Yoga for teachers. Society of Behavioral Medicine, San Diego, CA.
95. Birchfield, N., **Huberty, J.L.**, Zavala, C., & Fowler, J. (2017). Identifying health and wellness perceptions and needs among WIC employees. Society of Behavioral Medicine, San Diego, CA.
- 2016 (n total = 12; n first author = 5)
94. Kinser, P., **Huberty, J.**, Matthews, J., Leiferman, J. Complementary approaches for mental health across the perinatal period. Symposium presentation at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
93. **Huberty, J.L.** (2016). The mental health implications of stillbirth and innovative approaches for intervention. 20th Biennial International Perinatal Bereavement Conference, Phoenix, AZ.
92. **Huberty, J.L.** Matthews, J., Leiferman, J., Cacciatore, J., & McClain. Mental health and physical activity in mothers after stillbirth. North American Society of Psychosocial Obstetrics and Gynecology. New York, NY.
91. Matthews, J., **Huberty, J.L.**, & Leiferman, J. (2016). Physical activity recommendations of health care providers: A pregnant patient's perspective. North American Society of Psychosocial Obstetrics and Gynecology. New York, NY.
90. **Huberty, J.** Pagoto, S, & Hekler, E. Null Findings: Lessons learned when p>.05. Symposia Session Society of Behavioral Medicine, Washington, DC.
89. **Huberty, J.L.**, Waring, M., & Ehlers, D. (2016). Technology-delivered behavioral interventions for childbearing women: Challenges, Triumphs, and Lessons Learned. Symposia Session Society of Behavioral Medicine, Washington, DC.
88. Matthews, J., **Huberty J.L.**, Leiferman, J., Larkey, L., & McClain, D. (2016). Examining the

associations among gestational weight gain, behavioral factors, and maternal mental health during pregnancy. Poster Session Society of Behavioral Medicine, Washington DC.

87. **Huberty, J.L., Matthews, J., & Kinser, P.** (2016). Complementary approaches for mental health across the perinatal period. Symposium for the Society of Behavioral Medicine, Washington, DC.
86. Larkey, L., **Huberty, J., & Pedersen, M.** (2016). Qigong / Tai Chi Easy for fatigue in breast cancer survivors: Rationale and design of a randomized clinical trial. Poster Session for Society of Behavioral Medicine, Washington, DC.
85. Brazendale, K., Beets M.W., Weaver, R.G., Randel, A.R., Chandler, J.L., Turner-McGrievy, B. & **Huberty J.L.** (2016) Healthy Eating and Physical Activity (HEPA) in Afterschool Programs: Identifying points of intervention using a mobile web app, Active Living Research (ALR), Clearwater, FL.
84. Larkey, L., Soltero, E., Smith, L., Pedersen, M., **Huberty, J.L.**, Chavez, J., & Lee, R. (2016). Pilot test of a model of biobehavioral influences on body composition in breast cancer survivors. American Psychosocial Oncology Society. San Diego, CA.
83. Thibodeau, T., van Woerden, I., Ohri-Vachaspati, P., **Huberty, J.L.**, & Bruening, M. (2016). The relationship between weight loss advice from friends on self-perception of weight and eating habits. Experimental Biology, San Diego, CA.
- 2015 (*n* total = 16; *n* first author = 6)
82. Gowin, K., & **Huberty, J.L.** (2015). Online yoga intervention to improve symptoms and quality of life in MPN patients. 12th International Society of Integrative Oncology Conference. Boston, MA.
81. **Huberty, J.L.**, Buman, M., Leiferman, J., & Rowedder, L. (2015). Trajectory of physical activity during pregnancy. The Obesity Society Conference. Los Angeles, CA.
80. Crespo, N., Chavez, A., Vega-López, S., Ray, F., Tarango, T., Todd, M., **Huberty, J.L.**, & Shaibi, G. (2015). A community-based program improves body composition and cardiovascular fitness among underserved children: The Athletes for Life study. American Public Health Association, Chicago, IL.
79. Chavez, A., Vega-Lopez, Eckart, R., Tarango, T., Ray, F., Shaibi, G., **Huberty, J.L.**, Todd, Michael, & Crespo, N.C. (2015). Preliminary performance outcomes among minority parents participating in a fitness program: Athletes for Life Study. American College of Sports Medicine, San Diego, CA.
78. Ehlers, D., **Huberty, J.L.**, Buman, M., Hooker, S., Todd, M., & de Vreede, G.J. (2015). Acute relationships between daily self-efficacy, physical activity, and self-worth in middle-aged women. Paper/Poster Session International Society for Behavioral Nutrition and Physical Activity, Edinburgh, Scotland.
77. **Huberty, J.L.**, Mitchell, J., & Matthews, J. (2015). Connecting a national community of mothers to online yoga therapy to reduce PTSD symptoms after stillbirth. International Association of Yoga Therapists, Los Angeles, CA.
76. Ehlers, D., **Huberty, J.L.**, Buman, M., Hooker, S., de Vreede, G.J., & Todd, M. (2015). Is physical activity type related to immediate perceptions of self-worth in middle-aged women? Poster Session Society of Behavioral Medicine, San Antonio, TX.
75. **Huberty, J.L.**, Rowedder, L., Hekler, E., & Adams, M. (2015). Informing design for a text-

messaging experiment to improve physical activity in pregnant women. Symposium abstract Society of Behavioral Medicine, San Antonio, TX.

74. **Ehlers, D.K., Huberty, J.L.**, Buman, M.P., de Vreede, G.J., Todd, M., & Hooker, S. (2015). Feasibility of employing widely available technology for ecological momentary assessment. Paper presented as part of the symposium Advancements in Applying Ecological Momentary Assessment to Physical Activity and Dietary Research (Ehlers, D.K. (chair), Fanning, J., Dunton, G.F., & Schembre, S.). Society of Behavioral Medicine, San Antonio, TX.
 73. **Ehlers, D.K., Huberty, J.L.**, Buman, M.P., Todd, M., Hooker, S., & de Vreede, G.J. (2015). Temporal relationships between self-worth and physical activity in middle-aged women. Paper/Poster Session Society of Behavioral Medicine, San Antonio, TX.
 72. **Huberty, J.L.**, Leiferman, J.A., Gold, K.J., Rowedder, L., Cacciatore, J., & Bonds, D. (2015). Physical activity and depressive symptoms after stillbirth: Informing future interventions. Abstract submitted to the Association of Women's Health, Obstetric and Neonatal Nurses, Long Beach, CA.
 71. **Huberty, J.L.**, Leiferman, J., & Downs, D. (2015). Challenges and opportunities for recruitment of women during the reproductive period: A panel discussion. Panel submission sponsored by the Women's Health SIG for the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
 70. **Huberty, J.L.**, Moore, J., Beets, M.W., Maddock, J. (2015). Forging a Path to Scientific Independence: Four Stories from the Field. Panel at the Active Living Research Conference, San Diego, CA.
 69. Weaver, R.G., **Huberty, J.**, Freedman, D, Turner-McGrievy, G., Beighle, A., Ward, D., Pate, R., Hutto, B., Saunders, R., & Beets, M.W. (2015). Increasing Afterschool Program Staff Healthy Eating and Physical Activity Promotion. Poster presented at the annual meeting of the Society of Health and Physical Educators, Seattle, WA.
 68. Weaver, R.G., **Huberty, J.L.**, Freedman, D, Turner-McGrievy, G., Beighle, A., Ward, D., Pate, R., Hutto, B., Saunders, R., & Beets, M.W. (2015). Process Evaluation of a Complex Policy Intervention: Targeting physical activity in afterschool programs. Poster for the Active Living Research Conference, San Diego, CA.
 67. Fanning, J., Ehlers, D., Mackenzie, M., Roberts, S., Buman, M., **Huberty, J.L.**, & McAuley, E. (2015). Ecological momentary assessment in physical activity research: A comparison of two methodologies. Poster Session Chittenden Symposium on Mobility, Technology, and the Future of Health, University of Illinois at Urbana-Champaign. Chicago, Illinois.
- 2014 (n total = 15; n first author = 7)
65. Weaver, R.G., Ajja, R., Chandler, J., Tilley, F., Kyrlyiuk, B., Beets, M.W., **Huberty, J.L.**, Turner-McGrievy, G., Ward, D.S., & Freedman, D. (2014). Are afterschool program environments supportive of children's moderate-to-vigorous physical activity? Abstract in review for the annual meeting of the American Public Health Association, New Orleans, LA.
 65. Brazendale, K., Beets, M., Weaver, R., **Huberty, J.L.**, Beighle, A., & Pate, R. (2014). Wasting our time? Allocated versus accumulated physical activity in afterschool programs. American Public Health Association, New Orleans, LA.
 64. **Huberty, J.L.**, (2014). Beyond the 6-week check-up: Exploring the use of physical activity to improve depressive symptoms in women after perinatal loss. Star Legacy Foundation Stillbirth Summit, Minneapolis, MN.

63. **Huberty, J.L., Ehlers, D., Pellitteri, K., & Rowedder, L.** (2014). Fit Minded Peer Mentors: Feasibility of a peer mentor facilitated book club for improving physical activity and self-worth in women. International Society for Behavioral Nutrition and Physical Activity International Conference, San Diego, CA.
62. **Huberty, J.L., Ehlers, D., Kurka, J., Ainsworth, B., & Buman** (2014). Fidelity of 24-hour monitoring of sleep, sedentary, and active behaviors with objective sensors in middle-aged women. International Society for Behavioral Nutrition and Physical Activity International Conference, San Diego, CA.
61. Pellitteri, K., Huberty, J.L., Ehlers, D., & Bruening (2014). Fit Minded College Edition. International Society for Behavioral Nutrition and Physical Activity International Conference, San Diego, CA.
60. Vasquez, J., Gomez, P., Chavez, A., Gonzalez, M., Fimbres, E., McGee, A., Florez, A., Gutierrez, M., Ray, F., Tarango, T., Hernandez, V., Shaibi, G., Vega-Lopez, S., **Huberty, J.L.**, Todd, M., & Crespo. (2014). A Community-Academic Partnership to Promote Cardiovascular Health Among South Phoenix Residents: The Athletes for Life Program. 12th Annual SIRC Research Conference, Phoenix, AZ.
59. Bruening, M., Voytyuk, M., **Huberty, J.L., & James, D.** (2014). Young peoples' perceptions of friend and peer influence on nutrition and physical activity behaviors. International Society for Behavioral Nutrition and Physical Activity International Conference, San Diego, CA.
58. **Huberty, J.L., Mailey, E., Campbell, C., Mottola, M., & Leiferman, J.** (2014). Informing interventions to improve women's health before, during, and after pregnancy. Symposium; International Society for Behavioral Nutrition and Physical Activity International Conference, San Diego, CA.
57. Mailey, E.L., **Huberty, J.L., & Dinkel, D.** (2014). Perceptions of physical activity among working mothers and fathers: A qualitative study. Poster accepted for presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, San Diego, CA.
56. Ehlers, D., Huberty, J.L., Buman, M., Hooker, S., & Todd, M. (2014). Feasibility of a simple, inexpensive ecological momentary assessment to examine relationships between self-worth and physical activity. Poster; Society of Behavioral Medicine Conference, Philadelphia, PA.
55. **Huberty, J.L., Gao, Y., Vener, J., Ehlers, D., & Dudney, A.** (2014). An instrument to examine women's ability to acquire social support for physical activity. Poster Session Society of Behavioral Medicine, Philadelphia, PA.
54. **Huberty, J.L., Dinkel, D., & Beets, M.** (2014). GoGirlGo!: Evaluation of a national program to increase physical activity in girls and evidence-based suggestions for improvements. Poster; Active Living Research Conference, San Diego, CA.
53. Weaver, G., Beets, M., Webster, C., Beighle, A., **Huberty, J.L.,** Tilley, F., Ajja, R., Shah, R., & Winnicka, D. (2014). Health Promotion in Afterschool Programs: Two-Year Outcomes of an Intervention. American Alliance for Health, Physical Education Recreation and Dance, St. Louis, MO.
52. **Huberty, J.L., Coleman, J., Rolfsmeyer, K., & Wu, S.** (2014). Perceptions of physical activity in women who have experienced stillbirth. Paper presentation; North American Society for Psychosocial Obstetrics and Gynecology Conference, Columbus, OH.

2013 (n total = 7; n first author = 1)

51. Rolfsmeyer, K.A., & Huberty, J.L. (2013). Perceived benefits, barriers, and enablers of physical activity among postpartum women who have experienced stillbirth. Society of Behavioral Medicine, San Francisco, CA.
50. Ehlers, D., Huberty, J.L., & Beseler, C. (2013). Changes in Community Readiness among key informants after Ready for Recess. Poster Session Society of Behavioral Medicine, San Francisco, CA.
49. Hanigan, E., Ehlers, D.K., Weddle, A., & Huberty, J.L. (2013). Translating research to the community: Can a community-based book club increase physical activity among women long-term? Society of Behavioral Medicine, San Francisco, CA.
48. **Huberty, J.L.,** Beets, M., & Beighle, A. (2013). What do girls like to do afterschool? Society of Behavioral Medicine, San Francisco, CA.
47. Ehlers, D.K., & Huberty, J.L. (2013). Women's preferred features in mobile physical activity (PA) applications. Society of Behavioral Medicine, San Francisco, CA.
46. Ehlers, D.K., Huberty, J.L., de Vreede, G.J., & Dinkel, D.M. (2013). Can a tablet-based book club improve physical activity (PA) and self-worth (SW) in women? Society of Behavioral Medicine, San Francisco, CA.
45. Dinkel, D., Huberty, J.L., & Tibbits, M. (2013). Changes in family health behaviors after a "Healthy Families" (HF) intervention: A mixed methods perspective. Society of Behavioral Medicine, San Francisco, CA.

2012 (n total = 14; n first author = 5)

44. **Huberty, J.L.** (2012). Movin' After School. Arizona Childhood Obesity Conference, Phoenix, AZ.
43. Warland, J., O'Brien, L.M., & STARS Consortium (Collins, J.H., Heazell, A.E.P., **Huberty, J.L.,** McGregor, J.A., Mitchell, E.A., Parast, M., Stacey, T., Wimmer, L., Ilse, S., Libsack, S., McVicar, C., Perhach, M.) (In Review) The Study of Trends and Associated Risk for Stillbirth (STARS). International Conference of Perinatal and Pregnancy and Infant Death, Minneapolis, MN.
42. Weaver, R. G., Ajja, R., Shah, R., Tiley, F., Rapp, A., Webster, C., **Huberty, J.L.,** Beighle, A., & Beets, M.W. (2012). Evaluation of physical activity policy guidelines for frontline-staff in out-of-school-time-programs Paper presented at the American Public Health Association, San Francisco, CA.
41. Ajja, R., Shah, R., Weaver, R.G., Tiley, F., Rapp, A., **Huberty, J.L.,** Kaczinski, A., Ward, D., & Beets, M.W. (2012). Development of the Healthy Afterschool Activity and Nutrition Documentation (HAAND) Instrument: An environmental quality rating scale. Paper presented at the American Public Health Association, San Francisco, CA.
40. **Huberty, J.L.,** Vener, J., Gao, Y., Jergenson, A., Helseth, A., & Ransdell, L. (2012). Rasch Analysis of the Revised Physical Activity Self-Worth Inventory (PASWI): An instrument to measure physical activity related self-worth in women. Society of Behavioral Medicine, New Orleans, LA.
39. **Huberty, J.L.,** Beighle, A., Beets, M., & Welk, G. (2012). Ready for Recess: Effects of environmental changes at recess on physical activity (PA) levels in children. Society of Behavioral Medicine, New Orleans, LA.
38. Ehlers, D., Weddle, A., & Huberty, J.L. (2012). Translating research to the community: A pilot

study to determine if a community-based book club can increase physical activity among women. Society of Behavioral Medicine, New Orleans, LA.

37. Wolcott, D., Naughton, A., Coleman, J., & Huberty, J.L. (2012). How do pregnant women and women up to one year postpartum use the Internet for health behavior information?: A descriptive study. Poster session presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
36. Ehlers, D., Beseler, C., & Huberty, J.L. (2012). School leadership's readiness for change after the Ready for Recess Intervention in 17 Midwest elementary schools. Active Living Research, San Diego, CA.
35. **Huberty, J.L.**, Beets MW, & Beighle, A. (2012). Effects of a policy-level intervention on children's pedometer-determined physical activity: Preliminary findings from Movin' Afterschool. Active Living Research, San Diego, CA.
34. Beets, M. W., **Huberty, J.**, & Beighle, A. (2012). Systematic observation of physical activity in afterschool programs: Preliminary findings from Movin' Afterschool intervention. Active Living Research, San Diego, CA.
33. **Huberty, J.L.**, Beets, M.W., Beighle, A., Weaver, R.G., Webster, C., Kim, Y., Tilley, F., Wissing, S., Novicki, K., Ajja, R., Shah, R., & Rapp, A. (2012). Staff behaviors and physical activity: Findings from Movin' After School. Poster presented at the annual meeting of the American Association for Health, Physical Education, Recreation, and Dance, Boston, MA.
32. Weaver, R. G., Beets, M.W., **Huberty, J.L.**, Beighle, A., Webster, C., Kim, Y., Tilley, F., Wissing, S., Novicki, K., Ajja, R., Shah, R., & Rapp, A. (2012). Pedometer-determined Physical Activity Levels in Afterschool Programs. Poster presented at the annual meeting of the American Association for Health, Physical Education, Recreation, and Dance, Boston, MA.
31. Weaver, R. G., Beets, M.W., Webster, C., **Huberty, J.**, Beighle, A., & McKenzie, T. (2012). Identification of Physical Activity and Nutrition Promoting Behaviors of Staff in the Afterschool Program Setting. Poster presented at the annual meeting of the American Association for Health, Physical Education, Recreation, and Dance, Boston, MA.
- 2011 (n total = 7; n first author = 2)
30. Weaver, R.G., Beets, M.W., Webster, C., Beighle, A., & **Huberty, J.L.** (2011). A conceptual model for training afterschool program staffers to promote physical activity and nutrition. Poster presented at the 'Student works in progress' poster session at the annual meeting of the American Association for Health, Physical Education, Recreation, and Dance, San Diego, CA.
29. Saint-Maurice, P., Welk, G.J., & **Huberty, J.L.** (2011). Impact of accelerometer epochs on classification of children activity patterns. International Conference on Ambulatory Monitoring of Physical Activity Movement. Glasgow, Scotland.
28. Wolcott, D., Stacy, R., Rosenkranz, R., McIlvain, H., & Huberty, J.L. (2011). Changing Health Behaviors: A Case Study Exploring Families' Participation in a Community-Based Family-Centered Healthy Lifestyle Intervention for Overweight/Obese Children. Society of Behavioral Medicine, Washington, DC.
27. **Huberty, J.L.** (2011). Fit Minded: Innovative strategies to increase physical activity in women. Society of Behavioral Medicine, Washington, DC.

26. Sylofski, D., Huberty, J.L., & Gao, Y. (2011). Women Bound to be Active: Effect of a book club intervention on women's physical activity and self-worth at one-year follow-up. Society of Behavioral Medicine, Washington, DC.
25. **Huberty, J.L.,** Vener, J., Gao, Y., Matthews, J., & Ransdell, L. (2011). Preliminary development and psychometric properties of the physical Activity self-worth Inventory: A rasch analysis. Society of Behavioral Medicine, Washington, DC.
24. Ehlers, D., Huberty, J.L., & Beseler, C. (2011). Is school community readiness related to physical activity before and after the Ready for Recess intervention? University of Nebraska Medical Center Student Research Conference. Omaha, NE.
- 2010 (n total = 2; n first author = 1)
23. Saint-Maurice, P., Welk, G.J., Silva, P., Fuhrmeister, E., & Huberty, J.L. (2010). The Utility of the System for Observing Play and Leisure Activities (SOPLAY) American College of Sports Medicine, Baltimore, MD.
22. **Huberty, J.L.,** Siahpush, M., Beighle, A., & Fuhrmeister, E. (2010). Ready for Recess: A pilot study to increase physical activity in elementary school children. Society of Behavioral Medicine, Seattle, WA.
- 2009 (n total = 6; n first author = 3)
21. **Huberty, J.L.** (2009). Symposium on physical activity interventions antecedents, mechanisms, and outcomes. Improving self-worth to increase physical activity adherence in women: Innovative strategies. *Annals of Behavioral Medicine*, 37S, S95.
20. **Huberty, J.L.** (2009). From good ideas to actions: A model driven community collaborative to prevent childhood obesity. Active Living Research Conference, San Diego, CA.
19. **Huberty, J.L.** (2009). Improving self-worth to increase physical activity adherence in women: Innovative strategies. Society of Behavioral Medicine Conference, Canada.
18. Debate, R., **White, J.L.,** & Pettee, K. (2009). Changes in psychosocial factors and physical activity frequency among 3rd to 8th grade girls who participated in a developmentally focused youth sport program. Society of Behavioral Medicine Conference, Canada.
17. Debate, R., Pettee, K., & **Huberty, J.L.** (2009). Psychometric Properties of the Commitment to Physical Activity Scale. Society of Behavioral Medicine Conference, Canada.
16. Beets, M.W., Beighle, A., Erwin, H.E., & **Huberty, J.L.** (2009). Impact of After-School Programs to Increase Physical Activity – A meta-analysis. American Alliance of Health, Physical Education, and Recreation Conference, Tampa, FL.
- 2008 (n total = 2; n first author = 2)
15. **Huberty, J.L.** (2008). Club POSSIBLE: Feasibility of an after school physical activity program for children ages 5-12 years. Western Economics Association Conference, Oahu, HI.
14. **White, J.L.,** & Sidman, C. (2008). Women Bound to Be Active: A pilot study to explore the feasibility of an intervention to increase physical activity and self-worth in women. Society of Behavioral Medicine. San Diego, CA.
- 2007 (n total = 5; n first author = 3)
13. **White, J.L.,** Sidman, C., & Schulte (2007). An innovative group-based approach to regular physical

activity participation among women: Preliminary findings. Society of Behavioral Medicine Conference, San Diego, CA.

12. **White, J.L.**, Vener, J., & Waltman, N. (2007). Development and evaluation of an instrument to measure adherence to strength training in postmenopausal women. Society of Behavioral Medicine Conference, Washington, DC.
11. **White, J.L.**, Vener, J., Ransdell, L., & Schulte (2007). Women Bound to Be Active: Influence of an innovative cognitive program to enhance adherence to physical activity in women. Society of Behavioral Medicine Conference, Washington, DC.
10. Dodge, A., & **White, J.L.** (2007). Development and implementation of Women Bound to Be Active. To be presented at AAHPERD National Conference, Baltimore, MD.
9. Sladek, T., Wehrli, A., & White, J.L. (2007). Club Possible: A pilot study to enhance attitudes related to physical activity in youth. American Journal of Health Promotion Conference, San Francisco, CA.

2006 (n total = 3; n first author = 1)
8. Meisinger, M., & White, J.L. (2006). Women Bound to Be Active: A community program to enhance physical activity participation in women who start and stop exercise programs. Presented at ACSM Health and Fitness Summit, Orlando, FL.
7. Sladek, T., Wehrli, A., White, J.L., & Torrence, W. (2006). Club Possible: Building attitudes today for active tomorrows. Nebraska Association for Health, Physical Education, and Recreation, Council Bluffs, IA.
6. **White, J.L.** (2006). Practices of Club Possible. American Alliance for Health, Physical Education, Recreation and Dance Conference, Salt Lake City, UT.

2005 (n total = 2; n first author = 2)
5. **White, J.L.** & Sidman (2005). Physical Activity in Women. Keeping the Wellness Wheel Moving. National Wellness Institute Conference, Stevens Point, WI.
4. **White, J.L.** (2005). Qualitative perspectives on adherence to physical activity in previously sedentary versus sedentary women. American Alliance of Health, Physical Education, Recreation, and Dance Conference, Chicago, IL.

2001 (n total = 1; n first author = 1)
3. **White, J.L.**, Ransdell, L., Shaw, J., & Eisenmann, P. (2001). Behavior management intervention increases physical activity (PA) and improves psychological factors in previously sedentary adults. Research Quarterly for Exercise and Sport, 72, (1), A-24. Abstract presented at the American Alliance for Health, Physical Education, Recreation and Dance Conference, Cincinnati, OH.

2000 (n total = 1; n first author = 1)
2. **White, J.L.**, Ransdell, L., Shaw, J., & Eisenmann, P. (2000). Worksite intervention increases physical activity and improves fitness in previously sedentary adults. Presented at the Southwest Chapter for the American College of Sports Medicine Conference, San Diego, CA.

1999 (n total = 1; n first author = 1)
1. **White, J.L.** (1999). Time sequence of changes in selected cardiovascular disease risk factors in women as a result of physical activity. Paper presented for the Student Research Award at the Southern Academy of Women in Physical Activity, Sport, and Health Conference, Gatlinburg, TN.

INVITED PRESENTATIONS (n = 31)

2020 (n total = 4)

31. **Huberty, J.L.**, Complementary Approaches to better health during and after pregnancy. Banner Health Obstetrics and Gynecology Grand Rounds. Phoenix, AZ March 2020.
30. **Huberty, J.L.**, Can ehealth improve mental health?. UT Health San Antonio Pyschiatry Grand Rounds. San Antonio March 2020.
29. **Huberty, J.L.**, Prescribing Meditation to Manage Chronic Cancer Symptoms. Grand Rounds. UT Health San Antonio MD Anderson Cancer Center. San Antonio January 2020.
28. **Huberty, J.L.**, Title TBD. Building and Evidence Base for Commercially Available Technology. UConn Center for mHealth and Social Media 4th annual conference. Connecticut May 2020.

2019 (n total = 1)

27. **Huberty, J.L.**, Navigating women's health research: Lessons learned during my journey. Northern Arizona University College of Health and Human Services. Flagstaff, AZ October 2019

2018 (n total = 5; n first author = 5)

26. **Huberty, J.L.** Utilizing a consumer-based product to deliver yoga online: Findings from feasibility studies. Kripalu Institute. Massachusetts October 2018.
25. **Huberty, J.L.** Using Calm to improve the mental and physical health of its users. Calm Headquarters San Francisco, CA. November 2018.
24. **Huberty, J.L.** (2018). We are Worth It! Why taking care of your health and well-being is so important – My Honorable Truth. Tempe Center for the Arts, Tempe, AZ.
23. **Huberty, J.L.** (2018). Finding Calm after Raine: A personal journey through grief. Wellness Council of the Midlands (WELCOM). Omaha, NE.
22. **Huberty, J.L.** (2018). Tapping into technology to enhance wellness: What is the evidence? Wellness Council of the Midlands (WELCOM). Omaha, NE.

2017 (n total = 1; n first author = 1)

21. **Huberty, J.L.** (2017). Innovative approaches for inter-conception and subsequent pregnancy care after stillbirth. 34th Annual Obstetric Meeting sponsored by Mednax, Obstetric Challenges: Improving Fetal and Neonatal Outcomes. Phoenix, AZ.

2016 (n total = 1; n first author = 1)

20. **Huberty, J.L.** (2016). Strong Mind, Strong Body: A Fit Minded approach to exercise during and after cancer. Mayo Clinic 7th Annual Living with Cancer: A Mayo Clinic Symposium for Cancer Patients and their loved ones. Phoenix, AZ.

2015 (n total = 1; n first author = 1)

19. **Huberty, J.L.** (2015). Physical activity in Schools. Eagle Preparatory Elementary Teacher/Staff training. Phoenix, AZ.

- 2014 (n total = 1; n first author = 1)
18. **Huberty, J.L.** (2014). Beyond the 6-week check-up: Exploring the use of physical activity to improve depressive symptoms in women after perinatal loss. Star Legacy Foundation Stillbirth Summit, Minneapolis, MN.
- 2013 (n total = 2; n first author = 2)
17. **Huberty, J.L.** (2013). The Science of Being Fit Minded. Arizona Science Center, Phoenix, AZ.
 16. **Huberty, J.L.** (2013). Fit Minded Family. Arizona Science Center, Phoenix, AZ.
- 2011 (n total = 4; n first author = 4)
15. **Huberty, J.L.** (2011). Becoming Fit Minded: Exploring the use of Innovative Strategies to Promote Physical Activity in Women. University of Nebraska Medical Center Department of Obstetrics and Gynecology Grand Rounds, Omaha, NE.
 14. **Huberty, J.L.** (2011). Keeping the Wellness Wheel Moving. Olson Women's Center Brown Bag Presentation, Omaha, NE.
 13. **Huberty, J.L.** (2011). Maximizing Physical Activity Afterschool. Action for Healthy Kids Conference, Lincoln, NE.
 12. **Huberty, J.L.** (2011). Becoming Fit Minded. CSO. Omaha, NE.
- 2010 (n total = 1; n first author = 1)
11. **Huberty, J.L.** (2010). Luncheon Speaker. Fit Minded. Union Pacific Bank. Lincoln, NE.
- 2009 (n total = 3; n first author = 3)
10. **Huberty, J.L.**, & Byrd, C. (2009). Research in Schools: Collecting Quality Data and Building Sustainable Relationships. Active Living Research Conference, San Diego, CA.
 9. **Huberty, J.L.** & Grant, K. (2009). Coffeehouse Speaker. Open the Door to a More Active Lifestyle. Chancellor's Commission for the Status of Women. Omaha, NE.
 8. **Huberty, J.L.** (2009). Key Note Speaker. Fit Minded. Women's Faculty Club Centennial Luncheon. Omaha, NE.
- 2007 (n total = 3; n first author = 3)
7. **White, J.L.** (2007). Key Note Speaker. Women's Health Conference. Wellness Council of the Midlands. Omaha, NE.
 6. **White, J.L.** (2007). Invited Guest Speaker. An Easy, Action-Oriented Approach to Help You Create a Successful Personal Exercise Program. The Rejuvenation Experience Conference. Omaha, NE.
 5. **White, J.L.** (2007). Key Note Speaker. Heart Health: The role of social responsibility. Go Red For Women. American Heart Association, IA.

2006 (n total = 3; n first author = 3)

4. **White, J.L.** (2006). Making Physical Activity a Part of Your Life. Union Pacific Health Fair, Omaha, NE.
3. **White, J.L.** (2006). Invited Guest Speaker. Self-Empowerment: A Way of Life. ICAN Women's Leadership Conference. Omaha, NE.
2. **White, J.L.** (2006). Key Note Speaker. Power of Lifestyle. Parish Nurse Conference. Davenport, IA.

2005 (n total = 1; n first author = 1)

1. **White, J.L.** (2005). Empowering Women to Be Well. Reaching Up Conference, Omaha, NE.

OTHER PROFESSIONAL PRESENTATIONS (TOTAL N = 9)

2007 (total = 3; n first author = 3)

9. **White, J.L.** (2007). Fitting Physical Activity into Your Lifestyle. Harry A. Koch Company. Omaha, NE.
8. **White, J.L.** (2007). Improving Adherence to Physical Activity in Your Clientele. Medifit Corporation. Omaha, NE.
7. **White, J.L.** (2007). Women's Health: How to overcome barriers and improve health. Delta Kappa Gamma Society International. Omaha, NE.

2006 (n total = 3; n first author = 3)

6. **White, J.L.** (2006). Fitting Fitness Into Our Lives. Pi Delta Kappa Round Table Research Discussion. Omaha, NE.
5. **White, J.L.** (2006). Get up and get moving: It's not as hard as you think. Childhood Obesity Forum. Omaha, NE.
4. **White, J.L.** (2006). Women Bound to Be Active. Nebraska Association of Family and Consumer Sciences Meeting. Omaha, NE.

2005 (n total = 1; n first author = 1)

3. **White, J.L.** & Ransdell (2005). Implementing a Worksite Health Promotion Program. Building Worksite Health Workshop, Boise, ID.

2000 (n total = 1; n first author = 0)

2. Crandall, J., & **White, J.L.** (2000). The effects of physical activity in the prevention and treatment of breast cancer in women. Paper presented for the Outstanding Student Paper Award at the Utah Academy of Science, Arts, & Letters Conference. Cedar City, UT.

1998 (n total = 1; n first author = 1)

1. **White, J.L.** (1998). Physical activity and the importance in women's health. Presented at the Southern Academy of Women in Physical Activity, Sport, and Health Conference. Gatlinburg, TN.

ABSTRACTS PUBLISHED BUT NOT PRESENTED

2017 (n total = 2, n first author = 1)

2. **Huberty, J.L., Eckert, R., Gowin, K., Ginos, B., Kosiorek, H.E., Dueck, A., Larkey, L., & Mesa, R.** (2017). Online yoga as a non-pharmacologic symptom management approach in myeloproliferative neoplasms. American Society of Clinical Oncology, Chicago, IL.

1. Gowin, K., Milstine, D., Kosiorek, H., Langlais, B., **Huberty, J.L.**, Eckert, R., & Mesa, R. (2017). Supportive Care May Improve Myeloproliferative Neoplasm Associated Symptom Burden. American Society of Clinical Oncology, Chicago, IL.

NEWSLETTERS/WEBINARS/PODCASTS

Mindful Vibin with Dr. Huberty and Coach Doug White – Jan 2021 (weekly, ongoing) to present

Managing Stress with Dr. Huberty – The Positively Real Podcast – Sep 2020

The Science of Us – Defining a Sense of Self-Worth – July 2020

Healthy Child Guide Webinar - Exercise during pregnancy.– January 2020

Healthy Child Guide Webinar – Stress Management during pregnancy.– January 2020

Patient Empowerment Network Podcast- Improving Life with MPNs: The Latest Research and How to Get Involved – December 2019

Patient Empowerment Network Podcast - Am I Meditating Correctly? Getting the Most Out of Mindfulness – December 2019

Patient Empowerment Network Podcast - Expert Tips for Managing MPN-Related Anxiety – December 2019

Patient Empowerment Network Podcast - Can Diet and Exercise Reduce MPN Symptoms? – December 2019

Social Styles Podcast – Why it is so important to take care of our health and well-being – October 2018

Matthews, J., Pedersen, M., **Huberty, J.** Recruitment strategies for women in the reproductive period. Outlook Newsletter of the Society of Behavioral Medicine - Fall 2015

ASSOCIATE EDITOR

Translational Behavioral Medicine – appointed November 2015

GRANT REVIEWS

NIH (NCCIH) Special Emphasis Panel – Spring 2017 to present (ongoing)

ASU College of Health Solutions Faculty JumpStart Seed Grants – Spring 2018

NIH Mind Body Interventions Study Section – November 2016; February 2017; July 2017; March 2018; July 2018

NIH Risk, Prevention and Health Behavior – June 2016

NIH Community-Level Health Promotion Study Section – September 2012, October 2014

NIH P01 Reviewer - April 2014, February 2015

External review of Maricopa County Department of Public Health grant applications to Department of Health and Human Services – Spring 2014

Active Living Research Report review – Fall 2015

Active Living Research – Robert Wood Johnson Foundation - 2010

ABSTRACT REVIEWS

Society of Behavioral Medicine – Family and Child Health – Annual Conference 2017; 2018; 2019

Society of Behavioral Medicine – Women’s Health Special Interest Group – Annual Conference 2013

BOOK REVIEWS

Huberty, J.L. (2016). Yoga Biomechanics: Redefining Stretching. Handspring Publishing

Warner, S., White, J.L., Hueglin, S., Estana-Johnson, E., Schoen, C., & Ransdell, L.B. (2001). Book review of: Women in Sport by Barbara Drinkwater (Ed.). Malden, MA: Blackwell Science. Published in Women in Sport and Physical Activity Journal, 10(1), 143-148.

TEACHING

COURSES TAUGHT AT ARIZONA STATE UNIVERSITY (n = 3)

Stress Management – undergraduate Spring 2020-present

Community Health – undergraduate Spring 2014-Spring 2019

Doctoral Seminar – graduate Fall 2013

GRADUATE AND UNDERGRADUATE MENTORSHIP AT ARIZONA STATE UNIVERSITY

Graduate Committee Chair (n = 8)

- Breanne Laird, PhD: TBD – May 2025
- Mariah Sullivan, PhD: TBD – May 2023
- Breanne Laird, MS: Feasibility of using Calm to reduce stress in middle aged adults – May 2020
- Jeni Matthews, PhD: The Power of Yoga: Investigating the feasibility and preliminary effects of yoga on excessive gestational weight gain – Dec 2019
- Tiffany Dowling, MS: Feasibility of using CALM to improve psychological factors associated with sports performance in professional baseball players – May 2018
- Christine Glissman, MS: Effects of using CALM to reduce stress in ASU College students. – May 2018
- Ryan Eckert, MS: A pilot study of online yoga to improve fatigue and quality of life in myeloproliferative neoplasm patients – May 2017
- Jeni Matthews, MS: Mindfulness to manage weight and stress in the inter-conception period - May 2015
- Diane Ehlers, PhD: Novel Exploration of Temporal Relationships Between Self-Worth and Physical Activity in Middle-aged Women – Dec 2014
- Lacey Rowedder, MS: Use of a Worksite-based Gratitude Journal to improve Perceptions of Physical Activity in Non-Active Adults – August 2014

Barrett Undergraduate Honors Project Committee Chair (n = 10)

**Published*

- Haily Lister, BS: (Barret's Honors Thesis): Calm Pregnancy: Feasibility of mindfulness-based prenatal stress reduction using a smartphone meditation application. – Dec 2020

- *Taylor Worth, BS: (Barret's Honors Thesis): Feasibility of an eight-week app-based meditation program to reduce symptoms of burnout in physician assistant students – May 2020
- *Abby Thompson, BS: (Barret's Honors Thesis): Determining physical therapists' readiness for integrating yoga therapy into rehabilitation - May 2019
- *Lindsay Hand, BS (Barret's Honors Thesis): Validation of the Actigraph GT3X for the measurement of energy expenditure during Vinyasa flow class - May 2017
- Lauren Martinez, BS (Barret's Honors Thesis): Exploring health care providers' post-hospital release practices for women who have experienced stillbirth - Dec 2016
- Nicole Lebowitz, BS (Barret's Honors Thesis): Utilizing integrative medicine to treat symptomatic MPN: Thoughts from Patients – June 2016
- Lindsey Coleman, BS (Barret's Honors Thesis): Preschool Yogis: Feasibility of yoga to improve behavior in preschool children – June 2016
- Samantha Sorterberg, BS (Barret's Honors Thesis): Fit Minded College Edition Podcasts; Feasibility of a discussion board as compared to Facebook to deliver an intervention – June 2016
- Jordan Arvayo, BS (Barret's Honors Thesis): Perceptions of Inter-conception care related to physical and mental health after stillbirth in women of Racial/Ethnic Minority – May 2015
- *Katie Pellitirri, BS (Barret's Honors Thesis): Fit Minded Freshmen: Effects of a Magazine - based book club on physical activity in Freshmen girls – August 2014

Graduate Committee Member (n = 5)

- Miranda Larouche, MS: Feasibility of Using Prompts to Reduce Sedentary Behavior in Office Worker with Sit-Stand Workstations: A Randomized Cross-Over Trial
- Moe Kishida, PhD Penn State University: Unveiling the effects of Yoga on (Self)-compassion and Social Connectedness –graduation August 2017
- Boyd Lanich, MS: Sleep-related Mediators of the Physical Activity and Sedentary Behavior; Cardiometabolic Biomarker Relationship in Middle Age Adults– June 2017
- Jenny Quezada, MS: Athletes for Life – graduated June 2015
- Tristan Thibodeau, MS – expected graduation June 2016

COURSES TAUGHT AT UNIVERSITY OF NEBRASKA AT OMAHA (n = 8)

Physical Activity Measurement – graduate
 Topics in Weight Management – graduate
 Implementing Physical Activity in Diverse Population – graduate
 Planning Worksite Wellness – graduate & undergraduate
 Motivation for Physical Activity – graduate & undergraduate

Women's Health and Issues of Diversity – graduate & undergraduate
Leadership Practicum – undergraduate
Introduction to Fitness Management – undergraduate

GRADUATE AND UNDERGRADUATE MENTORSHIP AT UNIVERSITY OF NEBRASKA AT OMAHA

Graduate Committee Chair (n = 10)

- Danae Wolcott, PhD: Increasing Girls' Physical Activity in Afterschool Programs Through an Enhanced Staff Professional Development Training – Graduated Spring 2013*
- Sara Wolfe, M.S.: Barriers to using on-site fitness centers at the worksite – Graduated Spring 2011
- Laura Folchert, M.S.: What is the relationship between beliefs about physical activity and meeting physical activity recommendations in young pregnant women? – Graduated Summer 2011
- Kay Grant, M.S.: The impact of an online intervention on physical activity and self-worth in women. – Graduated Fall 2010
- Erin Fuhrmeister, M.S.: The relationship between a school's community readiness and indicators of physical activity promotion. – Graduated Spring 2010
- Danae Wolcott, M.S.: Changing health behaviors: A case study exploring families engagement in a community-based family-centered healthy lifestyle intervention for overweight/obese children. – Graduated Summer 2010
- Julie Whitten, M.S.: Does increased physical activity affect BMI and psychosocial constructs for women? – Graduated Fall 2009
- Sarah Perrings, M.S.: Barriers to physical activity: role of social support groups in girls 19-24 years of age. – Graduated Fall 2009
- Missy Kelly, M.S.: Factors contributing to physical activity adherence in minority women- Graduated Summer 2009

Graduate Committee Member (n = 6)

- Midge Chandler, MPH: Assessing Health Needs and Designing a Wellness Model for a Worksites Wellness Program in Douglas County, Nebraska
- Jayme Nekuda, PhD: The Effect of Retirement on Vigorous Physical Activity Controlling for the Socio-Demographic Variables of Age, Gender, Education, Income, Race and Perceived Health Status Affect
- Rita McGuire, PhD: Adherence to physical activity in breast cancer survivors.
- Sagar Hanumanthu, M.S: Assessment of an Exercise Program on Population with Chronic Medical Conditions
- Stefanie Marshall, M.S: Effects of social support on prenatal care in Latinas in Omaha, NE

- Tamara Bernard MPH: Developing a framework of implementation and evaluation of a physical activity program to reduce obesity in at risk youth

ADVISING APPOINTMENTS

2011-present: 2 doctoral students, 8 masters students, 1 bachelor intern, undergrad as needed
2010-present: 2 doctoral students, 11 masters students, 2 bachelor interns, undergrad as needed
2009-present: 1 doctoral student, 10 masters students, 3 bachelor interns, undergrad as needed
2006-2009: 12 masters students, undergraduates as needed
2005-2006: 8 masters students, undergraduates as needed
2004-2005: 6 masters students, undergraduates as needed

OTHER TEACHING ENGAGEMENTS

Authentic Yoga Teacher Training – Dave’s Ashtanga - Spring 2016
Bellevue University – Spring 2007 & Summer 2008 – Planning Worksite Wellness
Medifit District Meeting – Fall 2007 – Fitness Management: Member Adherence
American College of Sports Medicine - Summer 2005 – Health Fitness Instructor Certification Preparation - Cardio-respiratory fitness and Body composition

SERVICE

* 2013 to present includes service at rank at ASU

SERVICE TO ARIZONA STATE UNIVERSITY: UNIVERSITY

Well-Being Committee – Nutrition, Obesity, Exercise and Lifestyle – Lead – Appointed Spring 2018-Fall 2019
Well-Being Committee – Nutrition, Obesity, Exercise and Lifestyle - Co-Lead – Appointed Spring 2017
Barrett’s Faculty Advisor – Appointed Fall 2014-present

SERVICE TO ARIZONA STATE UNIVERSITY: COLLEGE OF HEALTH SOLUTIONS

Grant Review Committee – Fall 2020-present
Faculty Mentoring Committee – Spring 2019 -present
Research Council Member – Spring 2018-Spring 2020
Research Council –Co-Chair – Selected Spring 2016-Spring 2018
Clinical Research Center Proposal Committee – Appointed Fall 2016

SERVICE TO ARIZONA STATE UNIVERSITY: SCHOOL OF NUTRITION AND HEALTH PROMOTION

Physical Activity, Nutrition and Wellness Executive Committee – Appointed August 2013-August 2020
Personnel Committee – 2014 to present (chair in 2015)
Research Seminar Organizer –2015/2016
Undergraduate Curriculum Health Education and Health Promotion Committee – Appointed January 2013-August 2020
Retention committee (Reappointment, Promotion & Tenure Probationary Review) – 2014 (n = 2; Chair n = 1); 2013 (n = 4; Chair n = 1)
Non-Tenured Faculty Search Committee – Health Education – Spring 2013
Teaching Evaluation for Tenure Track Faculty 2014 (n = 2); 2013 (n = 1)

SERVICE TO INDUSTRY/BUSINESS

Scientific Advisory Board Director, Calm – September 2018-present
Scientific Advisory Board Member, Garbha Health – July 2018-present

SERVICE TO PROFESSIONAL ORGANIZATIONS

Program committee member for the 2018 Society of Behavioral Medicine Conference – March 2017-April 2018
MISS Foundation (Mothers in Sympathy and Support) Research Board member – Spring 2017-present
Associate Editor for Translational and Behavioral Medicine – 2016 to present
NASPOG (North American Society for Psychosocial Obstetrics and Gynecology) Board Member –2016-present
Neurological Health Foundation - Healthy Child Guide Team Leader (1 of 4) – 2015-present
Mayo Clinic – Cancer Center Priorities; Seamless Mayo/ASU Connection – 2014-2018
Board Member, Star Legacy Foundation - January 2012-January 2019
Chair Family and Child Health 2018 Society of Behavioral Medicine Conference – July 2017
Women’s Health Special Interest Group Co-Chair Society of Behavioral Medicine - April 2014-March 2017
Chaired abstract review for the 2017 Society of Behavioral Medicine Conference – September 2016
External review of a faculty member for Promotion to Tenure – University of Northern Colorado – Fall 2013
Society of Behavioral Medicine – Wrote response on behalf of SBM to the Physical Activity Guidelines for Americans Mid-Course Report: Strategies for Increasing Physical Activity Among Youth – December 2012
American College of Sports Medicine – Member Behavioral Strategies Committee – Appointed May 2011
Our Healthy Community Partnership – Programming committee Member – August 2008
Our Healthy Community Partnership – Evaluation committee Member – August 2008
Center – Childhood Obesity In Omaha Efforts Towards Increasing Physical Activity in the Community-February 2008
University of Nebraska Preparing Future Faculty –Mentoring Faculty 2007-2008
YMCA Activate America, Pioneering Healthy Communities – Member – Appointed October 2007
Healthy Omaha – Member – Appointed June 2007
Alegent Health – Childhood Fitness and Nutrition, Activate Omaha Kids - Executive Committee – Member – Appointed January 2007
Alegent Health – Childhood Nutrition and Fitness Steering Committee, Activate Omaha Kids – Physical Activity Plank - Chair – Appointed January 2007
Presentation for Phi Delta Kappa – Sharing Research Projects – November 2006
Healthy Weight in Women Action Learning Collaborative – Member – Appointed October 2006
ACTIVATE Omaha Search Committee – Member – Appointed August - October 2005
ACTIVATE Omaha Media Committee – Member – Appointed January 2005
Nebraska AHPERD – Vice President Elect Exercise Science and Wellness - Nominated – Appointed October 2004
ACTIVATE Omaha Committee - Member – Appointed October 2004

SERVICE TO PROFESSION: AD HOC REVIEWS

Maternal and Child Health
Preventing Chronic Disease
Obstetrics and Gynecology
Medicine and Science in Sports and Exercise
Preventive Medicine
Health Education and Behavior
Childhood Obesity
Journal of Physical Activity and Health
American Journal of Preventive Medicine
Journal of School Health
Psychology of Sport and Exercise
Women’s Health
Women’s Sports and Physical Activity Journal
Journal of Sports Sciences
Qualitative Research in Sport, Exercise, and Health

Research Quarterly for Exercise and Sport
Journal of Health Disparities Research and Practice
Journal of Science and Medicine in Sport
Journal of Aging and Physical Activity
Translational Behavioral Medicine
International Journal of Sport and Exercise Psychology
BioMed Central Public Health
BioMed Central Pregnancy and Childbirth
British Journal of Obstetrics and Gynecology

INTERVIEWS/MEDIA

Bloomberg News – Calm Science – January 2020
ABC Morning Show – Helping mothers heal after stillbirth – June 2018
Vice Magazine – Using exercise to cope with grief – September 2017
KTAR – ASU study effects of yoga on mothers with stillborn children – June 2016
HNK Japan (public television) – Stress, exercise, and Cancer – February 2016
Weight Watchers – Women and self-esteem – February 2016
East Valley Tribune – Research related to stillbirth – February 2016
Cronkite News – Yoga study aimed to reduce PTSD – February 2015
Business Insider – Interviewed about exercise motivation – October 2014
Business Insider – Interviewed about how to get more out of your workout – September 2014
Weight Watchers – Interviewed for staying motivated to be active – August 2014
Glamour Magazine – Glamour Body – Digital Gym Review – May 2014
Fun World Magazine – Interviewed about physical activity promotion in youth and families – May 2014
Next Avenue – Featured expert for four articles related to health and wellness – Feb-May 2014
Live Happy Magazine – Interviewed about incorporating fun with fitness – April 2014
Workshop – Setting your intentions for Health and Wellness – Mind Body Yoga Jan/Feb 2014
Self Magazine – Interviewed about aerobic and anaerobic metabolism and exercise – December 2013
Arizona Republic – interviewed for opinion about Boutique Gyms – October 2013
lh8exercise.com – Reviewed material for website – Spring 2013
Omaha World Herald – Interviewed for opinion on specialty gyms for obese individuals – March 2012
PBS Net TV – Interviewed for TV and radio show about issues related to Childhood obesity – February 2012
More Magazine – Interviewed for Women’s Health – November 2011
Oxygen Magazine - Interviewed for Women’s Exercise Motivation – June 2011
Shape Magazine – Interviewed for Fit Minded program – November 2010
Health Magazine – Interviewed for exercises throughout the lifespan – September 2010
Health Magazine – Interviewed for “Fit Minded Can Help Women Meet Physical Activity Recommendations” – April 2010
Omaha World Herald – Interviewed about recommendations for 60 minutes of physical activity – February 2010
Prevention Magazine – Featured as an expert for physical activity motivation – Nov 2009
Fitness Magazine – Wrote exercises for stretching at home – Nov/Dec 2009
Good Housekeeping – Wrote exercises for article, “Quick & Easy Exercises – August 2009
Self Magazine - Wrote exercises for article, “Your Best Body Plan” – August 2009
U.S. News and World Report – Interviewed for, “Smart Fitness for Grown-Ups: 11 Tips for the Over- 40 Exerciser – August 2009
Omaha World Herald – Interviewed about “The Fit from the Firm” – August 2009
Omaha World Herald – Interviewed: Q & A with Jennifer White – June 2009
Self Magazine – Interviewed for, “Fall in Love With Fitness” – April 2009
Self Magazine – Interviewed for “Excuse Proof Your Workout” – February 2009
Omaha World Herald – Interviewed about “All Work and No Play? Not at This Grade School” – December 2008
Prevention Magazine – Interviewed for “Why Health Matters More than Weight” – May 2008
Today’s Omaha Women Magazine – Featured, “Live Healthy: Taking Care of You First” – Summer 2008

Prevention Magazine – Interviewed for “7 Steps to a Better Body” – May 2008
Gateway – Interviewed for, “HPER Professor’s Study Aims to Increase Children’s Physical Activity”-
December 2008
HER Magazine – Story on Women Bound to Be Active – October 2008
Omaha World Herald – Interviewed about “New Strategy to Help Kids Slim Down: Read a Book” – October
2008
Daily Nonpareil – Featured, “Women’s Book club to Pair Physical Activity with Reading” – September 2008
Omaha Women’s Magazine – Featured as expert in physical activity motivation in women – August 2008
Delta Kappa Gamma Bulletin, Wrote, “Four Basic Strategies for Success in the Early Years of Higher
Education” – Spring 2008
Omaha World Herald – Interviewed about “Small Group, Big Workout” – January 2008
College of Education Happenings – Featured professor – June 2007
Service Learning Academy – Presentation - Successful service learning projects in the classroom -
October 2007
UNO Faculty Women’s Club – Co-Chair – Walking Group – October 2006
UNO Alumni Magazine – Featured, “Going by the Books and Bound to Be Active” – October 2006
Office of Sponsored Projects – Brown Bag Lunch – Tips for UCR grants – October 2006
Omaha Starr – Wrote, “Book Club Bound for North Omaha – “Women Bound to Be Active” Offers
Meetings in North Omaha” – September 2006
Omaha World Herald – Interviewed for “Paring Puts Some Muscle in Book Clubs” – August 2006
Omaha World Herald – Interviewed about 2006 Trends: New Motivations – June 2006
Self Magazine – Interviewed for, “Fitness Flash” – March 2006
Omaha World Herald – Interviewed for “At the Core of It” – January 2006
UNO Television Interview (2) – “Consider This” – Childhood Obesity & Women’s Health – 2006
Healthy Lifestyles Collaborative – University of Nebraska Medical Center – College of Nursing - 2005
Omaha World Herald – Interviewed for “UNO Professor’s Book Clubs Aim to Keep Women Fit” – September
2005
Alegent Awards – Interviewed about \$2.3 million in grants – June 2005
Omaha World Herald – Interviewed for “Go to Bat for Your Health During CWS” – June 2005

SERVICE TO UNIVERSITY OF NEBRASKA AT OMAHA: DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

Doctoral Program Committee – Appointed February 2012-present
Faculty Search Committee CHAIR – Appointed September 2011-present
Faculty Search Committee – Appointed April 2008-June 2008
Graduate Program Committee – Appointed January 2005-May 2005
Faculty Search Committee – Appointed January 2005-August 2005
Faculty Search Committee – Appointed January 2006-August 2006
Part-Time Joint-Appointment Faculty Committee – Member - Appointed August 2004
Part-Time Joint-Appointment Faculty Committee – Chair- Appointed August 2005

SERVICE TO UNIVERSITY OF NEBRASKA AT OMAHA: COLLEGE OF EDUCATION

Dean Search Committee – Appointed August 2007-present
Reappointment, Promotion, and Tenure Committee – Elected August 2006
Annual Fundraiser Committee – Member – Appointed December 2005-September 2006

SERVICE TO UNIVERSITY OF NEBRASKA AT OMAHA: UNIVERSITY

Faculty Academic Policy Committee – Appointed August 2005
Women’s Studies Faculty- Selected August 2004
Faculty Women’s Club – Member – August 2004
Chancellor’s Commission on the Status of Women – Member – Appointed August 2006

Presentation for University Committee on Research – Tips for obtaining a UCR grant – October 2006

SERVICE TO UNIVERSITY OF NEBRASKA AT OMAHA MEDICAL CENTER: COLLEGE OF PUBLIC HEALTH

College of Public Health Center for Reducing Health Disparities – Faculty Affiliate/Research Partner – July 2011

College of Public Health Community Evaluation Committee - Appointed September 2008

College of Public Health Governing Faculty Member – August 2007

College of Public Health Governing Faculty Committee – Appointed December 2006

College of Public Health Doctoral Program Committee – Member – Appointed December 2006

College of Public Health Faculty Search Committee – Member – Appointed December 2006

CERTIFICATIONS

Registered Yoga Teacher – Authentic Yoga Teacher Training – July 2017

American College of Sports Medicine - Health Fitness Instructor – 1998-present

Rocky Mountain Cancer Rehabilitation – Cancer and Exercise Specialist-2001

Cardiopulmonary Resuscitation - American Red Cross – 1997-present

PROFESSIONAL MEMBERSHIPS

Society of Behavioral Medicine (SBM) – 2007-present

American College of Sports Medicine (ACSM) – 1998-present

International Association of Yoga Therapists – 2014-present

The Obesity Society – 2015 to present