Neha P. Gothe, Ph.D.

University of Illinois at Urbana Champaign
Associate Professor - Kinesiology and Community Health
Director – Exercise Psychology Lab (www.epl.illinois.edu)
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Education

2013 ***Doctor of Philosophy*** *- University of Illinois at Urbana Champaign, USA*
Department of Kinesiology and Community Health
Advisor: Dr. Edward McAuley, Major: Kinesiology

2013 ***Master of Science*** *- University of Illinois at Urbana Champaign, USA*
Department of Kinesiology and Community Health
Advisor: Dr. Edward McAuley, Major: Kinesiology

2007 ***Master of Arts*** *– University of Mumbai, India*
Department of Applied Psychology
Advisors: Drs. Gautam Gawli and Priscilla Paul, Major: Counseling Psychology

2005 ***Bachelor of Arts*** *- University of Mumbai, India*
D.G. Ruparel College
Major: Psychology

Professional Experience **USA, 2008-present**

08/2021- present *Associate Professor*, Department of Kinesiology and Community Health, University of Illinois at Urbana Champaign, Urbana, Illinois

08/2017- 06/2021 *Assistant Professor*, Department of Kinesiology and Community Health, University of Illinois at Urbana Champaign, Urbana, Illinois

08/2013- 07/2017 *Assistant Professor*, Division of Kinesiology, Health and Sport Studies Wayne State University, Detroit, Michigan

06/2016- 07/2017 *Part-time Faculty*, Department of Psychiatry and Behavioral Neurosciences, School of Medicine, Wayne State University, Detroit, Michigan

08/2008-07/2013 *Graduate Research Assistant*, Exercise Psychology Lab, Department of Kinesiology and Community Health, University of Illinois at Urbana Champaign, Urbana, Illinois

India, 2003-2008

06/2007-05/2008	*Lecturer*, Department of Psychology, South Indian Education Society's College for Arts and Science, Sion, Mumbai
06/2007-05/2008	*Visiting Faculty – Psychology*, Mumbai University Institute of Chemical Technology, Matunga, Mumbai
06/2005-05/2008	*Lecturer in German*, D.G. Ruparel College of Arts, Science and Commerce, Mahim, Mumbai
06/2003-05/2006	*Instructor in German*, Center for Excellence - Academy for Foreign Languages, Mumbai

Research Experience

Ongoing Projects:

Effects of Yoga, Stretching-toning, and Aerobic Exercise on Neurocognition in Middle Aged and Older Adults
A 12-month randomized controlled trial examining the effects of yoga and aerobic exercise compared to a stretching-toning control group on brain structure, function, behavioral neurocognition, cardiovascular fitness and inflammatory markers in blood among older adults.
Role: Principal Investigator, Funded by the NIH

Optical Measures of Cerebral Arterial Function as Predictors of Brain and Cognitive Aging
A cross-sectional and longitudinal study examining the relationship between cerebral arterial function, and associated risk factors, with cognitive health and risk for mild to severe cognitive impairment.
Role: Co-I, Funded by the NIH

Feasibility of a Novel, Theory Based Physical Activity Intervention Among Adult Cancer Survivors
A 12-week home-based social cognitive theory-based program to increase physical activity and reduce sedentary behavior among adult cancer survivors.
Role: Principal Investigator, Funded by the Center for Social and Behavioral Sciences, UIUC

Evaluation of Wits Workout, a Community Intervention to Promote Brain Health and Well-being among Underserved Older Adults in Illinois.
A 24-week RCT comparing the Wits Workout program with a waitlist control group and its efficacy at improving cognitive health and health related quality of life.
Role: Co-I, Funded by the Roybal Center, University of Illinois at Chicago

Completed Projects:

Effects of Yoga, Strength and Aerobic Exercise on Cognition in Adult Cancer Survivors
A 12-week randomized controlled trial examining the effects of yoga and aerobic exercise compared to a stretching and strengthening control group on cognitive function in middle aged cancer survivors.

Role: Principal Investigator

Immediate and Delayed Acute Effects of Yoga and Interval-based Exercise on Cognitive Function (2017-2019)
A repeated measures study examining the acute (immediate) effects of a 20-minute yoga session vs. a 20-minute high intensity interval exercise session on cognitive function in college students.
Role: Principal Investigator

The Effects of a Season Long Yoga Intervention on Performance, Fitness, and Well-being in UIUC NCAA Athletes (2018-2019)
A weekly yoga intervention measuring cognitive abilities, reductions in stress and anxiety, and physiological outcomes in collegiate athletes.
Role: Principal Investigator

Physical Activity and Well-being in Formal and Informal Caregivers (2017-2019)
A cross sectional study examining physical activity levels, patterns and preferences among formal (paid) and informal (unpaid) caregivers to improve psychological well-being.
Role: Principal Investigator

Exercise Preferences and Quality of Life among Cancer Survivors (2018-2019)
A pilot cross sectional study examining physical activity and sleep patterns in cancer survivors across various stages and types of cancer and its associations with well-being and quality of life.
Role: Principal Investigator

***Correlates of Physical Activity and Functional Fitness in Urban African American Older Adults (*National Institutes of Health, P30 AG015281; 2014 – 2015)**
A cross sectional study designed to improve our understanding of the factors that influence physical activity in African American older adults living in urban settings by utilizing the social cognitive theory framework.
Role: Principal Investigator, Michigan Center for Urban African Aging Research Pilot Grant

Effects of Long-term Yoga Practice on Cognition, Brain Structure and Function (2015-2017)
A cross sectional study examining the differences in cognitive functioning, assessed using neuropsychological tests and magnetic resonance imaging techniques among yoga experts and age-, sex-matched control participants.
Role: Principal Investigator

Effects of Regular Yoga Practice on Cognition in College Students (2014 – 2017)
A non-randomized semester long trial examining the effects of 12-weeks of yoga practice in comparison with aerobic exercise on cognition in college students participating in the Lifetime Fitness Activities at WSU campus.
Role: Principal Investigator

Patterns of Physical Activity, Cognition and Functional Fitness in Stroke Survivors (2016 - 2017)
A cross sectional study examining level and pattern of physical activity, cognitive functioning and functional fitness in stroke survivors.

Role: Principal Investigator

Comparing Physical Activity Monitors against Energy Expenditure assessed using a Cardiovascular Fitness Test (2015-2016)
A study comparing estimates of energy expenditure from a variety of activity monitors (Basis®, FitBit®, Polar®, Actigraph®, JawBone®) at low, moderate, and high intensities against cardiorespiratory energy expenditure in a sample of college students.
Role: Principal Investigator

Stretching & Yoga Exercise Trial (SAY Exercise Trial – dissertation 2012-2013)NCT01650532
A randomized controlled trial examining the effects of an 8-week intensive yoga intervention on cognition and functional fitness in older adults in comparison to an attentional control stretching group.
Role: Principal Investigator Advisor: Edward McAuley

Study of Aerobic and Yoga Exercise (SAY Exercise – independent study 2011-2012)
A pilot study investigating acute effects of 20-minute yoga and aerobic exercise sessions on cognition and affect in college students.
Role: Principal Investigator Advisor: Edward McAuley

Manuscripts Under Review

1. Morris, T.P., Burzynska, A., Voss, M. Fanning, J., Salerno, E.A., Prakash, R., **Gothe, N.P**., Whitfield-Gabrieli, S., Hillman, C.H., McAuley, E., Kramer, A.F. (2021, under review). Brain structure and function predict adherence to an exercise intervention in older adults. *Psychological Science*.

2. Maza, R.A. & **Gothe, N.P**. (2021, under review). Home-based Mind-body Interventions to Improve Functional Fitness Outcomes in Adults: A Scoping Review. *European Journal of Integrative Medicine.*

3. Burzynska, A., Colmenares, A.M., Voss, M.W., Fanning, J., Dalerno, E.A., **Gothe, N.P**., Thomas, M.L., McAuley, E. & Kramer, A.F. (2021, under review). White matter plasticity in healthy older adults: the effects of aerobic exercise. *Neuroimage.*

4. Clark-Sienkiewicz, S.M., Caño, A., Lackman Zeman, L., Lumley M.A., & **Gothe, N.P.** (2021, under review). Beyond logistical barriers: Role of exercise self-efficacy, social and cognitive factors on attendance to a health behavior change program in primary care. *Journal of Clinical Psychology in Medical Settings.*

5. Morris, T., Kucyi, A., Anteraper, S.A., Geddes, M.R., Nieto-Castanon, A., Burzynska, A., **Gothe, N.P**., Fanning, J.F., Salerno, E.A., Whitfield-Gabrieli, S., Hillman, C.H., McAuley, E. & Kramer, A.F. (2021, under review). Resting State Functional Connectivity Provides Mechanistic Predictions of Future Changes in Sedentary Behavior. *Scientific Reports*

6. Butler, J. & **Gothe, N.P.** (2021, under review). Exploring Officer Perceptions of Police Defensive Tactics Training Using a Social Cognitive Framework: A Qualitative Study. *International Journal of Police Science and Management*

Peer-Reviewed Publications

All time: h-index: 31, i10-index: 43, citations: 4813 – as of August 2, 2021
Since 2016: h-index: 30; i10-index: 43, citations: 3708 – as of August 2, 2021

1. **Gothe, N.P.** & Erlenbach, E. (2021). Feasibility of a Yoga, Aerobic and Stretching-Toning Exercise Program for Adult Cancer Survivors: The STAYFit Trial. *Journal of Cancer Survivorship.*

2. Colmenares, A.M., Voss, M.W., Fanning, J., Salerno, E.A., **Gothe, N.P**., Thomas, M.L., McAuley, E., Kramer, A.F. and Burzynska, A.Z. (2021). White matter plasticity in healthy older adults: the effects of aerobic exercise. *NeuroImage*, p.118305.

3. Webster, K., Colabianchi, N., Ploutz-Snyder, R., **Gothe, N.P**., Smith, E.L. & Larson, J.L. (2021). Comparative assessment of ActiGraph data processing techniques for measuring sedentary behavior in older adults with COPD. *Physiological Measurement.*

4. Salerno, E.A., **Gothe, N.P**., Fanning, J., Peterson, L.L., Colditz, G.A. & McAuley, E. (2021). Effects of a DVD-delivered randomized controlled physical activity intervention on functional health in cancer survivors. BMC Cancer 21, 870.

5. Webster, K.E., Zhou, W., Gallagher, N.A., Lavoie Smith, E.M., **Gothe, N.P**., Ploutz-Snyder, Colabianchi, N., Larson, J.L. (2021). Objectively-Measured Sedentary Behavior in Oldest Old Adults: A Systematic Review and Meta-Analysis. *Preventive Medicine Reports.* DOI:

6. **Gothe, N.P.**, Erlenbach, E. & Engels, H-J. (2021). Exercise and self-esteem model: Validity in a sample of healthy female adolescents. *Current Psychology*. DOI: 10.1007/s12144-021-01390-7

7. Erlenbach, E., McAuley, E. & **Gothe, N.P.** (2021). The Association Between Light Physical Activity and Cognition Among Adults: A Scoping Review. *Journal of Gerontology: Medical Sciences.* DOI: 10.1093/gerona/glab013

8. Clark-Sienkiewicz, S.M., Caño, A., Lackman Zeman, L., Lumley M.A., & **Gothe, N.P.** (2021). Development of a Multicomponent Intervention to Initiate Health Behavior Change in Primary Care: The Kickstart Health Program. *Journal of Clinical Psychology in Medical Settings.* DOI: 10.1007/s10880-020-09755-z

9. **Gothe, N.P.** & Erlenbach, E. (2020). Feasibility of an 8-week Yoga Intervention among Middle-aged and Older Adults. *OBM Geriatrics;* 4(4):15. DOI: 10.21926/obm.geriatr.2004137.

10. Burzynska, A. Z., Voss, M. W., Fanning, J., Salerno, E. A., **Gothe, N. P.**, McAuley, E., & Kramer, A. F. (2020). Sensor-measured sedentariness and physical activity are differentially related to fluid and crystallized abilities in aging. *Psychology and Aging.* Advance online publication. DOI:10.1037/pag0000580

11. **Gothe, N.P.,** Erlenbach, E., Streeter, S. & Lehovec, L. (2020). Effects of Yoga, Aerobic, and Stretching and Toning Exercises on Cognition in Adult Cancer Survivors: Protocol of the STAY Fit Randomized Controlled Trial. *Trials.* Advance online publication. DOI: 10.1186/s13063-020-04723-2

12. Burzynska, A. Z., Ganster, D.C., Fanning, J.F., Salerno, E. A., **Gothe, N.P.**, Voss, M.W., McAuley, E. & Kramer, A.F. (2020). Occupational Physical Stress is Negatively Associated with Hippocampal Volume and Memory in Older Adults. *Frontiers in Human Neuroscience.* DOI: 10.3389/fnhum.2020.00266

13. **Gothe, N.P.** (2020). Light vs. Moderate to Vigorous Physical Activity and Executive Function in African American Adults. *Aging and Mental Health.* 1-7. DOI: 10.1080/13607863.2020.1768216

14. **Gothe, N.P.** & Bourbeau, K. (2019). Associations Between Physical Activity Intensities and Physical Function in Stroke Survivors. *American Journal of Physical Medicine & Rehabilitation.* DOI: 10.1097/PHM.0000000000001410

15. **Gothe, N.P**., Ehlers, D.K., Salerno, E.A., Fanning, J., Kramer, A.F. & McAuley, E. (2019). Physical Activity, Sleep and Quality of Life in Older Adults: Influence of Physical, Mental and Social Well-being. *Behavioral Sleep Medicine*, 1-12. DOI: 10.1080/15402002.2019.1690493

16. **Gothe, N.P.**, Khan, I., Hayes, J.M., Erlenbach, E., & Damoiseaux, J.S. (2019). Yoga Effects on Brain Health: A Systematic Review of the Current Literature. *Brain Plasticity.* 1-17. DOI 10.3233/BPL-190084

17. **Gothe, N.P.**, Hayes, J. M., Temali, C., & Damoiseaux, J. S. (2018). Differences in Brain Structure and Function Among Yoga Practitioners and Controls. *Frontiers in Integrative Neuroscience*, *12*, 26. DOI: 10.3389/fnint.2018.00026

18. Kendall, B., Bellovary, B., & **Gothe, N. P.** (2018). Validity of wearable activity monitors for tracking steps and estimating energy expenditure during a graded maximal treadmill test. *Journal of Sports Sciences*, 37(1), 42-49. DOI:10.1080/02640414.2018.1481723

19. Voss, M. W., Sutterer, M., Weng, T. B., Burzynska, A. Z., Fanning, J., Salerno, E., **Gothe, N.P.**, Ehlers, D.K., McAuley, E. & Kramer, A. F. (2018). Nutritional supplementation boosts aerobic exercise effects on functional brain systems. *Journal of Applied Physiology*, 126, 77-87. DOI: 10.1152/japplphysiol.00917.2017

20. **Gothe, N.P.** (2018). Correlates of Physical Activity in Urban African American Adults and Older Adults: Testing the Social Cognitive Theory. *Annals of Behavioral Medicine*, 52(9), 743-751. DOI: 10.1093/abm/kax038.

21. Engels, H.J., Kendall, B., Fahlman, M.M., **Gothe, N.P.**, & Bourbeau, K. (2018). Salivary Immunoglobulin A in Healthy Adolescent Females: Effects of Maximal Exercise, Physical Activity, Body Composition, and Diet. *The Journal of Sports Medicine and Physical Fitness*, 58(7-8), 1096-1101. DOI: 10.23736/S0022-4707.17.07845-8

22. Scott, L. C., Atkinson, F., & **Gothe, N. P.** (2017). The Long-Term Effects of Sport-related Concussions on Cognition in Interscholastic and Collegiate Athletes: A Meta-analysis of Cross-Sectional Studies. *Archives of Sports Medicine, 1*(2), 48-57. DOI: 10.36959/987/229

23. Burzynska, A. Z., Jiao, Y., Knecht, A. M., Fanning, J., Awick, E. A., Chen, T., **Gothe, N.P.**, Voss, V.W., McAuley, E. & Kramer, A. F. (2017). White matter integrity declined over 6-months, but dance intervention improved integrity of the fornix of older adults. *Frontiers in Aging Neuroscience*, 9, 59. DOI: 10.3389/fnagi.2017.00059

24. **Gothe, N.P.**, Kramer A.F & McAuley, E. (2017). Hatha Yoga Practice Improves Attention and Processing Speed in Older Adults: Results from an 8-week Randomized Control Trial. *Journal of Alternative and Complementary Medicine,* 23(1), 35-40. DOI: 10.1089/acm.2016.0185

25. **Gothe, N.P**., Keswani, R. & McAuley, E. (2016). Yoga Practice Improves Cognition by Attenuating Stress Levels. *Biological Psychology*, 121(A), 109-116. DOI: 10.1016/j.biopsycho.2016.10.010

26. Fanning, J., Porter, G., Awick, E.A., Wójcicki, T.R., **Gothe, N.P**., Roberts, S.R., Ehlers, D.K., Motl, R.W., & McAuley, E. (2016). Effects of a DVD-delivered exercise program on patterns of sedentary behavior in older adults: a randomized controlled trial. *Preventive Medicine Reports, 3,* 238-243. DOI: 10.1016/j.pmedr.2016.03.005

27. Fanning, J., Awick, E.A., Wójcicki, T.R., **Gothe, N.P.**, Roberts, S.A., Ehlers, D.K., Motl, R.W., & McAuley, E. (2016). Effects of a DVD-delivered exercise intervention on maintenance of physical activity in older adults. *Journal of Physical Activity and Health,* 13(6), 594-598. PMID:26595937, DOI: 10.1123/jpah.2015-0173

28. Oberlin, L.E., Verstynen, T.D., Burzynska, A.Z., Voss, M.W., Prakash, R.S., Chaddock-Heyman, L., Wong, C.N., Fanning, J., Awick, E., **Gothe, N.P.,** Phillips, S.M., Mailey, E., Ehlers, D., Olson, E.A., Wojcicki, T., McAuley, E., Kramer, A.F., Erickson, K.I. (2016). White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. *NeuroImage*, 131, 91-101. DOI: 10.1016/j.neuroimage.2015.09.053

29. Voss, M.W., Weng, T.B., Burzynska, A., Wong, C.N., Cooke, G.E., Clark, R., Fanning, J., Awick, E., **Gothe, N.P.**, Olson, E.A., McAuley, E., & Kramer, A.F. (2016) Fitness, but

not physical activity, is related to functional integrity of brain networks associated with aging. *NeuroImage*,131, 113-125. DOI: 10.1016/j.neuroimage.2015.10.044

30. **Gothe, N.P.** & McAuley, E. (2016) Yoga is as good as Stretching-Strengthening Exercises in Improving Functional Fitness Outcomes: Results from a Randomized Controlled Trial. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 71 (3): 406-411. DOI:10.1093/gerona/glv127

31. Kendall, B.J. & **Gothe, N.P.** (2016). The Effect of Aerobic Exercise Interventions on Mobility among Stroke Patients: A Systematic Review. *American Journal of Physical Medicine & Rehabilitation*, 95(3), 214-224. DOI: 10.1097/PHM.0000000000000416

32. Burzynska, A.Z., Wong, C.N., Chaddock-Heyman, L., Olson, E.A., **Gothe, N.P.**, Knecht, A., Voss, M.W., McAuley, E. & Kramer, A.F. (2016). White matter integrity, hippocampal volume, and cognitive performance of a world-famous nonagenarian track-and-field athlete. *Neurocase*, *22*(2), 135-144. DOI: 10.1080/13554794.2015.1074709

33. **Gothe, N.P.** & Kendall, B. (2016). Barriers, Motivations and Preferences for Physical Activity among African American Older Adults. *Gerontology and Geriatric Medicine*, 2, 1-8 DOI: 10.1177/2333721416677399

34. **Gothe, N.P.** & McAuley, E. (2015). Yoga and Cognition: A Meta-analysis of Chronic and Acute Effects. *Psychosomatic Medicine.* 77(7), 784-797. DOI: 10.1097/PSY.0000000000000218

35. **Gothe, N. P.**, Wójcicki, T. R., Olson, E. A., Fanning, J., Awick, E., Chung, H. D., Zuniga, K.E., Mackenzie, M.J., Motl, R.W. & McAuley, E. (2015). Physical activity levels and patterns in older adults: the influence of a DVD-based exercise program. *Journal of Behavioral Medicine*, 38(1), 91-97. DOI: 10.1007/s10865-014-9581-6

36. Burzynska, A.Z., Wong, C.N., Voss, M.W., Cooke, G.E., **Gothe, N.P.**, Fanning, J., et al. (2015). Physical Activity Is Linked to Greater Moment-To-Moment Variability in Spontaneous Brain Activity in Older Adults. *PLoS ONE* 10(8): e0134819. DOI: 10.1371/journal.pone.0134819

37. **Gothe, N. P.**, Kramer, A. F., & McAuley, E. (2014). The Effects of an 8-Week Hatha Yoga Intervention on Executive Function in Older Adults. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, *69*(9), 1109-1116. DOI: 10.1093/gerona/glu095

38. Mailey, E., **Gothe, N.P.**, Wójcicki, T.R., Szabo, A.N., Olson, E.A., Mullen, S.P., Fanning, J.T., Motl, R.W. & McAuley, E. (2014). Influence of allowable interruption period on estimates of accelerometer wear time and sedentary time in older adults. *Journal of Aging and Physical Activity.* 22(2), 255-260. DOI: 10.1123/japa.2013-0021

39. **Gothe, N.P.**, Fanning, J., Awick, E., Chung, D., Wójcicki, T.R., Olson, E.A., Mullen, S.P., Voss, M., Erickson, K.I., Kramer, A.F. & McAuley, E. (2014). Executive function

processes predict mobility outcomes in older adults. *Journal of the American Geriatrics Society*, 62(2), 285-290. DOI: 10.1111/jgs.12654

40. Burzynska, A.Z., Chaddock-Heyman, L., Voss, M.W., Wong, C.N., **Gothe, N.P.**, Olson, E.A., Knecht, A., Lewis, A., Cooke, G., Wojcicki, T.R., Fanning, J., Chung, H.D., Awick, E., McAuley, E., Kramer, A.F. (2014). Physical activity and cardiorespiratory fitness are beneficial for aging white matter. *PLOS One.* 9(9): e107413. DOI: 10.1371/journal.pone.0107413

41. Leckie, R. L., Oberlin, L. E., Voss, M. W., Prakash, R. S., Szabo-Reed, A., Chaddock-Heyman, L., Phillips, S.M., **Gothe, N.P**., Mailey, E., Vieira-Potter, V.J., Martin, S.A., Pence, B.D., Lin, M., Parasuraman, R., Greenwood, P.M., Fryxell, K.J., Woods, J., McAuley, E., Kramer, A.F. & Erickson, K. I. (2014). BDNF mediates improvements in executive function following a 1-year exercise intervention. *Frontiers in Human Neuroscience*, 8, 985. DOI: 10.3389/fnhum.2014.00985

42. Voss, M.W., Heo, S., Prakash, R.S., Erickson, K.I., Alves, H., Chaddock, L., Szabo, A.N., Mailey, E.L., Wójcicki, T.R., White, S.M., **Gothe, N.P.**, McAuley, E., Sutton, B.P. & Kramer, A.F. (2013). The influence of aerobic fitness on cerebral white matter integrity and cognitive function in older adults: Results of a one-year exercise intervention. *Human Brain Mapping*, 34(11), 2972-2985. DOI: 10.1002/hbm.22119

43. Mullen, S.P., Wójcicki, T.R., Mailey, E.L., Szabo, A.N., **Gothe, N.P.**, Olson, E.A., Fanning, J., Kramer, A. and McAuley, E. (2013). A profile for predicting attrition from exercise in older adults. *Prevention Science*, 14(5), 489-496. DOI: 10.1007/s11121-012-0325-y

44. McAuley,E., Wójcicki, T.R., **Gothe, N.P**., Olson, E.A., Szabo, A.N., Fanning, J., Mailey, E.L., Phillips, S.M., Motl, R.W., Mullen, S.P. (2013). Effects of a DVD-Delivered Exercise Intervention on Physical Function in Older Adults. *Journal of Gerontology: Medical Sciences,* 68(9), 1076-1082. DOI: 10.1093/gerona/glt014

45. **Gothe, N.P.,** Pontifex, M.B., Hillman, C.H. & McAuley, E. (2013). The Acute Effects of Yoga on Executive Function. *Journal of Physical Activity and Health*, 10(4), 488-495. DOI: 10.1123/jpah.10.4.488

46. Voss, M.W., Erickson, K.I., Prakash, R.S., Chaddock, L.C., Kim, J.S., Alves, H., Szabo, A., White, S.M., Wójcicki, T.R., Mailey, E.L., Olson, E.A., **Gothe, N.P.**, Potter, V.V., Martin, S.A., Pence, B.D., Cook, M.D., Woods, J.A., McAuley, E., & Kramer, A.F. (2013). Neurobiological markers of exercise-related brain plasticity in older adults. *Brain, Behavior, and Immunity*, 28, 90-99. DOI: 10.1016/j.bbi.2012.10.021

47. Mullen, S.P., **Gothe, N.P.,** McAuley, E. (2013). Evaluation of the factor structure of the Rosenberg Self-Esteem Scale in older adults. *Personality and Individual Differences.* 54(2), 153-157. DOI: 10.1016/j.paid.2012.08.009

48. McAuley, E., Wójcicki, T.R., White, S.M., Mailey, E.L., Szabo, A.N., **Gothe, N.P.**, Olson, E.A., Mullen, S.P., Fanning, J., Motl, R.W. and Rosengren, K. (2012). Physical activity, function, and quality of life: Design and methods of the FlexToBa™ trial. *Contemporary Clinical Trials*, *33*(1), 228-236. DOI: 10.1016/j.cct.2011.10.002

49. Verstynen, T., Lynch, B., Miller, D., Voss, M., Prakash, R., Chaddock, L., Basak, C., Szabo, A., Olson, E., Wojcicki, T., Fanning, J., **Gothe, N.P.,** McAuley, E., Kramer, A., & Erickson, K. R. (2012). Caudate nucleus volume mediates the link between cardiorespiratory fitness and cognitive flexibility in older adults. *Journal of Aging Research*, 2012:939285 DOI: 10.1155/2012/939285

50. Mullen, S. P., Olson, E. A., Phillips, S. M., Szabo, A. N., Wójcicki, T. R., Mailey, E. L., **Gothe, N.P.**, Fanning, J. T., Kramer, A.F. & McAuley, E. (2011). Measuring enjoyment of physical activity in older adults: invariance of the physical activity enjoyment scale (PACES) across group and time. *International Journal of Behavioral Nutrition and Physical Activity* 2011, 8:103. DOI: 10.1186/1479-5868-8-103

51. Szabo, A. N., McAuley, E., Erickson, K. I., Voss, M., Prakash, R. S., Mailey, E. L., Wójcicki, T. R., White, S. M., **Gothe, N.P.**, Olson, E. A. & Kramer, A. F. (2011). Cardiorespiratory fitness, hippocampal volume, and frequency of forgetting in older adults. *Neuropsychology*, 25(5), 545-553. DOI: 10.1037/a002273

52. McAuley, E.M., Mullen, S. P., Szabo, A. N., White, S. M., Wójcicki, T. R., Mailey, E. L., **Gothe, N.P.**, Olson, E. A., Voss, M., Erickson, K., Prakash, R., & Kramer, A. (2011). Self-regulatory processes and exercise adherence in older adults: Executive function and self-efficacy effects. *American Journal of Preventive Medicine*, 41(3), 284-290. DOI: 10.1016/j.amepre.2011.04.014

53. **Gothe, N.P.**, Mullen, S.P., Wójcicki, T.R., Mailey, E.L., White, S.M., Olson, E.A., Szabo, A.N., Kramer, A.F., & McAuley, E. (2011). Trajectories of change in self-esteem in older adults: Exercise intervention effects. *Journal of Behavioral Medicine*, 34(4), 298-306. DOI: 10.1007/s10865-010-9312-6

54. McAuley, E., Szabo, A. N., Mailey, E. L., Erickson, K. I., Voss, M., White, S. M., Wójcicki, T. R., **Gothe, N.P.,** Olson, E. A., Mullen, S. P., & Kramer, A. F. (2011). Non-exercise estimated cardio-respiratory fitness: Associations with brain structure and function in older adults. *Mental Health & Physical Activity*, 4(1), 5-11. DOI: 10.1016/j.mhpa.2011.01.001

55. Szabo, A.N., Mullen, S.P., White, S.M., Wójcicki, T.R., Mailey, E.L., **Gothe, N.P.,** Olson, E.A., Fanning, J., Kramer, A.F., & McAuley, E. (2011). Longitudinal invariance of the Abbreviated Late Life Function and Disability Instrument in Healthy Older Adults. *Archives of Physical Medicine and Rehabilitation*, 92(5), 785-791. DOI: 10.106/j.ampr.2010.12.033

56. McAuley, E., Mailey, EL., Mullen, SP., Szabo, AN., Wójcicki, TR., White, SM., **Gothe, N.P.,** Olson, E. A., & Kramer, AF. (2011). Growth trajectories of exercise self-efficacy in

older adults: Influence of measures and initial status. *Health Psychology*, 30(1), 75-83. DOI: 10.1037/a0021567

57. Voss, M. W., Ruchika, S. P., Mailey, E. L., Erickson, K. I., Basak, C. Chaddock, L., Kim, J. S., Alves, H., Heo, S., Szabo, A., White, S. W., Wójcicki, T. R., **Gothe, N.P.,** Olson, E. A., McAuley, E., & Kramer, A. F. (2010). Plasticity of brain networks in a randomized intervention trial of exercise training in older adults. *Frontiers in Neuroscience, 2*(32). DOI: 10.3389/fnagi.2010.00032

Invited Review:

58. McAuley, E., Szabo, A., **Gothe, N.P.,** & Olson, E. A. (2011). Self-efficacy: Implications for physical activity, function, and functional limitations in older adults. *American Journal of Lifestyle Medicine*, 5(4), 361-369. DOI: 10.1177/1559827610392704

Book Chapter:

59. McAuley, E., Mailey, E. L., Szabo, A. N., & **Gothe, N.P.** (2012). Physical activity and the personal agency: Self-efficacy as a determinant, consequence, and mediator. In Martin Ginis, K. A. (Ed.), *Handbook of Physical Activity and Mental Health*. London: Routledge

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Published Peer-Reviewed Abstracts

1. Salerno, E.A., **Gothe, N.P.**, Fanning, J., Peterson, L.P., Colditz, G. & McAuley, E. "Effects of a DVD-delivered physical activity intervention on functional performance in cancer survivors." *Poster to be presented at the annual meeting of the American Society of Preventive Oncology, Virtual, March 2021.*

2. Danbury, A.D., Erlenbach, E., **Gothe, N.P.** (2021). The Effects of a Pre-Season Yoga Intervention on Collegiate Student-Athlete Stress and Anxiety: A Pilot Study [Research Spotlight]. The 42nd Annual Meeting of the *Society of Behavioral Medicine*, *Virtual Conference April 12-16*

3. Erlenbach, E., Singleton, C.R., & **Gothe, N.P.** (2021). Television and computer use negatively impacts aerobic fitness among low- and medium-fit adults [Research Talk]. The 42nd Annual Meeting of the *Society of Behavioral Medicine, Virtual Conference April 12-16*

4. Garcia, V., Erlenbach, E., & **Gothe, N.P.** (2021). Predictors of physical activity among cancer survivors: role of demographic factors and pre-cancer physical activity [Research Spotlight]. Poster presented at the 42nd Annual Meeting of the *Society of Behavioral Medicine, Virtual Conference April 12-16*

5. Rivera, A. & **Gothe, N.P.** (2021). Home-based Mind-body Interventions to Improve Functional Fitness Outcomes in Adults: A Scoping Review. [Research Spotlight] Poster presented at the 42nd Annual Meeting of the *Society of Behavioral Medicine, Virtual Conference April 12-16*

6. Mendez, A., Voss, M., Fanning, J., Salerno, E.A., **Gothe, N.P.**, Thomas, M.L., McAuley, E., Kramer, A.F., & Burzynska, A.Z. (2021). Aerobic exercise increases T1w/T2w in the aging white matter. Poster to be presented at the Annual Meeting of the International Neuropsychological Society February 2021 in San Diego, CA.

7. Erlenbach, E., McAuley, E., **Gothe, N.P.** (2020) *Can light physical activity improve cognition among older adults? A scoping review*. Poster presented at Gerontological Society of America 2020 Annual Scientific Meeting; November 4-7; Virtual Conference

8. Zimmerman, B., Clements, G.M., Bowie, D.C., Jones, H., Mejia, D., Rubenstein, S., Erlenbach, E., **Gothe, N.P**., Sutton, B.P., Low, K.A., Gratton, G., & Fabiani, M. Physical activity, but not VO_{2peak}, predicts cerebrovascular blood flow and operation span in aging females. Poster presented at *Society for Psychophysiology Research 2020 Annual Meeting*; 2020 Oct.; Virtual conference.

9. **Gothe, N.P.** (2020). Yoga, Aerobic walking and Stretching-Toning for cancer survivors: Participant experiences from a 12-week group exercise intervention (STAY Fit Trial). *International Society of Behavioral Nutrition and Physical Activity (Abstract Book).*

10. Streeter, S. **Gothe, N.P.** (2020). Associations of Light vs. Moderate to Vigorous Physical Activity with Fatigue and Stress in Cancer Survivors. Poster presented at the 41st Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA, April 2020.

11. Erlenbach, E., Streeter, S., & **Gothe, N.P.** (2020). Influence of Weekend Sitting Time and Moderate-to-Vigorous Physical Activity in Predicting Cardiovascular Fitness among College Students. Poster to be presented at the 41st Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA, April 2020.

12. **Gothe, N.P.** (2019). Light vs. Moderate Intensity Physical Activity and Executive Functioning among African American Older Adults. *International Society of Behavioral Nutrition and Physical Activity (Abstract Book)*, #19130, p1168.

13. **Gothe, N.P.** (2019). Accelerometer measured Physical Activity, Physical Function and Quality of Life among African American Older Adults. *Annals of Behavioral Medicine, 53(Abstract Supplement).*

14. Erlenbach, E., Engels, H-J, & **Gothe, N.P.** (2019). Validity of the Exercise Self-Esteem Model in a Sample of Adolescent, Athletic Females. *Annals of Behavioral Medicine, 53(Abstract Supplement).*

15. Brown, N., Hill, G. & Erlenbach, E. & **Gothe, N.P.** (2019). Subjective and Actigraph Measured Sleep Quality and Affect in Adult Cancer Survivors. *Annals of Behavioral Medicine, 53(Abstract Supplement).*

16. **Gothe, N.P**., Greenwald,M. & Naar, S. (2018). Effects of Acute Aerobic Exercise on Inhibitory Control Among Obese African American Adolescents. *International Journal of*

Behavioral Medicine, Poster Abstract # P097, S33 (Abstract Supplement).

17. **Gothe, N.P**., Ehlers, D., Aguinaga, S., Kramer, A. & McAuley, E. (2018). Sleep and Quality of Life in Older Adults: Influence of Health Statis and Social Network. *International Journal of Behavioral Medicine, Oral Presentation #O43.1, S208 (Abstract Supplement).*

18. **Gothe, N.P.** (2018). Accelerometer measured Sedentary Time, Self-reported Physical Function, and Quality of Life in African American Older Adults. *Annals of Behavioral Medicine, 52(Abstract Supplement).*

19. **Gothe, N. P**., & Damoiseaux, J. S. (2017). Differences In Brain Structure And Function Among Yoga Experts And Controls: 836 Board#15, *Medicine & Science in Sports & Exercise*, *49*(5S), 214.

20. Bourbeau, K. C., Kendall, B., & **Gothe, N.P.** (2017). Relationship Between Light Physical Activity and Functional Fitness in Stroke Survivors. *Annals Of Behavioral Medicine,* 51(Abstract Supplement), s388–s390.

21. Kendall, B. J., Bellovary, B., & **Gothe, N.P.** (2017). Reliability of Activity Monitors for Tracking Steps and Estimating Energy Expenditure during a Graded Maximal Treadmill Test. *Annals of Behavioral Medicine,* 51(Abstract Supplement), s1307–s1308.

22. Renn, B. N., **Gothe, N.P.,** Aguinaga, S., Awick, E., Bourbeau, K. C., & Winter, S. J. (2017). Physical Activity and Wellness: Implications for Interventions in Aging Populations. *Annals of Behavioral Medicine, ,* 51(Abstract Supplement), s385.

23. Snapp, E., Kendall, B. J., & **Gothe, N.P.** (2017). Physical Activity, Self-reported Physical Functioning, and Quality of Life in Stroke Survivors. *Annals of Behavioral Medicine,* 51(Abstract Supplement), s1328–s1329.

24. **Gothe, N. P.** (2016). Individual, Social and Environmental Correlates of Physical Activity in African American Older Adults. In *International Journal of Behavioral Medicine*, Vol. 23, pp. S192-S192.

25. **Gothe, N.** (2016) Accelerometer and Self-Reported Physical Activity among African American Older Adults. *Annals of Behavioral Medicine, 50*(Abstract Supplement), s284

26. Kendall, B. & **Gothe, N.** (2016) Barriers, Motivations and Preferences for Physical Activity among African American Older Adults. *Annals of Behavioral Medicine, 50*(Abstract Supplement), s320

27. **Gothe, N.**, Aguiñaga, S., Ehlers, D., Resnick, B., & Rejeske, J. (2016) Aging Well: Optimizing Physical Function and Cognitive Health. *Annals of Behavioral Medicine, 50*(Abstract Supplement), s204

28. Ehlers, D., Fanning, J., **Gothe, N**., Awick, E., Cooke, G. Burzynska, A., Wong, C., Kramer, A. & McAuley, E. (2016). Does Baseline Executive Function Predict change in Lower-body Strength in Older Adults Enrolled in an Exercise Trial? *Annals of Behavioral Medicine, 50*(Abstract Supplement), s204

29. Winter, S., McMohan, S., **Gothe, N.** & Castro-Sweet, C. (2016). There's an App for that – Seniors Getting Active! Using Technology to Promote Physical Activity in Older adults. *Annals of Behavioral Medicine, 50*(Abstract Supplement), s283

30. **Gothe, N.** (2015). Physical activity, mobility and cognitive performance among African American older adults. *The Gerontologist*, 55(S2):212.

31. **Gothe, N**. & McAuley, E. (2015). Working memory and inhibitory control predict mobility outcomes in middle aged and older adults. *Annals of Behavioral Medicine, 49*(Abstract Supplement), s251

32. Kendall, B & **Gothe, N**. (2015). The effect of aerobic exercise interventions on mobility among stroke patients: A review and meta-analysis. *Rapid Communications Abstract, Society of Behavioral Medicine*, 101

33. **Gothe, N**., McAuley, E. & Kramer, A. (2014). The Effects of an 8-week Hatha Yoga Intervention on Executive Function in Older Adults. *Annals of Behavioral Medicine, 47*(Abstract Supplement), s179

34. **Gothe, N**., Wojcicki, T., Olson, E., Fanning, J., Awick, E., Motl, R. & McAuley, E. (2014). Physical Activity Levels and Patterns in Older Adults: The Influence of a DVD-Delivered Exercise Program. *Annals of Behavioral Medicine, 47*(Abstract Supplement), s130

35. **Gothe, N.**, Keswani, R. & McAuley, E. (2013) Yoga Practice Improves Working Memory Capacity by Attenuating Stress Levels. *The Gerontologist*, 53(S1):317.

36. **Gothe, N.**, Fanning, J., Awick, E., Chung, D., Wójcicki, T.R., Olson, E.A., Mullen, S.P., Voss, M., Erickson, K.I., Kramer, A.F. & McAuley, E. (2013). Executive function processes predict mobility outcomes in older adults. *The Gerontologist*, 53(S1):7.

37. Awick, E., Wójcicki, T., **Gothe, N.**, Olson, E., Fanning, J., Kramer, A., & McAuley, E., (2013). Exercise training interventions improve health related quality of life but not global quality of life. *Annals of Behavioral Medicine, 45*(Abstract Supplement), s227.

38. Fanning, J. T., Wójcicki, T., **Gothe, N.**, Olson, E., Motl, R. W., & McAuley, E. (2013). Trajectories of change in exercise self-efficacy in a home-based physical activity trial. *Annals of Behavioral Medicine, 45*(Abstract Supplement), s254.

39. Wójcicki, T. R., **Gothe, N.**, Olson, E. A., Fanning, J. T., Awick, E., Chung, H. D., Motl, R. W., & McAuley, E. (2013). Functional limitation in older adults: The influence of self-efficacy, physical activity, and functional performance. *Society of Behavioral Medicine, Rapid Communications*, 122.

40. Weinstein, A. M., Verstynen, T. D., Prakash, R. S., Voss, M. W., Chaddock, L., Szabo, A., Wójcicki, T. R., **Gothe, N. P.**, Olson, E. A., Fanning, J., McAuley, E., Kramer, A. F., & Erickson, K. I. (2012). Gray matter volume, cardiorespiratory fitness, and cognitive function: A whole brain, voxel-based mediation analysis [abstract]. *Society of Neuroscience,* 693.01.

41. Wong, C. N., Voss, M. W., Chaddock, L., Baniqued, P. L., Cooke, G., Monti, J. M., Szabo, A. N., Wójcicki, T. R., **Gothe, N.,** Olson, E. A., Fanning, J., McAuley, E., & Kramer, A. F. (2012). Age-related shifts in cognitive control strategies [abstract]. *Society of Neuroscience,* 805.16.

42. Wong, C.N., Voss, M.W., Chaddock, L, Baniqued, P.L., Cooke, G., Monti, J.M., Szabo, A.N., Wójcicki, T.R., **Gothe, N.**, Olson, E.A., Fanning, J., McAuley, E., & Kramer, A.F. Cognitive control related brain function is altered by aerobic fitness level in older adults. Society for Neuroscience, (October, 2012), New Orleans, LA.

43. Burzynska, A.Z., Chaddock-Heyman, L., Wong, C.N., Voss, M.W., Olson, E., **Gothe, N**., Lewis, A., Wojcicki, T., Fanning, J., Chung, H.D., Awick, E., McAuley, E., & Kramer, A.F. *Positive effects of physical exercise and aerobic activity on white matter in old age.* Poster presented at the 23rd Annual Neuroscience Conference, 'Brain Plasticity & Neurorehabilitation, Toronto, Canada, March 2013.

44. **Gothe, N.** & McAuley, E. Yoga practice improves attention in older adults: Preliminary results from a pilot RCT. *Annals of Behavioral Medicine 45(2),* (Abstract Supplement), s250.

45. **Gothe, N.,** Mullen, S.P. & McAuley, E. The Effects of Yoga on Cognition: A Meta-analysis of Chronic and Acute Yoga Effects. *Annals of Behavioral Medicine 45(2),* (Abstract Supplement), s138.

46. **Gothe, N.** & McAuley, E. (2012) Yoga Offers Similar Functional Benefits as Stretching-Strengthening Exercises: A Pilot RCT. *The Gerontologist*, 52(S1), p809.

47. Monti, J.M., Voss, M.W., Wong, C.N., Szabo, A.N., Cooke, G., Chaddock, L., Baniqued, P.L., Wójcicki, T. R., **Gothe, N.**, Olson, E.A., Fanning, J.F., McAuley, E., Cohen, N. & Kramer, A.F. Physical activity and aerobic fitness are associated with greater relational memory and hippocampal function in older adults. Poster presented at the Annual Meeting of the Society for Neuroscience, New Orleans, LA, October 2012.

48. **Gothe, N.,** Hillman, C.H. & McAuley, E. (2012) The Effect of Acute Yoga and Aerobic Exercise on Word Memory and Anxiety. *BMC Complementary and Alternative Medicine* 12 (Supplement 1), p127

49. **Gothe, N.,** Hillman, C.H. & McAuley, E. (2012) Acute Yoga versus Aerobic Exercise: Effects on Inhibition and Working Memory. *Annals of Behavioral Medicine, 43*(Abstract Supplement), s39

50. Mullen, S. P., Wójcicki, T. R., Mailey, E. L., Szabo, A. N., **Gothe, N.,** Olson, E. A., Fanning, J. T., Kramer, A., & McAuley, E. (2012) A Profile for Predicting Attrition from Exercise in Older Adults. *Annals of Behavioral Medicine, 43*(Abstract Supplement), s120

51. Olson, E. A., Wójcicki, T. R., Szabo, A. N., Mailey, E. L., Mullen, S. P., **Gothe, N.,** Fanning, J. T., & McAuley, E. (2012) Advanced Lower Extremity Function in Older Adults: Intervention Effects. *Annals of Behavioral Medicine, 43*(Abstract Supplement), s79

52. Mailey, E. L., **Gothe, N.,** Motl, R. W., & McAuley, E. (2011) Accelerometer data reduction: Is there an optimal interruption period for older adults? *The Gerontologist*, 51, 604

53. Wong, C. N., Voss, M. W., Basak, C., Prakash, R., Erickson, K. I., Chaddock, L., Kim, J., Phillips, S. M., Wojcicki, T. W., Mailey, E. L., Szabo, A., **Gothe, N.,** Olson, E., McAuley, E., & Kramer, A. F. *A Profile of Brain Activation as a Function of Aerobic Fitness in the Dual-Task.* Poster presented at The Society for Neuroscience Annual Meeting, Washington D.C., November 2011.

54. McAuley, E., Wójcicki, T. R., White, S. M., Mailey, E. L., Szabo, A. N., **Gothe, N.,** Olson, E. A., Mullen, S. P., Fanning, J. T., Motl, R. W., Rosengren, K., & Estabrooks, P. *Physical Activity, Function, and Quality of Life: Design and Methods of the FlexToBa^{TM} Trial.* Presented at the HEPA Europe 7th Annual Meeting, Amsterdam, Netherlands, October 2011

55. Voss, M. W., Erickson, K. I., Prakash, R. S., Basak, C., Chaddock, L., Kim J. S., Alves, H., Heo, S., Szabo, A. N., White, S. M., Wójcicki, T. R., Mailey, E. L., Olson, E. A., **Gothe, N.,** Potter, V. V., Martin, S. A., Pence, B. D., Cook, M. D., Woods, J.A., McAuley, E., & Kramer, A. F. *Neurobiological markers of plasticity of brain networks in a randomized intervention trial of exercise training in older adults.* Health: Attitudes, Biology, Information, Technology, Society Initiative at the Beckman Institute, Champaign, Illinois, April 2011.

56. **Gothe, N.,** Mullen, S.P., Wójcicki, T.R., Mailey, E.L., White, S.M., Olson, E.A., Szabo, A.N., Kramer, A.F., & McAuley, E. (2011) Trajectories of change in self-esteem in older adults: Exercise intervention effects. *Annals of Behavioral Medicine, 41*(Abstract Supplement), s227.

57. **Gothe, N.**, & McAuley, E. (2011) Physical Activity and Self Efficacy patterns: Cross cultural differences in American and Indian college students. *Annals of Behavioral Medicine, 41*(Abstract Supplement), s224.

58. Mullen, S. P., Mailey, E. L., White, S. M., Wójcicki, T. R., Szabo, A. N., **Gothe, N.**, Olson, E. A., Kramer, A. F., & McAuley, E. (2011) Physical activity, self-efficacy, and functional limitations in older adults: A randomized control trial. *Annals of Behavioral Medicine, 41*(Abstract Supplement), s185

59. Mailey, E. L., Szabo, A. N., Wójcicki, T. R., **Gothe, N.**, White, S. M., Olson, E. A., Kramer, A. F., & McAuley, E. Physical activity and social support in older adults. Poster

presented at the Third International Congress on Physical Activity and Public Health, Toronto, Canada, May 2010.

60. White, S. M., Mailey, E. L., Wójcicki, T. R., Szabo, A. N., **Gothe, N**., Olson, E. A., Kramer, A. F., & *McAuley, E.* Physical activity and physical function in older adults. Poster presented at the Third International Congress on Physical Activity and Public Health, Toronto, Canada, May 2010.

61. Voss, M.W., Prakash, R.S., Erickson, K.I., Basak, C., Chaddock, L., Kim, J.S., Alves, H., Heo, S., Szabo, A., White, S.M., Wojcicki, T.R., Mailey, E.L., **Gothe, N.**, Olson, E.A., McAuley, E., & Kramer, A.F. Plasticity of brain networks in a randomize intervention trial of exercise training in older adults. Poster presented at the Cognitive Aging Conference, Atlanta, GA, May 2010.

62. **Gothe, N.**, Klamm, E.L., Wójcicki, T.R., White, S.M., Szabo, A.N., & McAuley, E. (2010) Physical Activity, Self-Efficacy and Self-Esteem: Hierarchical and longitudinal relationships as a function of an exercise intervention. *Annals of Behavioral Medicine, 39*(Abstract Supplement), s30.

63. **Gothe, N.**, Szabo, A. N., Klamm, E. L., Wójcicki, T.R., White, S. M. & McAuley, E. Independent Effects of Environment, Self-Efficacy and Self-Regulation on Physical Activity in Older Women. Poster presented at The Annual Meeting of the Society of Behavioral Medicine, Montréal, QC, April 2009.

64. Diwan, N., **Gothe, N.**, Narayanan, A., Raut, A. & Majumdar, A. *Aging and Quality of Life.* Paper presentation at PSYCON 2003, the University Grants Commission (UGC) Conference held at Swami Vivekanand College, Mumbai, India

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Unpublished Abstracts

1. Boachie, D, Lasher, L. & **Gothe, N.P.** (2020). Effects of Stretching, Aerobic and Yoga Exercise on Neurocognition among Middle aged and Older Adults: Protocol for the SAY Exercise Trial. Poster presented at the 2021 Undergraduate Research Symposium, University of Illinois at Urbana Champaign, (virtual conference) April 2021. +**This was a START Program project for Daniel Boachie and Leah Lasher.**

2. Catalano, M. & **Gothe, N.P.** (2020). Yoga and cancer survivorship: A systematic review of yoga interventions to reduce fatigue. Poster presented at the 2020 Undergraduate Research Symposium, University of Illinois at Urbana Champaign, (virtual conference) April 2020. +**This was a James Scholar Project for Madison Catalano.**

3. Aerra, A., Pindus, D., **Gothe, N.P**., Greenwald, M. & Naar, S. (2020). Cognitive Control in Minority Adolescents with Obesity: Relationship to Physical Activity and Sedentary Time. Poster presented at the 2020 Undergraduate Research Symposium, University of Illinois at Urbana Champaign, Illini Union, April 2020. +**This was an Undergraduate Research Project (KIN 385) for Akhil Aerra.**

4. Kim, E., Catalano, M. & **Gothe, N.P.** (2019). Cancer Survivors' Exercise Preferences and

Expectations. Poster presented at the 2019 Undergraduate Research Symposium, University of Illinois at Urbana Champaign, Illini Union, April 2019. +**This was a James Scholar Project for Eunice Kim.**

5. Catalano, M., Kim, E. & **Gothe, N.P.** (2019). Reverse Roles: Caregivers Taking Care of Themselves With Physical Activity. Poster presented at the 2019 Undergraduate Research Symposium, University of Illinois at Urbana Champaign, Illini Union, April 2019. +**This was a James Scholar Project for Madison Catalano.**

Research Grants and Funding

Ongoing:

National Institute on Aging, 1R01AG066630-01 04/2020 - 03/2025
University of Illinois at Urbana Champaign **Gothe, N. (PI)**
Project: *Yoga, Aerobic, and Stretching Exercise Effects on Neurocognitive Performance: A Randomized Controlled Trial*
This randomized controlled trial compares the effects of a 6-month yoga, aerobic and stretching-toning on neurocognitive performance of middle aged and older adults. The outcomes include behavioral measures of cognitive function and changes in brain structure and function.
Budget: $3,571,889 ($2,448,539 direct costs)

CSBS + CCIL Small Grant Program 04/2020 - 03/2022
University of Illinois at Urbana Champaign **Gothe, N. (PI)**
Project: *Designing and Testing the Feasibility of a Socio-Ecological Intervention to Promote Physical Activity among Cancer Survivors*
This application proposes a mixed-methods approach to designing a social cognitive theory based 12-week physical activity intervention for cancer survivors.
Budget: $20,825 direct costs only

Campus Research Board Award 04/2018 – 05/2021
University of Illinois at Urbana Champaign **Gothe, N. (PI)**
Project: *Effects of Yoga and Aerobic Exercise on Cognition in Adult Cancer Survivors*
A 12-week randomized controlled trial examining the effects of yoga and aerobic exercise compared to a stretching and strengthening control group on cognitive function in middle aged cancer survivors.
Budget: $29,957 direct costs only

National Institute on Aging, 5R01AG059878 08/2018 - 04/2023
Fabiani, M. & Grattone, G. (PIs) **Gothe, N. (Co-I)**
Project: Optical measures of cerebral arterial function as predictors of brain and cognitive Aging
A cross-sectional and longitudinal study examining the relationship between cerebral arterial function, and associated risk factors, with cognitive health and risk for mild to severe cognitive impairment.
Budget: $3,459,850 ($2,233,445 direct costs)

National Institute on Aging, 1R01AG053952 09/2016 -05/2021
Co-PIs: Erickson, K., McAuley, E., Kramer, K.F., & Burns, J. **Gothe, N. (Consultant)**
Project: Investigating Gains in Neurocognition in an Intervention Trial of Exercise.
A 12-month monitored exercise intervention with 3 arms 1) 150 minutes/week aerobic exercise, 2) 225 minutes/week aerobic exercise and 3) stretching and strengthening control, that investigates improvements in brain health in cognitively normal older adults.
Budget: $21,994,979

National Institute of Nursing Research, 1R01NR016093-01A1 02/2017 – 12/2021
PI: Larson, J. **Gothe, N. (Consultant)**
Project: Active for Life: Chronic Obstructive Pulmonary Disease
This project examines the effects of an exercise and behavioral program, called Active-Life, to promote physical activity in people with chronic obstructive pulmonary disease. A sedentary lifestyle is very common in older people with chronic disease and if this program is successful it will be used to promote physical activity and improve the health of people with chronic obstructive pulmonary disease.
Budget: $349,380 (Y1) direct costs

Pending:

National Institute on Minority Health and Health Disparities 04/2020 - 03/2022
Impact score: 24 - Percentile: 7 (1R21MD013820-01A1) **Gothe, N. (Co-I)**
PI: Billiot, S.
Project: *Returning to Our Roots: Developing a Journey to Health*
This application proposes to implement and evaluate a land-based healing, behavioral change intervention on physical activity, sedentary behavior and mental health outcomes among United Houma Nation youth.
Budget: $369,302 ($275,000 direct costs)

Completed:

Office of the Vice President for Research, Wayne State University 06/2015 – 11/2016
Greenwald, M. & Naar-King, S. (Co-Is) **Gothe, N. (Co-I)**
Diabetes Obesity Team Science
Project: Physical Activity in Minority Youth: Effects on Eating, Cognition, and Metabolism
An integrative analysis of the dose-dependent (lower vs. higher intensity) effects of acute exercise (vs. sedentary control condition) on metabolism, cognition and food choice/intake in 40 adolescents with current Class I and II obesity (BMI: 30-40 kg/m^2).
Budget: $65,000 direct costs

Office of the Vice President for Research, Wayne State University 03/2015 – 12/2015
MRI Pilot Project Program: Developmental Award **Gothe, N. (PI)**
Project: Effects of Long-term Yoga Practice on Cognition, Brain Structure and Function
A cross sectional study examining the differences in cognitive functioning, assessed using neuropsychological tests and magnetic resonance imaging techniques among yoga experts and age-, sex-matched control participants.
Budget: $8,865 direct costs

National Institutes on Aging, P30 AG015281 Jackson, J. (PI) 09/2012 – 06/2017
Michigan Center for Urban African Aging Research Pilot Grant
G**othe, N. (PI-pilot)** 09/2014 – 06/2015
Project: Correlates of Physical Activity and Functional Fitness in Urban African American Older Adults
A cross sectional study designed to improve our understanding of the individual and environmental factors that influence physical activity in African American older adults living in urban settings.
Budget: $20,000 direct costs

Teaching Experience

University of Illinois at Urbana Champaign

2019-present **KIN 201 – Physical Activity Research Methods**
This course provides an introduction of physical activity measurement and methods with a focus on (a) defining physical activity and associated terms and concepts; (b) providing detailed understanding of approaches and tools for measuring physical activity; and (c) facilitating understanding of scientific methods for physical activity research (e.g., experimental and non-experimental designs).

2019-present **KIN 594 – Integrative Exercise Approaches to Health**
This course explores the theory and application of a variety of integrative health practices (e.g., meditation traditions, mindfulness, yoga, tai-chi, etc.). Students will learn about the epidemiology and popularity of these practices and the scientifically documented physical and psychosocial health benefits. The format for the course will be a combination of lectures, experiential activities, and student presentations.

2017-present **KIN 448** – **Health and Exercise Psychology**
Graduate and undergraduate core course that provides an overview of physical activity as it relates to health and well-being including personality, anxiety, stress, cognition, depression, quality of life; epidemiology of physical activity in the US and across the world, theory and interventions of behavior change.

2018 **KIN 140 – Social Science of Human Movement**
This is one of the core courses in Kinesiology and is a course that meets general education requirements in the social and behavioral sciences: social sciences. The purpose of this class is to introduce students to the basic theoretical and practical concepts involved in the social scientific study of physical activity and sport.

2011 **CPSC 542 - Applied Statistical Methods II** (Lab Instructor)
Principles of designing experiments and methods of analysis for various kinds of designs, experimental (completely randomized, randomized complete block, split plots, Latin square) and treatment (complete factorial); covariate analysis; use of SAS

2010 **CPSC 440 - Applied Statistical Methods I** (Lab Instructor)
Statistical methods involving relationships between populations and samples; collection,

organization, and analysis of data, techniques in testing hypotheses with an introduction to regression, correlation, analysis of variance (limited to the completely randomized and randomized complete-block designs); use of SAS

2008-2009 **KIN 247 - Introduction to Sport Psychology** (Teaching Assistant)
Analysis of the competitive sport process, with study of how personality and situational variables affect motivation, anxiety, and aggression in sport. Attention is given to the psychological skills needed by coaches and athletes for successful and enjoyable sports participation.

Wayne State University

2014-2017 **KIN 6310 - Physical Activity and Cognition**
Graduate core course examining the role of physical activity in improving cognitive functioning across the lifespan, explore measures of physical activity and neuropsychological test batteries, review studies examining the effect of physical activity on cognition across children, adults and older adult populations, and examining the underlying mechanisms

2014-2017 **KIN 5523 - Physical Activity and Exercise Psychology**
Graduate and undergraduate core course that provides an overview of physical activity as it relates to health and well-being including personality, anxiety, stress, cognition, depression, quality of life; epidemiology of physical activity in the US and across the world, theory and interventions of behavior change.

2013 **KIN 5522 - Health Psychology**
Graduate and undergraduate core course that provides the foundations of health, research methods, biological foundations of health/illness, stress, nutrition, obesity, eating disorders, substance abuse and health, cardiovascular disease, diabetes and health, exercise and cancer; HIV, AIDS, and health; pain management and patient behavior, complementary and alternative medicine, health psychology across the life span

S.I.E.S. College of Arts, Science and Commerce, India

2007-2008 Lecturer in the Department of Psychology. Courses taught:
i) **Psychological Testing and Statistics**
ii) **Counseling Psychology**
iii) **Industrial and Organizational Psychology**

Invited Guest Lectures

1. UIUC Faculty Job Search Week, *Faculty Panelist* for the Graduate College's Annual Faculty Job Search Week, July 2021.

2. "*Physical Activity and Health for Adults*", UI Extension Training for SNAP Ed Community Workers at the August Regional Training Program, August 2021

3. "*Yoga, Exercise and Cognition*", Neuroscience and Yoga Online Conference, Hosted by NeuroYogaNYC, March 2021.

4. *"Yoga for Trauma: Evidence from Research Studies"*, Three and a Half Acres Yoga, Yoga Teacher Training Workshop, February 2021.

5. *"CSBS Human Subjects Research Workshop",* Panelist on the virtual workshop hosted by Center for Social and Behavioral Sciences, University of Illinois at Urbana Champaign, January 2021.

6. *"Evidence for Yoga and Cognitive Health",* Exercise Science Seminar, Dr. Eric Hall, Elon University, January 2021.

7. *"Where Do We Go From Here: Body Politics and Movement Towards Racial Empowerment"*, A virtual panel hosted by University of Michigan Health Sciences units, November 2020.

8. *"Physical Activity for Adults – Concepts, Health Benefits and Prescription",* 2-day training for UI Extension's EPNEP staff (~50 attendees) across Illinois, July 2020.

9. "*Health Sciences & Research Initiatives Lightning Talks"*, Panel hosted by Associate Vice Chancellor for Advancement, Health Sciences & Research Initiatives, University of Illinois at Urbana Champaign, May 2020.

10. *"Physical Activity and Health Outcomes: Evidence and Prescription"* Illinois Extension Annual Conference, College of Agricultural, Consumer and Environmental Sciences, November 2019.

11. *"Cognitive Behavioral Strategies to Increase Exercise Adherence"* Incorporating the Experimental Medicine Approach in the Development of Primary Prevention Trials for Alzheimer's Disease Workshop, National Academy of Sciences, Washington D.C., October 2019

12. *"Yoga for Health: Evidence from Interventions and Cross-sectional Studies*" Institute for Public Health and Medicine at the Feinberg School of Medicine, Northwestern University, Chicago, IL, February 2020

13. **"***Exercise is Medicine: Evidence and Prescription for Older Adults*" University of Illinois Extension, Champaign, IL (serving Champaign, Ford, Iroquois, and Vermilion Counties). March 2020

14. *"Clinical Research Implications of Research @ Exercise Psychology Lab"* KIN 452: Clinical and Applied Exercise Physiology, Dr. Adam Konopka (Instructor) University of Illinois at Urbana Champaign, Spring 2019

15. *"Exercise for Cancer Survivorship"* Invited by the Cancer Research Advocacy Group at the Cancer Center at University of Illinois at Urbana Champaign, March 2019

16. *"Undergraduate Research Experience in the Exercise Psychology Lab"* KIN 201: Physical Activity Research Methods, Dr. Kevin Richards (Instructor) University of Illinois at Urbana Champaign, Fall 2018

17. *"Research in Exercise Psychology*" KIN 125: Orientation to Kinesiology, Cassandra Meinert (Instructor) University of Illinois at Urbana Champaign, Fall 2017

18. *"Yoga and Cognition: Evidence from acute and intervention studies" Invited Speaker at the* Symposium on Yoga Research, Kripalu Center for Yoga and Health, Stockbridge MA, September 2016

19. *"Cognition and Exercise: Is there a link?"* Community Outreach Talk via the University of Michigan and Wayne State University's Michigan Center for Urban African American Aging Research Center (MCUAAAR), Healthier Black Elders Center, Boulevard Temple Rehabilitation, Detroit, Michigan, May 2016

20. *"Physical Activity Interventions and Health Outcomes: Evidence from RCTs"* Henry Ford Health Systems, General Epidemiology Meeting, Detroit, Michigan, March 2016

21. *"Physical Activity Interventions and Health Outcomes: Evidence from RCTs"* Karmanos Cancer Institute, Detroit, Michigan, January 2016

22. *"Kinesiology – Evidence for Yoga and Exercise Psychology"* Department of Applied Psychology, University of Mumbai, Kalina, Mumbai, India, June 2015

23. *"Kinesiology – Evidence for Yoga and Exercise Psychology"* Department of Psychology, D.G. Ruparel College, Mumbai, India, July 2015

24. *"Physical Activity Interventions and Psychosocial Outcomes"* Department of Psychology, Eastern Michigan University, Ypsilanti, Michigan, December 2014

25. *"Physical Activity Interventions and Health Outcomes in Older Adults"* Institute of Gerontology, Wayne State University, Detroit, Michigan, September 2014

26. *"Health, Physical Activity and Fitness: Concepts and Measurement."* Department of Psychology, D. G. Ruparel College, Mumbai, India, June 2011

27. *"Health and Exercise Psychology."* Department of Psychology & Department of Neuroscience, Sophia College, Mumbai, India, June 2011

Advising and Mentoring

Doctoral Students - Committee Chair:

1. Emily Erlenbach, PhD 2nd year, Kinesiology, University of Illinois at Urbana Champaign
2. Anne Danbury, PhD 2nd year, Kinesiology, University of Illinois at Urbana Champaign
3. Stephanie Voss, PhD 1st year, Kinesiology, University of Illinois at Urbana Champaign
4. Jonathan Cerna, PhD 1st year, Neuroscience, University of Illinois at Urbana Champaign

Doctoral Students - Committee Member:

1. Bonita Jones, Doctor of Nursing Practice 2017, Frontier Nursing University
2. Truc-Phuong Thi Vo, PhD Psychology 2018, Wayne State University
3. Aiman Sarhan, PhD Kinesiology 2018, Wayne State University
4. Nicholas Siekirk, PhD Kinesiology 2018, Wayne State University
5. Shannon Clark, PhD Psychology 2019, Wayne State University
6. Tiffany Bullard, PhD Kinesiology 2019, University of Illinois at Urbana Champaign
7. Jeremy Butler, PhD Kinesiology 2019, University of Illinois at Urbana Champaign
8. Benjamin White, PhD Psychology, 2021, University of Illinois at Urbana Champaign
9. Ronald Watkins, PhD Candidate, Community Health, University of Illinois at Urbana Champaign
10. Katelyn Webster, PhD Candidate, Nursing, University of Michigan Ann Arbor
11. Brett Burrows, PhD Candidate, Kinesiology, University of Illinois at Urbana Champaign
12. Madhura Phansikar, PhD Candidate, Kinesiology, University of Illinois at Urbana Champaign
13. Madina Khamzina, PhD Candidate, Community Health, University of Illinois at Urbana Champaign
14. Alka Bishnoi, PhD Candidate, Kinesiology, University of Illinois at Urbana Champaign

Masters Students - Committee Chair:

1. Derrick Palma, MEd Kinesiology 2017, Wayne State University
   Pursuing DPT at Wayne State University, Detroit
2. Gianna Hill, MS Kinesiology 2018, University of Illinois at Urbana Champaign
   Pursuing PsyD. At Adler University, Chicago, IL
3. Nakia Brown, MS Kinesiology 2019, University of Illinois at Urbana Champaign
   Patient Service Representative at Shirley Ryan Ability Lab, Chicago, IL
4. Sam Streeter, MS Kinesiology 2020, University of Illinois at Urbana Champaign
   Research Coordinator, Memory Center - Advocate Lutheran General Hospital, Park Ridge, IL
5. Emily Erlenbach, MS Kinesiology 2020, University of Illinois at Urbana Champaign
   Pursuing a PhD in Kinesiology
6. Andrea Rivera, MS Kinesiology 2021, University of Illinois at Urbana Champaign
7. Veronica Garcia, MS Kinesiology – 2nd year, University of Illinois at Urbana Champaign
8. Vaishnavi Sridharan, MS Kinesiology – 1st year, University of Illinois at Urbana Champaign
9. Revati Malani, MS Kinesiology – 1st year, University of Illinois at Urbana Champaign
10. Sarah Philip, MS Kinesiology – 1st year, University of Illinois at Urbana Champaign

Masters Students - Committee Member:

1. Alicia Jones, MS Kinesiology 2018, University of Illinois at Urbana Champaign,
   Pursuing PhD in Community Health, University of Illinois at Urbana Champaign

Masters Student - Program Advising: (Graduate Advising, before moving to UIUC)

1. Shawn Zohr, Wayne State University
2. Bryan Polce, Wayne State University
3. Derrick Palma, Wayne State University

Graduate Independent Study:

1. Vaishnavi Sridharan, Kin 590 – Summer 2021, University of Illinois at Urbana Champaign
2. Veronica Garcia, Kin 590 – Summer 2020, University of Illinois at Urbana Champaign
3. Emily Erlenbach, Kin 590 – Summer 2019, University of Illinois at Urbana Champaign
4. Sam Streeter, Kin 590 – Summer 2019, University of Illinois at Urbana Champaign
5. Juan Nino Gomez, Kin 590 – Summer 2019, University of Illinois at Urbana Champaign
6. Nakia Brown, Kin 590 – Fall 2018, University of Illinois at Urbana Champaign

7. Gianna Hill, Kin 590 – Fall 2018, University of Illinois at Urbana Champaign
8. Shelby Dietz, Kin 590 – Fall 2018, University of Illinois at Urbana Champaign

James Scholar Honors Project (Undergraduate - UIUC)

1. Constantine Kass, Kin 448 - Fall 2017
2. Nicole Alberto, Kin 448 - Fall 2017
3. Eunice Kim, Kin 140 – Spring 2018
4. Madison Catalano, Kin 140 – Spring 2018
5. Lauren Hess, Kin 448 – Fall 2018
6. Sarah Brennan, Kin 448 – Fall 2018
7. Eunice Kim, Kin 385 – Fall 2018
8. Madison Catalano, Kin 385 – Fall 2018
9. Imadh Khan, Kin 385 – Spring 2019
10. Kimberly Kamman, Kin 201 – Spring 2019
11. Eunice Kim, Kin 201 – Spring 2019
12. Madison Catalano, Kin 201 – Spring 2019
13. Danielle Schur, Kin 448 – Fall 2019
14. Dany Khayat, Kin 448 – Fall 2019
15. Casey Cushing, Kin 448 – Fall 2019
16. Mikaela Antonacci, Kin 448 – Fall 2019
17. Amanda Sugar, Kin 448 – Fall 2019
18. Eunice Kim, Kin 385 – Fall 2019
19. Emily Hwu, Kin 385 – Fall 2019
20. Madison Catalano, Kin 385 – Fall 2019
21. Emma Blomberg, Kin 201 – Spring 2020
22. Yash Panchal, Kin 201 – Spring 2020
23. Madison Catalano, Kin 385 – Spring 2020
24. Brooke Gorski, Kin 448 – Fall 2020
25. Swathi Karri, Kin 448 – Fall 2020
26. Courtney Himley, Kin 385 – Spring 2021
27. Jett Ramir, CLAS Honors – Spring 2021
28. Carley Edwards, Kin 385 – Spring 2021
29. Jett Ramir, Kin 385 – Spring 2021

Independent Study (Graduate and Undergraduate -Wayne State University)

1. Anne VanTubergen, Fall 2014
2. Karen Sharkey, Fall 2014
3. Kari Kischnick, Fall 2014
4. Danielle Cantwell, Fall 2015
5. Shannon Hilton, Fall 2015
6. Scott Pummill, Winter 2016
7. Bryan Polce, Winter 2016
8. Manasi Mahajan, Fall 2016
9. Alicia Barcume, Fall 2016

Professional Service

University:

2020-2021 *Chair*, Website Committee, University of Illinois Urbana Champaign

2021-2023 *Faculty Member*, Diversity, Equity, & Inclusion Senate Committee, University of Illinois Urbana Champaign
2021-2023 *Faculty Member*, Public Engagement & Outreach Senate Committee, University of Illinois Urbana Champaign
2020-2021 *Faculty Member*, Faculty and Academic Staff Benefits Senate Committee, University of Illinois Urbana Champaign
2020-2021 *Faculty Member*, Committee on Diversity, Equity and Inclusion, Department of Kinesiology and Community Health, University of Illinois at Urbana Champaign
2019-2024 *Faculty Member*, Athletic Board, University of Illinois Urbana Champaign
2019-2020 *Chair*, Student Services Committee, Athletic Board, University of Illinois Urbana Champaign
2019-2021 *KCH representative* for the University of Illinois Urbana Champaign Senate
2019-2021 *Member*, Elections and Credentials Committee, College of Applied Health Sciences, University of Illinois Urbana Champaign
2019-2020 *Search Committee Member*, Assistant Professor in Environmental Health, Department of Kinesiology and Community Health, University of Illinois at Urbana Champaign
2019-2020 *Facilitator and Working Group Member – Quantitative Reasoning II*, General Education Assembly on Learning Outcomes, Vice Provost for Undergraduate Education, University of Illinois Urbana-Champaign
2019, 2020 *Grant Reviewer*, Campus Research Board, University of Illinois at Urbana Champaign
2019-2020 *Admissions Committee Member*, Neuroscience Program, University of Illinois Urbana Champaign
2018-2019 *Search Committee Member*, Assistant Teaching Professor in Rehabilitation Counseling
2018-2019 *Reviewer, Graduate College Travel Awards*, University of Illinois Urbana Champaign
2018, 2019 *Judge, Annual Undergraduate Research Symposium*, University of Illinois Urbana Champaign
2015-2017 *Curriculum Committee - Member, College of Education*, Wayne State University
2014-2016 *Grievance Committee - Member*, College of Education, Wayne State University
2014-2015 *Graduate Professional Scholarship*, Graduate School Selection Committee Member, Wayne State University
2015 *Scholarship Committee - Member*, College of Education, Wayne State University
2011-2012 *Advisory Council Member, Women's Resources Center*, University of Illinois at Urbana Champaign
2011 *Facilitator, Center for Teaching Excellence*, Graduate Academy for College Teaching, University of Illinois at Urbana Champaign

Professional Organizations:

2021-2023 *Member*, Scientist Advisory Board, Resource Centers for Minority Aging Research (RCMAR), NIH
2020-2023 *Aging Topic Area Chair*, Annual Meeting of the Society of Behavioral Medicine
2017-2019 *Co-chair*, Aging Special Interest Group (SIG) The Society of Behavioral Medicine – re-elected
2016 *Chair*, Awards Committee – Complementary and Integrative Medicine Special

Interest Group (SIG), The Society of Behavioral Medicine
2014-2016 *Co-chair*, Aging Special Interest Group (SIG) The Society of Behavioral Medicine

Grant Reviewer:

National Institutes of Health – Center for Scientific Review – Review Panel Member, Study Section "Small Business: Disease Prevention and Management, Risk Reduction and Health Behavior Change" ZRG1 RPHB-Z (10) B, March 2021

National Institutes of Health – National Institute on Aging – Review Panel Member, Study Section "Clinical Trials for the Spectrum of Alzheimer's Disease and Age-related Cognitive Decline" ZRG1 BBBP-B (55) R, October 2020

National Institutes of Health – National Center for Complementary and Integrative Medicine – Review Panel Member, Study Section "Clinical Trials of Mind and Body Interventions" (ZAT1 PJ(09), June 2020

Dunhill Medical Trust Grant Reviewer, London, UK, January 2020

Jump ARCHES Endowment Application Grant Reviewer, OSF HealthCare System, November 2019

Czech Science Foundation, Czech Republic: *"Optimizing Social Predictors of Health and Quality of Life in Older Adults: a Cross-sectional Study"*, September 2017

Israel Ministry of Science, Technology & Space, Track: *"Science, Technology and Innovation for the Benefit of the Aging Population"* February 2015, September 2015

External Reviewer:
2016-present External Doctoral Committee of Life Science at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University) Bangalore, India
2020 External Examiner, PhD student Natalie Frost, The University of Western Australia, Australia

Editorial Board:
2017-present Associate Editor, *BMC Complementary and Alternative Medicine*
2016-present Associate Editor, *BMC Geriatrics,* Section: Physical functioning, physical health and activity

Journal Peer-Reviewer:
Journal of the American Geriatrics Society, Journals of Gerontology: Medical Sciences, Adapted Physical Activity Quarterly, Journal of Cognitive Enhancement, Mental Health and Prevention, Frontiers in Psychology, BMC Complementary and Alternative Medicine, BMC Geriatrics, PLOS ONE, Canadian Journal of Aging, Sport Exercise and Performance Psychology, Journal of Physical Activity and Health, Journal of Sport and Exercise Psychology, Journal of Applied Sport Psychology, Journal of the American Aging Association, Journal of Alternative and

Complementary Medicine, Medicine and Science in Sport and Exercise, Cancer Medicine, European Journal of Sport Science, Annals of Behavioral Medicine, Quality of Life Research

Abstract Reviewer:
2012-present - *Annual Meeting of the Society of Behavioral Medicine*

2015-present - *Annual Meeting of the Gerontological Society of America*

2015-2017 - *Researchers of Biobehavioral Health in Urban Settings Today (RoBUST) Symposium (Wayne State University)*

Honors and Awards

- ***Excellence in Service Award*** **-** Society of Behavioral Medicine, April 2021
- ***Instructor and Course Evaluation System:*** Listed as "Teachers Ranked as Excellent by their Students" for course KIN 448, Fall 2020
- ***Instructor and Course Evaluation System:*** Listed as "Teachers Ranked as Excellent by their Students" for course KIN 201, KIN 448 Spring 2020
- ***Early Career Investigator Award*** – Society of Behavioral Medicine, March 2019
- ***Instructor and Course Evaluation System:*** Listed as "Teachers Ranked as Excellent by their Students" for course KIN 448, Fall 2018
- ***Instructor and Course Evaluation System:*** Listed as "Teachers Ranked as Excellent by their Students" for course KIN 448, Fall 2017
- ***Faculty Mentor Award –*** Wayne State University, Undergraduate Research Opportunities Program (UROP), March 2016
- ***Outstanding Student/Trainee Award*** in Evidence-Based Behavioral Medicine for abstract *titled "The Effects of an 8-week Hatha Yoga Intervention on Executive Function in Older Adults".* Society of Behavioral Medicine, April 2014
- ***Paul D. Doolen Scholar Award*** in the Behavioral-Social Sciences, University of Illinois, 2013
- ***Laura J. Huelster Award Recipient,*** Department of Kinesiology and Community Health, UIUC, March 2013
- ***Outstanding Student Abstract Award*** for dissertation abstract titled "*Yoga practice improves attention in older adults: Preliminary results from a pilot RCT".* Physical Activity Special Interest Group (PA-SIG), Society of Behavioral Medicine, March 2013
- ***Outstanding Aging Research Poster Award*** for poster titled "*The Effects of Yoga on Cognition: A Meta-analysis of Chronic and Acute Effects".* Aging Special Interest Group (Aging-SIG), Society of Behavioral Medicine, March 2013

- ***Meritorious Student Abstract Award*** for the dissertation abstract titled "*Yoga practice improves attention in older adults: Preliminary results from a pilot RCT".* The Annual Meeting of the Society of Behavioral Medicine, March 2013

- ***Travel Grant Recipient,*** University of Illinois Graduate College, Nov 2012, March 2013

- ***Laura J. Huelster Award Recipient,*** Department of Kinesiology and Community Health, UIUC, March 2012

- ***Global Health Initiative Award Recipient:*** Elected from the College of Applied Health Sciences to join a team of faculty and graduate students for a two-week observational experience in Ghana centered on healthcare in a resource limited setting and build partnerships in interdisciplinary global health research. UIUC, January 2012

- ***Graduate Teaching Certificate,*** Center for Teaching Excellence, UIUC, March 2011

- ***Meritorious Student Abstract Award*** for the abstract titled "*Trajectories of change in self-esteem in older adults: Exercise intervention effects*". The Annual Meeting of the Society of Behavioral Medicine, April 2011

- ***Instructor and Course Evaluation System: Outstanding Instructor*** for CPSC 542 – Applied Statistical Methods II, UIUC, May 2011

- ***Instructor and Course Evaluation System: Outstanding Instructor*** for CPSC 440 – Applied Statistical Methods I, UIUC, December 2010

- ***Travel Grant Recipient,*** University of Illinois Graduate College, March 2009

- Prabhadevi J.P. Narayan Trophy for ***Overall Proficiency***, D.G. Ruparel College, Mumbai, India (Academic Year 2004-2005)

- Late Nityanand Hankonkar Trophy for the ***Best Leadership Qualities***, D.G. Ruparel College, Mumbai, India (Academic Year 2003- 2004)

Professional Memberships

2017-2018: American College of Sports Medicine
2016-present: International Association of Yoga Therapists
2009-2015: The Gerontological Society of America
2008-present: Society of Behavioral Medicine
2005-2008: Bombay Psychological Association

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