

Sean P. Mullen

I. PERSONAL HISTORY AND PROFESSIONAL EXPERIENCE

A. Educational Background

Stockton University, Pomona, NJ, Psychology, BA, 2002

Villanova University, Villanova, PA, General-Experimental Psychology, MS, 2005

University of Virginia, Charlottesville, Education (Emphasis in Exercise Psychology) PhD, 2009

B. List of Academic Positions Since Final Degree

Adjunct Professor (2009), Villanova University, Psychology Department

Post-doctoral Fellow (2010-2012), University of Illinois, Department of Kinesiology & Community Health

Instructor (2010-2011), University of Illinois, Department of Kinesiology & Community Health

Assistant Professor (2012-2018), University of Illinois, Department of Kinesiology & Community Health

Faculty Affiliate (2012-present), Beckman Institute of Advanced Science and Technology

Faculty Affiliate (2014-present), Illinois Informatics Institute

Associate Professor (2018-present), University of Illinois, Department of Kinesiology & Community Health

Faculty Affiliate (2021-present), Center for Social and Behavioral Sciences

C. Other Professional Employment

Instructor (2004-05), University of Virginia, Service Physical Education Program

Graduate Teaching Assistant (2004-06), University of Virginia, Dept. of Human Services

Co-Instructor (2006), James Madison University, Department of Kinesiology

Data Analyst (2006-07), University of Virginia's Health System, Children's Fitness Clinic

Student Consultant (2008), University of Virginia, Information Technology & Communication

Assistant Director (2005-08), University of Virginia, Lifetime Physical Activity Program

Instructor (2008-09), University of Virginia, Lifetime Physical Activity Program

D. Honors, Recognitions, and Outstanding Achievements

Psi Chi, Richard Stockton College of NJ, 2001

Distinguished Graduate, Richard Stockton College of NJ, 2002

Education, Leadership, & Foundations Travel Award, 2007-2009

CASTL Doctoral Research Award in Education Science, 2009

Listed as "Teachers Ranked as Excellent by their Students", UIUC, FA'13, SP'14, FA'14, SP'15, SP'17, FA'17, SP'18, FA'20

Distinguished Alumni Award in Psychology, Stockton University, 2016

Sentinels of Science Award, Publons.com, SP 2017

Recipient of National Institute of Health Loan Repayment, NIH Clinical LRP 2017-2023

E. Invited Lectures and Professional Presentations

1. Mullen, S. P. (September, 2008). *Health & Exercise Psychology Keynote Panel*. Invited to participate in panel discussion following keynote speaker's address. Association of Applied Sport Psychology. St. Louis, MO.
2. Mullen, S. P. (September, 2014). *Development of a Motion-Detection Device (MODD) for the Assessment and Training of Cognitive Functioning and Motor Control*. Health Care Simulation & Engineering Systems Center (HCSES) Symposium. University of Illinois U-C.
3. Mullen, S. P. (October, 2014). *Exercise, Technology, & Cognition across the Lifespan*. UCLA's Exercise and the Brain Symposium. Los Angeles, CA.
4. Mullen, S. P. (February, 2016). *6-Minute Blitz: Exercise, technology, & cognition across the lifespan*. Presented at the first meeting of the Cognition, Lifespan Engagement, Aging, and Resilience (CLEAR) Initiative. Beckman Institute for Advanced Science and Technology. University of Illinois U-C.
5. Mullen, S. P. (April, 2016). *A Stockton jumpstart to lifelong learning in psychology, technology, aging & health*. Psi Chi Symposium at Stockton University, Pomona, NJ.
6. Mullen, S. P. (April, 2016). *Precision behavioral medicine: Refining measurement and interventions targeting exercise and cognition using mobile health technology*. Chittenden Symposium on Mobility, Technology, and the Future of Health. University of Illinois, Urbana, IL.
7. Mullen, S. P. (November, 2016). *Using technology to enhance exercise engagement, cognitive functioning, and assessment: a precision behavioral medicine perspective*. Visual Cognition Brown Bag lecture series hosted by the Department of Psychology. University of Illinois, Urbana, IL.
8. Mullen, S. P. (April, 2018). Co-Chair. Paper Session 29: Increasing Understanding of Neurocognitive Function, Cognition and Behavioral Health. *Annual Meeting for the Society for Behavioral Medicine*. San Diego, CA.
9. Mullen, S. P. (May 2, 2019). Invited presentation entitled, "*Optimizing Exercise Adherence for High Volt-age Results*." A webinar for the team at Volt, the #15 ranked app (by Gatorade) in the iOS App Store for Health & Fitness.
10. Mullen, S. P., & Taggart, A (October 2nd, 2020). *Black Belt Brain Games*. A presentation for the Playful by Design Fall Symposium 2020. <https://pbdsymposium.carrd.co/#two>

F. Offices Held in Professional Societies

2006-2008	Mid-Atlantic Regional Student Representative, AASP
2008-2013	Health & Exercise Psychology Committee, AASP
2012-2015	Augmented Cognition Technical Group, HFES
2010-present	Member, Physical Activity SIG, SBM
2013-present	Member, SBM Technology SIG, SBM
2014-present	Member, Alternative & Integrative Medicine SIG, SBM
2021-present	Sport & Exercise Psychology Program Committee, NASPSPA

G. Grants Received

G1. Active Grants

R01 HD097332-01 (PI: Khan; Co-I and Biostatistician) 2022-2027
NICHHD \$3,669,835
 Enhancing Children's Cognitive Function and Achievement through Carotenoid Consumption

RB22081 (PI: Mullen; co: L. Rice) 08/16/2022-02/29/2024
 UIUC's Campus Research Board \$29,995
 Feasibility and Preliminary Efficacy of the Home Ecological Application of Thermotherapy,
 Walking and Vascular Effects (HEAT WAVE) Study

1R01HD094054-01 (Biostatistician; PI: Hillman) 9/15/2018-6/30/2023
NICHHD Subaward Total Award = \$2,210,810; Total Subaward = \$131,050
 Sympathetic nervous system mediates the acute effects of exercise on brain & cognition in
 children

1R01AG052707-A101 (PI: Mullen; co-Is: A. Kramer, E. McAuley, S. Shen) 9/1/2016-5/31/2022
National Institute of Aging Total Award = \$2,732,683
 Cognitive regulation training and exercise (CORTEX)-II with middle-aged adults

No number (PI: Mullen) 8/2020-8/2022
Center for Social & Behavioral Sciences Total Award = \$20,000
 Preliminary testing of therapy integrating peer-sharing, technology, aerobic and resistance
 training (TIPSTART) to reduce mental illness in first-generation college students

No number (PI: Mullen) 8/2021-8/2022
Office of Vice Chancellor for Research – Diversity, Equity, & Inclusion Total Award = \$5,000
 A new start to TIPSTART with a Diversified Stride

G2. Completed Grants

No number (PI: Mullen) 2008-2009
Association for Applied Sport Psychology \$607.20
 Explaining parents' roles in children's physical activity

No number (PI: Mullen) 2009-2010
Center for Advanced Study of Teaching and Learning \$1000
 Factors involved in exercise identity development and maintenance

No number (Co-PI; PI: Aaron Johnson) 8/16/14-12/15/15
UIUC Center for Health, Aging, & Disability \$20,000
 Technology-assisted vocal exercise for older adults

R21 RHL113410A1 (PI: Mullen) 7/1/12-6/30/15
National Heart, Lung, and Blood Institute \$411,236
 Cognitive regulation training and exercise

No number	(PI: Mullen)	8/16/13-12/15/16
<i>UIUC Center for Health, Aging, & Disability</i>		\$20,000
Exergaming intervention for adults with mild cognitive impairment: a pilot study		
No number	(Consultant; PI: B. Wuencsche)	2014-2016
<i>Internal grant submitted to University Auckland's Science Faculty</i>		
Immersive physiological active cognitive training (IMPACT)		
RB15229	(PI: Mullen; co-I: K. Wilund)	8/16/15-2/28/18
<i>UIUC Research Board</i>		\$23,078
Heat & aerobic training (HEAT) with pre-hypertensive middle-aged adults		
No number	(consultant; PI: Massey)	07/2016-07/2018
<i>Playworks</i>		\$105,688
Great Recess Framework: The development and validation of a recess observational tool		

H. Review Panels (e.g., for Governmental Agencies, Educational Institutions)

2019-present Data Safety Monitoring Board (DSMB) for a National Institute on Aging (NIA)-funded clinical trial: “*Mobile Technology-Based Simultaneous Aerobic Exercise and Memory Training Intervention for Older Adults with Mild Cognitive Impairment*” (R21AG061494). PIs: Drs. Sarah McEwen & Jennifer Bramen

03/22/2022 National Institute of General Medical Sciences (NIGMS) Special Emphasis Panel, ZGM1 RCB-B SF, Review of SuRE First Applications

2013 Consultant (Subject Matter Expert on mHealth), *National Cancer Institute*

II. PUBLICATIONS AND CREATIVE WORKS

Denotes publication from thesis

* Denotes publication that has undergone stringent editorial review by peers

+ Denotes publication that was invited and carries special prestige and recognition

† Shared contribution

A. Theses

1. Mullen, S. P. (2004). *The relationship between motivational orientation and physical activity self-definition*. Unpublished master's thesis. Villanova University, Villanova, PA.
2. Mullen, S. P. (2009). *Factors involved in the development and maintenance of exercise identity*. (Doctoral dissertation). Retrieved from ProQuest Dissertations and Theses. (Accession Order No. AAT 3400964)

B. Books & Journals edited or Co-edited (in print or accepted)

1. **Mullen, S. P.**, Hall, P., eds. (2016). Physical activity, self-regulation, and executive control across the lifespan. Lausanne: Frontiers Media. doi: 10.3389/978-2-88919-748-4

2. **Mullen, S. P.**, Conroy, D. E., eds. (2019). Innovative applications of technology for the assessment and promotion of physical activity [Special section]. *Psychology of Sport & Exercise*, 41, 144-224.

C. Chapters in Books (in print or accepted)

1. McAuley, E., **Mullen, S. P.**, & Hillman, C. H. (2013). Physical activity, cardiorespiratory fitness, and cognition across the lifespan. In P. A. Hall (Ed.), *Social neuroscience and public health: foundations of an emerging discipline*. NY: Springer.
2. **Mullen, S. P.**, Palac, D., & Bryant, L. (2016). Maps to apps: Evaluation of wayfinding technology. In R. Hunter, L. Anderson, B. Belza, & S. Hooker (Eds.) *Community wayfinding: Pathways to understanding*. NY: Springer
3. McAuley, E., **Mullen, S. P.**, & Fanning, J. (2018) Promoting physical activity behavior: Interventions and mediators. In E. B. Fisher, L. D. Cameron, A. J. Christensen, U. Ehlert, Y. Guo, B. Oldenburg, & F., Snoek (Eds.), *Principles and concepts of behavioral medicine: A global handbook*. NY: Springer.
4. **Mullen, S. P.**, Cohen, J., & Palac, D. (in press). Physical activity and sedentary behavior. In S. R. Waldstein, M. F. Muldoon, D. H. Novack, H. Ochitill, & S. Cole (Eds.), *Behavioral and social science in medicine: Principles and practice of biopsychosocial care*. NY: Springer.

D. Articles in Journals (in print or accepted)

1. **Mullen, S. P.**, & Whaley, D. E. (2010). Age, gender, & fitness club membership: Factors related to involvement and adherence. *International Journal of Sport & Exercise Psychology*, 8, 24-35.
2. McAuley, E., Mailey, E. L., **Mullen, S. P.**, Szabo, A.N., Wójcicki, T. R., White, S.M., . . . Kramer, A.F. (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.
3. Szabo, A.N., **Mullen, S.P.**, White, S.M., Wójcicki, T.R., Mailey, E.L., Gothe, N., . . . 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:10.1016/j.apmr.2010.12.033
4. Motl, R. W., McAuley, E., & **Mullen, S.** (2011). Longitudinal measurement invariance of the Multiple Sclerosis Walking Scale-12. *Journal of the Neurological Sciences*, 305, 75-79. doi:10.1016/j.jns.2011.03.008
5. McAuley, E., Szabo, A. N., Mailey, E., Erickson, K. I., Voss, M., White, S. M., Wójcicki, T. R., Gothe, N., Olson, E. A., **Mullen, S. P.**, & Kramer, A. F. (2011). Non-exercise estimated cardiorespiratory fitness: Associations with brain structure, cognition, and memory complaints in older adults. *Mental Health & Physical Activity*, 4(1), 5-11. doi:10.1016/j.mhpa.2011.01.001
6. Gothe, N.P., **Mullen, S. P.**, Wójcicki, T. R., Mailey, E., White, S. M., Olson, E. A., . . . 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

7. **Mullen, S. P.**, Olson, E. A., White, S. M., Szabo, A. N., Wójcicki, T. R., . . . McAuley, E. (2011). Measurement of physical activity enjoyment in older adults: Invariance of the Physical Activity Enjoyment Scale (PACES) across group and time. *International Journal of Behavioral Nutrition and Physical Activity*, 8, 103. doi:10.1186/1479-5868-8-103
8. McAuley, E., **Mullen, S. P.**, Szabo, A. N., White, S. M., Wójcicki, T. R., Mailey, E. L., . . . Kramer, A. F. (2011). Self-regulatory processes and exercise adherence in older adults: Executive function, self-efficacy, and strategy effects. *American Journal of Preventive Medicine*, 41(3), 284-290. doi:10.1016/j.amepre.2011.04.014
9. # **Mullen, S. P.** (2011). Perceptions of change and certainty regarding self-as-exerciser: A multistudy report. *Journal of Sport & Exercise Psychology*, 33, 710-733. PMID:21984643
10. McAuley, E., Wójcicki, T. R., White, S. M., Mailey, E. L., Szabo, A. N., Gothe, N., Olson, E. A., **Mullen, S. P.**, Motl, R. W., Rosengren, K., & Estabrooks, P. (2012). Physical activity, function, and quality of life: design and methods of the FlexToBa™ trial. *Contemporary Clinical Trials*, 33, 228-236. doi:10.1016/j.cct.2011.10.002
11. Motl, R. W., **Mullen, S.**, & McAuley, E. (2012). Multi-group measurement invariance of the Multiple Sclerosis Walking Scale-12. *Neurological Research*, 34(2), 149-152. doi: 10.1179/1743132811Y.0000000063
12. **Mullen, S. P.**, McAuley, E., Satariano, W. A., Kealey, M., & Prohaska, T. R. (2012). Physical activity and functional limitations in older adults: The influence of self-efficacy and functional performance. *Journals of Gerontology: Social Sciences*, 67B(3), 354-361. doi:10.1093/geronb/gbs036
13. Mailey, E. L., **Mullen, S. P.**, Mojtahedi, M. C., Guest, D. D., Evans, E. M., Motl, R. W., McAuley, E. (2012). Unobserved mental health profiles are associated with weight and physical activity change in female college freshmen: a latent profile analysis. *Mental Health & Physical Activity*, 5, 76-84. doi:10.1016/j.mhpa.2012.01.001
14. Hyunkyu, L., Baniqued, P., Cosman, J., **Mullen, S.**, McAuley, E., Severson, J., & Kramer, A. F. (2012). Examining cognitive function across the lifespan using a mobile application. *Computers in Human Behavior*, 28(5), 1934-1946. doi:10.1016/j.chb.2012.05.013
15. Fanning, J. T., **Mullen, S. P.**, & McAuley, E. (2012). Increasing physical activity with mobile devices: a meta-analysis. *Journal of Medical Internet Research*, 14(6), e161. doi:10.2196/jmir.2171
16. **Mullen, S. P.**, Gothe, N. P., & McAuley, E. (2013). Evaluation of the Rosenberg Self-Esteem Scale in Older Adults. *Personality & Individual Differences*, 54(2), 153-157. doi:10.1016/j.paid.2012.08.009
17. McAuley, E., Wójcicki, T. R., Gothe, N., Olson, E. A., Szabo, A. N., Fanning, J., et al... **Mullen, S. P.** (2013). Effects of a DVD-delivered exercise intervention on physical function in older adults. *Journals of Gerontology: Medical Sciences*, 68(9), 1076-1082. doi:10.1093/gerona/glt014
18. **Mullen, S. P.**, Wójcicki, T. R., Mailey, E. L., Szabo, A. S., Gothe, N. P., Olson, E. A., Fanning, J, Kramer, A., & McAuley, E. (2013). A profile for predicting attrition from exercise in older adults. *Prevention Science*, 14, 489-496. doi:10.1007/s11121-012-0325-y

19. 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 Geriatric Society*, *62*(2), 285-290. doi: 10.1111/jgs.12654 PMID: 24521364 PMCID: PMC3927159
20. Motl, R. W., **Mullen, S. P.**, Suh, Y., & McAuley, E. (2014). Does physical activity change over 24 months in persons with relapsing-remitting multiple sclerosis? *Health Psychology*, *33*(4), 326-333. doi:10.1037/a0032700
21. Mailey, E. L., Gothe, N. P., Wójcicki, T. R., Szabo, A. N., Olson, E. A., **Mullen, S. P.**, Fanning, J. T., Motl, R. W., & McAuley, E. (2014). Optimal interruption period and days of accelerometer monitoring in older adults. *Journal of Aging and Physical Activity*, *22*(2), 255-260. doi: 10.1123/japa.2013-0021 PMID: 23752299 PMCID: PMC3875619
22. Ensari, I., Motl, R., Sandroff, B. M., **Mullen, S.**, & McAuley, E. (2014). Pattern and predictors of change in depressive symptoms over 30 months in Multiple Sclerosis. *Multiple Sclerosis Journal*, *20*(5), 602-609. doi: 10.1177/1352458513504251 PMID: 24067897
23. Buckley, J., Cohen, J., Kramer, A., McAuley, E., & **Mullen, S. P.** (2014). Cognitive control in the self-regulation of physical activity and sedentary behavior. *Frontiers in Human Neuroscience*, *7*(8), 1-14. doi: 10.3389/fnhum.2014.00747
24. Olson, E. O., **Mullen, S. P.**, Rogers, L., Courneya, K., Verhulst, S., & McAuley, E. (2014). Meeting physical activity guidelines in rural breast cancer survivors. *American Journal of Health Behavior*, *38*(6), 890-899. doi:http://dx.doi.org/10.5993/AJHB.38.6.11
25. Boudreaux, E. D., Waring, M., Hayes, R., Sadasivam, R., **Mullen, S.**, & Pagoto, S. (2014). Evaluating and selecting mobile health apps: strategies for healthcare providers. *Translational Behavioral Medicine*, *4*(4), 363-371. doi: 10.1007/s13142-014-0293-9
26. Massey, W. V., Meyer, B. B., & **Mullen, S. P.** (2015). Initial development and validation of the Processes of Change in Sport Questionnaire. *Psychology of Sport & Exercise*, *16*(3), 79-87. doi:10.1016/j.psychsport.2014.09.009
27. **Mullen, S. P.**, & Hall, P. (2015). Editorial: Physical activity, self-regulation, and executive control across the lifespan. *Frontiers in Human Neuroscience*. doi: 10.3389/fnhum.2015.00614
28. **Mullen, S. P.**, Silva, M. N., & Teixeira, P. J. (2016). Initial validation of the activity choice index among overweight women. *Research Quarterly for Exercise and Sport*, *87*(2), 174-181. doi: 10.1080/02701367.2016.1152349
29. Maus, M., Belza, B., Chi, N-C., Hunter, R., **Mullen, S.**, & Satariano, W. A. (2016). Wayfinding technologies for older adults with visual impairments: Ideas for future directions. *Journal of Visual Impairment & Blindness*, *110*(6), 477-480.
30. Olson, E. A., **Mullen, S. P.**, Raine, L. B., Kramer, A. F., Hillman, C. H., & McAuley, E. (2016). Integrated social- and neurocognitive model of physical activity behavior in older adults with metabolic disease. *Annals of Behavioral Medicine*, *51*(2), 272-281. doi:10.1007/s12160-016-9850-4
31. Fanning, J., Roberts, S. A., Hillman, C. H., **Mullen, S. P.**, Ritterband, L., & McAuley, E. (2017). A smartphone “app”-delivered randomized factorial trial targeting physical activity in adults. *Journal of Behavioral Medicine*, *40*(5), 712-729. doi:10.1007/s10865-017-9838-y
32. Jake-Schoffman, D. E., Silfee, V. J., Waring, M. E., Boudreaux, E. D., Sadasivam, R.

- J., **Mullen, S. P.**, Carey, J. L., Hayes, R. B., Ding, E. Y., Bennett, G. G., & Pagoto, S. L. (2017). Methods for evaluating the content, usability, and efficacy of commercial mobile health apps. *Journal of Medical Internet Research*, 5(12), e190. doi:10.2196/mhealth.8758
33. Massey, W. V., Stellino, M. B., **Mullen, S. P.**, Claassen, J., & Wilkison, M. (2018). Development of the great recess framework—observational tool to measure contextual and behavioral components of elementary school recess. *BMC Public Health*, 18(394). doi: 10.1186/s12889-018-5295-y
34. Edwards, C. G., Walk, A. M., Thompson, S. V., **Mullen, S. P.**, Holscher, H. D., & Khan, N. A. (2018). Disordered eating attitudes and behavioral neuroelectric indices of cognitive flexibility in individuals with overweight and obesity. *Nutrients*, 10(12), 1902-1915. doi:10.3390/nu10121902
35. **Mullen, S. P.**, & Conroy, D. E. (2019). Editorial: Innovative applications of technology for the assessment and promotion of physical activity. *Psychology of Sport & Exercise*, 41, 144-145. doi: 10.1016/j.psychsport.2019.01.004
36. Bullard, T., Ruopeng, A., Trinh, L., Mackenzie, M., & **Mullen, S. P.** (2019). A systematic review and meta-analysis of adherence to physical activity interventions among three chronic conditions: cancer, cardiovascular disease, and diabetes. *BMC Public Health*, 19(636), 1-11. DOI:10.1186/s12889-019-6877-z
37. Palac, D.†, Bullard, T., Cohen, J. D., Nguyen, L. T., Mudar, R. A., & **Mullen, S. P.**† (2019). Effects of traditional vs. iPad-enhanced aerobic exercise on wayfinding efficacy and cognition: a pilot randomized controlled trial. *International Journal of Environmental Research and Public Health*, 16(18), 3495. DOI:10.3390/ijerph16183495
38. Phansikar, M., Ashrafi, S. A., Khan, N. A., Massey, W. V., & **Mullen, S. P.** (2019). Active Commute in relation to cognition and academic achievement in children and adolescents: A systematic review and future recommendations. *International Journal of Environmental Research and Public Health*, 16(24), 5103. DOI:10.3390/ijerph16245103.
39. Phansikar, M., & **Mullen, S. P.** (2020). Exploring active travel and leisure-time physical activity relationships with cognition among older adults. *Journal of Aging and Physical Activity*, 28, 4, 580-587. DOI: <https://doi.org/10.1123/japa.2019-0125>
40. Cohen, J., Rogers, W. A., Petruzzello, S., Trinh, L., & **Mullen, S. P.** (2020). Acute effects of aerobic exercise and relaxation training on fatigue in breast cancer survivors: a feasibility trial. *Psycho-oncology*, 30(2), 252-259. DOI: <https://doi.org/10.1002/pon.5561>
41. Raine, L., McDonald, K., Shigeta, T. T., Hsieh, S., Hunt, J., Chiarlitti, N. A., Lim, M., Gebhardt, K., Collins, N., De Lisio, M., **Mullen, S. P.**, Kramer, A. F., & Hillman, C. (2020). Sympathetic nervous system and exercise affects cognition in youth (SNEACY): study protocol for a randomized crossover trial. *Trials*, 22(1), 1-10. DOI: <https://doi.org/10.1186/s13063-021-05096-w>
42. Massey, W.V., Szarabajko, A., Thalken, J., Perez, D. & **Mullen, S.P.** (2021). Memories of school recess predict physical activity enjoyment and social-emotional well-being in adults. *Psychology of Sport and Exercise*, 55. DOI: <https://doi.org/10.1016/j.psychsport.2021.101948>
43. †Phansikar, M. and †**Mullen, S. P.** (2022). Cognitive and psychosocial effects of an acute sun salutation intervention among adults with stress. *Mental Health and Physical Activity*, 22, 100431. DOI: <https://doi.org/10.1016/j.mhpa.2021.10043>
44. Phansikar, M., Gothe, N., Hernandez, R., Lara-Cinisomo, S. & **Mullen, S. P.** (February, 2023). Feasibility and impact of a remote flow-based, moderate-intensity yoga

- intervention on executive functioning among working adults: A randomized controlled trial. *Journal of Behavioral Medicine*, 1-12. <https://doi.org/10.1007/s10865-022-00385-4>
45. Cannavale, C. N., Keye, S. A., Rosok, L., Martell, S., Holthaus, T. A., Rejser, G., Raine, L. B., **Mullen, S. P.**, Cohen, N. J., Hillman, C. H., Hammond, B. R., Renzi-Hammond, L., Khan, N. A. (November, 2022). Enhancing children's cognitive function and achievement through carotenoid consumption: The Integrated Childhood Ocular Nutrition Study (iCONS) protocol. *Contemporary Clinical Trials*, 122, 106964. <https://doi.org/10.1016/j.cct.2022.106964>
46. Johnson, A. M., Pukin, F., Krishna, V., Phansikar, M., & **Mullen, S. P.** (August, 2022). Feasibility and preliminary efficacy of two technology-assisted vocal interventions for older adults living in a residential facility. *Journal of Voice*. <https://doi.org/10.1016/j.jvoice.2022.07.019>

G. Abstracts (in print or accepted)

1. **Mullen, S. P.**, & Kendzierski, D. A. (August, 2004). Relationship between motivational orientation and physical activity self-definition. Presented at the American Psychological Association (APA) conference: Division 47. Washington, DC.
2. Whaley, D. E., & **Mullen, S. P.** (October, 2005). An examination of self-determination theory in a community fitness facility. Presented at the Association of Applied Sport Psychology (AASP) conference. Vancouver, Canada.
3. Whaley, D. E., & **Mullen, S. P.** (May, 2005). Obesity in rural America: The importance of place. Presented at the 2nd Action on Obesity Summer (hosted by the Mayo Clinic). Representing the Association for Applied Sport Psychology, Rochester, MN.
4. **Mullen, S. P.**, & Whaley, D. E. (October, 2006). (Re)Training the trainers: Spreading the gospel of exercise psychology to the fitness industry. Presented at the Association of Applied Sport Psychology (AASP) conference. Miami, FL.
5. Whaley, D. E., & **Mullen, S. P.** (September, 2008). Sources of competence information used by adult exercisers. Presented at the Association of Applied Sport Psychology conference. St. Louis, MO.
6. **Mullen, S. P.** (September, 2008). Building an online community for integrating knowledge about drug use in sport and exercise. Presented as part of a symposium lecture series on "Action Taken Post-Congress" at the Association of Applied Sport Psychology. St. Louis, MO.
7. **Mullen, S. P.**, & Whaley, D. E. (September, 2008). Tracking identity profiles in young adult exercisers over 4 months. Presented at the Association of Applied Sport Psychology conference. St. Louis, MO.
8. **Mullen, S. P.** (October, 2010). Parents' possible child selves. Paper presented at the Association of Applied Sport Psychology conference. Providence, RI.
9. Gothe, N. P., **Mullen, S. P.**, Wójcicki, T. R., Mailey, E., White, S. M., Olson, E. A., . . . McAuley, E. (April, 2011). Trajectories of self-esteem in older adults: exercise intervention effects. *Annals of Behavioral Medicine*, 41, S227.
10. Mailey, E. L., **Mullen, S. P.**, Evans, E. M., Motl, R. W., & McAuley, E. (April, 2011). Differential patterns of mental health changes correspond to changes in physical activity in female college freshmen. *Annals of Behavioral Medicine*, 41, S185.

11. ⁺Szabo, A. N. **Mullen, S. P.**, White, S. M., Wójcicki, T. R., Kramer, A., & McAuley, E. (April, 2011). Executive function, self-regulation, and self-efficacy effects on exercise adherence in older adults. *Annals of Behavioral Medicine*, 4, S238. **+This paper received a Meritorious Student Abstract award.**
12. Fanning, J. T., **Mullen, S. P.**, Szabo, A. N., Erickson, K. I., Kramer, A. F., & McAuley, E. (April, 2011). Individual differences in fitness and memory response trajectories across a 12-month exercise trial. *Annals of Behavioral Medicine*, 41, S226.
13. **Mullen, S. P.**, Mailey, E. L., White, S. M., Wójcicki, T. R., Szabo, A. N., Gothe, N. P., . . . McAuley, E. (April, 2011). Physical activity, self-efficacy, and functional limitations in older adults: a randomized control trial. *Annals of Behavioral Medicine*, 41, S185.
14. McAuley, E., Wójcicki, T. R., White, S. M., Mailey, E. L., Szabo, A. N., Gothe, N., Olson, E. A., **Mullen, S. P.**, Fanning, J., Motl, R. W., Rosengren, K., Estabrooks, P. (October, 2011). Physical activity, function, and quality of life: Design and methods of the FlexToBa™. Poster presented at the Conference of HEPA, Amsterdam, Netherlands.
15. Olson, E. A., Szabo, A. N., **Mullen, S. P.**, McAuley, E. & Kramer, A. F. (November, 2011). Pulse pressure, depression, physical function, and cognitive function in healthy older adults. Poster presented at the annual meeting of the Gerontological Society of America, Boston, MA.
16. Motl, R. W., **Mullen, S. P.**, Suh, Y., & McAuley, E. (April, 2012). Does physical activity change over 24 months in persons with relapsing-remitting multiple sclerosis? *Annals of Behavioral Medicine*, 43, S41.
17. **Mullen, S. P.**, Wójcicki, T. R., Mailey, E. L., Szabo, A. N., Gothe, N. P., Olson, E. A., et al., . . . McAuley, E. (April, 2012). A profile for predicting attrition from exercise in older adults. *Annals of Behavioral Medicine*, 43, S120.
18. **Mullen, S. P.**, Gross, A., Parisi, J., Rebok, G., & McAuley, E. (April, 2012). Physical function, cognition, and health-related quality of life among older adults from ACTIVE. *Annals of Behavioral Medicine*, 43, S24.
19. Fanning, J. T., **Mullen, S. P.**, & McAuley, E. (April, 2012). Increasing physical activity with mobile devices: a meta-analysis. *Annals of Behavioral Medicine*, 43, S273.
20. Baniqued, P., Lee, H., Cosman, J., **Mullen, S. P.**, Severson, J., McAuley, E., Kramer, A. (April, 2012). CrossFit: Forging mental and physical fitness for optimal cognitive function across the lifespan. Paper presented at the Cognitive Aging Conference, Atlanta, GA.
21. ⁺Gothe, N. P., **Mullen, S. P.**, & McAuley, E. (March, 2013). The effects of Yoga on cognition: a meta-analysis of chronic and acute yoga effects. *Annals of Behavioral Medicine*, 45, S138. **+This paper received a Meritorious Student Abstract award.**
22. Shaikh, A, Ritterband, L., Fair, A., Shen, B., & **Mullen, S.** (March, 2013). Translational pipelines for evidence-based digital health. *Annals of Behavioral Medicine*, 45, 3054.
23. Ensari, I., Motl, R., Sandroff, B. M., **Mullen, S.**, & McAuley, E. (May, 2013). Pattern and predictors of change in depressive symptoms over 30 months in Multiple Sclerosis. Poster presented at The Consortium of Multiple Sclerosis Centers, Annual Meeting. Orlando, FL. CG13.
24. Massey, W., Meyer, B., & **Mullen, S.** (October, 2013). Development of a Processes of Change measure for us in applied sport psychology settings. Poster presented at the Association of Applied Sport Psychology. New Orleans, LA, 1, 67.

25. **Mullen, S. P.**, McAuley, E., & Motl, E. (April, 2014). Symptomology profiles and predictors of change for adults with relapse-remitting multiple sclerosis across 30 months. *Annals of Behavioral Medicine*, 47, S217.
26. Satariano, W., Maus, M., Hunter, R., Belza, B., Friedman, D. B., **Mullen, S.**, & Vandenberg, A. E. (November, 2014). Wayfinding technologies: Older Adults. Paper presented at the Annual Meeting for the Gerontological Society of America. Washington, DC. Abstract #1070
27. Vandenberg, A. E., Belza, B., Logsdon, R. G., **Mullen, S.**, Hunter, R. H. (November, 2014). Wayfinding technology for people with cognitive impairment: how effective, functional, usable, and useful? Paper presented at the Annual Meeting for the Gerontological Society of America. Abstract #1070
28. **Mullen, S.**, Bullard, T., Cohen, J., Palac, D., Hua, A., Johnson, A., & Mudar, R. (March, 2015). A comparison of traditional and tablet-delivered Trails A&B in Three Samples. Poster presented at the Annual meeting for the Cognitive Neuroscience Society. San Francisco, CA. Abstract B48.
29. Cohen, J., Bullard, T., Palac, D., & **Mullen, S. P.** (April, 2015). Physical and cognitive benefits associated with exercise and sauna use. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. San Antonio, TX. Abstract A105e.
30. ⁺Bullard, T., Banducci, S., Cohen, J., Palac, D., Erickson, K., Bherer, L., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (April, 2015). Effects on cognitive functioning from 20-hr training: Secondary outcomes from the CORTEX trial. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. San Antonio, TX. *Annals of Behavioral Medicine*, 49(Suppl 1), S170. + **This paper received a Meritorious Student Abstract award.**
31. **Mullen, S. P.**, Cohen, J., Bullard, T., Erickson, K., Bherer, L., Kramer, A. F., & McAuley, E. (April, 2015). CORTEX: A randomized controlled trial to test cognitive training effects on 4-mo exercise adherence. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. San Antonio, TX. *Annals of Behavioral Medicine*, 49(Suppl 1), S68.
32. Palac, D., Cohen, J. D., Hua, A. L., Bullard, T., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2016). Short and long-term effects of multi-modal cognitive training on processing speed. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, DC. *Annals of Behavioral Medicine*, 50(Suppl 1), S27. Abstract A0853.
33. ⁺Hua, A. K., Bullard, T., Cohen, J., Palac, D., McAuley, E., Kramer, A. F., & **Mullen, S. P.** (March, 2016). A novel cognitive training intervention reduced back pain in middle-aged adults. Paper presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, DC. *Annals of Behavioral Medicine*, 50(Suppl 1), S103. +**This paper received a Meritorious Student Abstract award.**
34. Bullard, T., Cohen, J., Palac, D., Hua, A. K., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (Mar-April, 2016). Inter-individual differences in self-regulation of exercise: a latent profile analysis. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, DC. *Annals of Behavioral Medicine*, 50(Suppl 1), S145. Abstract B118.
35. Cohen, J. D., Palac, D., Bullard, T., Hua, A. K., Schroyer, R., Wong, B., Wilund, K., Woods, J., Kramer, A. F., & **Mullen, S. P.** (March-April, 2016). Chronic cognitive

- effects of sauna following aerobic exercise on processing speed. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, DC. *Annals of Behavioral Medicine*, 50(Suppl 1), S238. Abstract C038.
36. **Mullen, S. P.**, Cohen, J. D., Bullard, T., Woods, J., Wilund, K., Schroyer, R., Angadi, S. S., Buman, M., & Wong, B. (March-April, 2016). Effects of exercise combined with thermal therapy on blood pressure and psychosocial outcomes: A pilot RCT. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. Washington, DC. *Annals of Behavioral Medicine*, 50(Suppl 1), S239. Abstract C040.
 37. ⁺Fanning, J., Roberts, S., Hillman, C., **Mullen, S. P.**, Ritterband, L., & McAuley, E. (Feb, 2017). The individual and combined impact of two social cognitive smartphone modules on application usage: a randomized factorial trial. Presented at the Third Annual Center for Behaviour Change Digital Health Conference, London, England.
⁺This paper received the Best Submission Award.
 38. Wright, J., Napolitano, M., Godino, J., Bauman, M., & **Mullen, S. P.** (March, 2017). Wearables, apps and accelerometers: How to assess and intervene using wearables and how to make sense of the big world of data. Panel presentation during the Mid-day meetings at the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA.
 39. Palac, D., & **Mullen, S. P.** (March, 2017). Self-efficacy for exercise-specific memory and prospective mobile health application use. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA. *Annals of Behavioral Medicine*, 51(Suppl 1), S2011. Abstract #129.
 40. **Mullen, S. P.**, Bullard, T., & An, R. (March, 2017). A systematic review of adherence to RCTs involving physical activity interventions targeting three chronic diseases. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA. *Annals of Behavioral Medicine*, 51(Suppl 1), S1280. Abstract #B218.
 41. ⁺Fanning, J., Roberts, S. A., Hillman, C. H., **Mullen, S. P.**, Ritterband, L., & McAuley, E. (March, 2017). Impact of a modular social cognitive smartphone app on physical activity in adults: A randomized factorial trial. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, San Diego, CA. *Annals of Behavioral Medicine*, 51(Suppl 1), S928. Abstract B018. **⁺This paper received the Best Dissertation Award.**
 42. Bullard, T., Rebar, A., Cohen, J., Palac, D., Wichman, A. L., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2017). Exercise-related attitudinal changes after 20 hours of cognitive training. Poster presented at the Annual Meeting for the Society for Behavioral Medicine. San Diego, CA. *Annals of Behavioral Medicine*, 51(Suppl 1), S1280. Abstract# B218.
 43. Cohen, J. D., Bullard, T., Palac, D., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2017). Revised model for predicting attrition from exercise. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. San Diego, CA. *Annals of Behavioral Medicine*, 51(Suppl 1), S1313. Abstract #B239.
 44. Cohen, J., Trinh, L., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (March, 2017). Prior cancer diagnosis associated with lower adherence and physical activity in an RCT involving cognitive training designed to increase exercise adherence. Poster presented at the Annual Meeting of the American Society of Preventive Oncology. Seattle, WA. Abstract #30.
 45. Edwards, C. G., Walk, A. M., Thompson, S. V., **Mullen, S. P.**, Holscher, H., Khan, N. A. (April, 2017). Domain-specific relationships between cognitive control and disordered

- eating attitudes. Presentation and poster presented at the Annual Meeting for Experimental Biology. The FASEB Journal, 31, 1(Supp 150.3).
46. Massey, W. V., Stellino, M. B., **Mullen, S. P.**, Wilkison, M., & Claassan, J. (June, 2017). The Great Recess Framework: Evidence for an observational tool to measure to quality of recess. Poster presented at the North American Society for the Psychology of Sport and Physical Activity. San Diego, CA. Abstract # 16624
 47. **Mullen, S. P.**, Bullard, T., An, R., Trinh, L., and Mackenzie, M. (June, 2017). A call for a precision behavioral medicine perspective in physical activity promotion and maintenance. Poster presented at the annual meeting for the International Society for Behavioral Nutrition and Physical Activity. Victoria, CAN. Abstract #8272
 48. Johnson, A. M., & **Mullen S. P.** (October, 2017). Effects of an independent at-home mobile health vocal training program on vocal function and practice adherence in older adults. Paper presented at the Fall Voice Conference, Washington, DC.
 49. Perez, L. M., Fang, H-Y., Burrows, B., **Mullen, S. P.**, & Wilund, K. (November, 2017). Assessment of wear compliance, differences in step counts, and activity levels of Fitbit and Jawbone devices to the Actigraph GT3X+ in Hemodialysis Patients. Poster presented at the annual meeting for the American Society of Nephrology. New Orleans, LA.
 50. **Mullen, S. P.**, Cohen, J., Palac, D., Bullard, T., Phansikar, M., North, J., Wong, B., & Wilund, K. (April, 2018). A pilot RCT testing effects of steam-room usage after exercise on cardiovascular functioning among pre-hypertensive adults. Poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.
 51. North, J., Cohen, J., Palac, D., Bullard, T., Phansikar, M., Wong, B., & **Mullen, S. P.** (April, 2018). Increased sleep efficiency through heat therapy and exercise. Poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.
 52. Phansikar, M., Palac, D., Cohen, J. D., Bullard, T., North, J. R., Wilund, K., Wong, B., & **Mullen, S. P.** (April, 2018). Complementary effects of exercise and heat therapy on mindfulness and cognition. Poster presented at the annual meeting for the Society of Behavioral Medicine. New Orleans, LA.
 53. Cohen, J. D., Palac, D., Bullard, T., North, J. R., Phansikar, M., & **Mullen, S. P.** (April, 2018). Relationships among affect, memory, perceptions, and physical function in older adults with cancer. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.
 54. Palac, D., Cohen, J. D., Bullard, T., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (April, 2018). Personality profiles, exercise trial attrition and adherence: Do the Big Five matter? Poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA.
 55. Bullard, T., Cohen, J. D., Palac, D., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (April, 2018). Exercise self-efficacy growth trajectories after 20 hours of cognitive training. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. New Orleans, LA. **+Received a Meritorious Student Abstract Award**
 56. Bullard, T., & **Mullen, S. P.** (March, 2019). Optimizing a profile for predictive classification of physical activity among adults. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, DC.
 57. Cohen, J. D., Palac, D., North, J., Shen, S., & **Mullen, S. P.** (March, 2019). Effects of tech-supported exercise on fatigue and study completion in breast cancer survivors:

- systematic review and meta-analysis. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, DC.
58. Palac, D., & **Mullen, S. P.** (March, 2019). Relationships among concussion history and subsequent physical activity, memory, and mindfulness. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, DC.
 59. Phansikar, M., & **Mullen, S. P.** (March, 2019). Exploring non-recreational and recreational physical activity relationships with cognition. Poster presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, DC. **+Received the Physical Activity SIG Student Abstract Award**
 60. **Mullen, S. P.**, Palac, D., Cohen, J. C., Bullard, T., & Mudar, R. (March, 2019). iPad-enhanced aerobic training effects on wayfinding and self-efficacy among mid-life adults with memory complaints. Paper presented as part of Aging SIG Symposium entitled “Aging with Technology: Importance of Technology to the Future of Geriatric Health Promotion Research and Practice.” Presented at the Annual Meeting for the Society of Behavioral Medicine. Washington, DC.
 61. **Mullen, S. P.**, Taggart, A., Bullard, T., Cohen, J. D., Stine-Morrow, E. A. L., McAuley, E., & Kramer, A. F. (June, 2019). Measurement of mental fatigue and training transfer to untrained performance among middle-aged adults. Poster presented at the annual meeting for the Society for Applied Research in Memory and Cognition (SARMAC XIII). Cape Cod, MA.
 62. Taggart, A., & **Mullen, S. P.** (June, 2019). Effects of martial arts training on motor functioning: A scoping review. Paper presented to the annual meeting for the North American Society for the Psychology of Sport & Physical Activity (NASPSPA). Baltimore, MD.
 63. Cohen, J. D., Trinh, L., Petruzzello, S., Rogers, W. A., & **Mullen, S. P.** (March, 2020). Acute (null) effects of relaxation training and aerobic cycling on executive functioning among breast cancer survivors. Online abstract published by the American Society of Preventive Oncology. Tucson, AZ.
 64. **Mullen, S. P.**, Cohen, J. D., Taggart, A., Bullard, T., Palac, D., Boot, W., Kramer, A. F., & McAuley, E. (April, 2020). Middle-aged adults’ expectancies prior to starting a cognitive-motor training and exercise program. Poster presented virtually at the annual meeting for the Society of Behavioral Medicine. San Francisco, CA.
 65. Cohen, J. D., Rogers, W., Petruzzello, S., Trinh, L., & **Mullen, S. P.** (April, 2020). Feasibility and efficacy of aerobic & relaxation training for improving fatigue in breast cancer survivors: A pilot RCT. Poster presented virtually at the annual meeting for the Society of Behavioral Medicine. San Francisco, CA.
 66. Bullard, T., & **Mullen, S. P.** (April, 2020). Feasibility and efficacy of a brief, video-chat intervention for increasing lifestyle physical activity self-efficacy among low-active, working adults. Poster presented virtually at the annual meeting for the Society of Behavioral Medicine. San Francisco, CA.
 67. Adamek, J. F., Bullard, T., Cohen, J. D., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (April, 2020). Validating the Activity Choice Index with a commercial wearable device and exploring relationships with executive functioning, explicit and implicit physical activity attitudes. Poster presented virtually at the annual meeting for the Society of Behavioral Medicine. San Francisco, CA.

68. North, J., Palac, D., & **Mullen, S. P.** (April, 2020). Testing potential benefits of early multisport participation in young adults: a path analysis of physical activity, self-regulation, well-being and retrospectively-reported sport involvement. Poster presented virtually at the annual meeting for the Society of Behavioral Medicine. San Francisco, CA.
69. Phansikar, M., & **Mullen, S. P.** (April, 2020). Effect of aerobic exercise intervention on executive functioning: the mediating role of stress. Poster presented virtually at the annual meeting for the Society of Behavioral Medicine. San Francisco, CA.
70. Canton, I., Taggart, A., Palac, D., Cohen, J. D., & **Mullen, S. P.** (April, 2020). Perceived mental fatigue in adults: measurement validation in two studies of adults with chronic cognitive complaints. Poster presented virtually at the annual meeting for the Society of Behavioral Medicine. San Francisco, CA.
71. **Mullen, S.**, Adamek, J., Phansikar, M., Canton, I., & Massey, W. (June, 2020). Relationships among executive functioning, future time perspective, identity, and physical activity self-regulation among low-active middle-aged adults. To be presented at the annual meeting of the *North American Society for the Psychology of Sport and Physical Activity*. Vancouver, British Columbia, CAN.
72. Adamek, J. A., Palac, D., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (June, 2020). Preliminary validation of the Dot Task for measuring cognitive and physical function. To be presented at the annual meeting of the *North American Society for the Psychology of Sport and Physical Activity*. Vancouver, British Columbia, CAN.
73. Szarabajko, A., Thalken, J., **Mullen, S. P.**, Perez, D., Ughelu, N. E., & Massey, W. V. (2021). More than games: Recess experiences are associated with adult well-being. Abstract #2941 SHAPE.
74. Koon, L. M., **Mullen, S. P.**, & Rogers, W. A. (October, 2020). *Self-determination through technology: Understanding physical activity engagement for Older Adults*. Presented as part of a Virtual Symposium entitled, "Evidence-based physical activity interventions with fitness technologies in mind: what can we recommend?" at the Annual Scientific Meeting for the Gerontological Society of America.
75. Phansikar, M. A., & **Mullen, S. P.** (April, 2021). *Acute effects of sun salutations on cognitive functioning and psychosocial stress among low-active adults*. A research talk presented at the Annual Meeting for the Society of Behavioral Medicine.
76. **Mullen, S. P.**, Adamek, J. P., Phansikar, M. A., Roberts, B., Larrison, C. R. (April, 2021). *Role of first-gen status, friends, engagement in physical activity and therapy in life satisfaction among college students*. A research spotlight presented at the Annual Meeting for the Society of Behavioral Medicine.
77. Perez, D., Szarabajko, A., Thalken, J., **Mullen, S.P.**, Massey, W. V. (June, 2021). *Meaningful play? School recess memories are associated with meaning and purpose in adulthood*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity.
78. **Mullen, S. P.** (June, 2021). Differences in mobile health app motives and usage among individuals with and without chronic conditions. Poster presented at the 16th International Congress of Behavioural Medicine (delayed 1-yr due to COVID19).
79. Phansikar, M., Gothe, N., Hernandez, R., Lara-Cinisomo, S., & **Mullen, S. P.** (2022). Feasibility and impact of a remote flow-based, moderate-intensity yoga

- intervention on executive functioning, during a pandemic, among working adults. *Journal of Sport & Exercise Psychology*, 44, S1-S123.
80. **Mullen, S. P.**, Shen, S., Phansikar, M. P., Taggart, A., Thomas, D. D., Lussier, M., Kramer, A. F., & McAuley, E. (2022). Primary outcomes of the cognitive regulation training and exercise (CORTEX)-II trial: Effects on physical activity engagement. *Journal of Sport & Exercise Psychology*, 44, S1-S123.
 81. **Mullen, S. P.**, Phansikar, M., Taggart, A., Thomas, D. D., Kramer, A. F., & McAuley, E. (2022). Psychometrics of the Self-Efficacy for Exercise Memory Questionnaire (SEEM-Q) and associations with self-efficacy beliefs for exercise and memory. *Journal of Sport & Exercise Psychology*, 44, S1-S123.
 82. Gaurav S. R., Larrison, C. R., Chen, Z., Mowbray, O., & **Mullen, S. P.** (January 2023). Associations among anxiety, student loan repayment and financial knowledge. *Society for Social Work and Research*.
 83. Phansikar, M., Gothe, N. P., Hernandez, R., Lara-Cinisomo, S., & **Mullen, S. P.** (February 2023). Efficacy of a remote yoga intervention on improving positive psychological well-being. Paper presented to the inaugural *International Society for Contemplative Research (from the Mind and Life Institute)*.
 84. **Mullen, S. P.**, & Thomas, D. D. (accepted). Predicting early exercise attrition with the Physical Activity Skill-sets for Identification and Training (Passfit) Profile. *Medicine & Science in Sports & Exercise*, 55, #1584.
 85. Hartwig, S., Hatch, A., Taggart, A., Luo, Y., Kramer, A. F., McAuley, E., & **Mullen, S. P.** (accepted). Multi-modal cognitive training effects on walking-while-talking performance. *Medicine & Science in Sports & Exercise*, 55, #2569.
 86. Hatch, A., Hartwig, S., & **Mullen, S. P.** (accepted). Confidence vs. competence: Exploring the relationship between self-efficacy and performance regarding flexibility, strength and mobility. *Medicine & Science in Sports & Exercise*, 55, #4022.

J. Other: Scholarly Presentations (Not Listed Under Invited Lectures or In Print)

1. **Mullen, S. P.**, & Whaley, D. E. (June, 2005). *Being an effective leader and maximizing physical activity in others*. Workshop presented to the Charlottesville Summer Playground Program Staff, Charlottesville, VA.
2. Mullen, S. P. (March, 2006). *Eye-Toy Kinetic: How to integrate technology in physical education classes*. Presented to members of the Charlottesville Obesity Task Force. Charlottesville, VA.
3. Whaley, D.E., & **Mullen, S.P.** (April, 2006). *Maintaining physical activity: Self-perceptions and adherence*. Workshop presented to the Women's Health Project participants, James Madison University, Harrisonburg, VA.
4. Mullen, S. P. (April, 2007). *Taking it to the court*. Workshop presented to the University of Virginia's Women's Tennis Team. Charlottesville, VA.
5. Mullen, S. P. (October, 2008). *Motivational strategies for maximizing lifetime tennis success*. Workshop presented to a youth tennis program sponsored by the Charlottesville Tennis Patrons Association, Charlottesville, VA.
6. Szabo, A.N., **Mullen, S. P.**, McAuley, E. & Kramer, A.F. (March, 2011). *Self-regulatory processes and exercise adherence in older adults*. Poster presented at HABITS, Beckman Institute, Champaign, IL.

7. Mullen, S. P. (March, 2013). *Time for a mental tune-up*. Workshop presented to UIUC student-athletes. Champaign, IL.
8. Mullen, S. P. (March, 2014). *Sauna use: Physical and cognitive benefits*. Presentation at the first Perfect Sweat Summit. San Francisco, CA.
9. Mullen, S.P., Ruser, J., & Bolter, N. D. (October, 2017). Effects of mental imagery vs. a visual training aid on short and lag-putting golf. Association for Applied Sport Psychology. Orlando, FL.
10. Mullen, S. P. (March, 2018). Invited presentation entitled, “*Let’s heat things up! Exercise and thermotherapy for the prevention and treatment of cardiovascular disease.*” For the CLEAR Colloquium series at the University of Illinois at Urbana-Champaign.

III. RESIDENT INSTRUCTION

A. Summary of Instruction * student evaluations available upon request

1. Descriptive Data

KIN 122: Physical Activity and Health (3 credits)
 KIN 247: Intro to Sport Psychology (3 credits)
 KIN 385: Experience in Kinesiology Research (3 credits)
 KIN 391: Special Projects (3 credits)
 KIN 474 U/G: Technology-Driven Health Interventions (3/4 credits)
 KIN 594: Special Topics: Latent Variable Modeling for Physical Activity Researchers (3 credits)
 KIN 594: Special Topics: Grant Writing for the Behavioral Scientist (3 credits)

2. Supervision of Graduate Student Research

Director of Research

Matthew Wright, Kinesiology, UIUC, FA 2012-SP 2013 (Supervisor)
William Massey, PhD, Kinesiology, U Wisconsin-Milwaukee, 2013 (External Member)
Jason Cohen, PhD, Kinesiology, UIUC, FA 2013-SP 2019 (Supervisor, Dissertation Chair)
Daniel Palac, PhD, Kinesiology, UIUC, FA 2014-SU 2019 (Supervisor, Dissertation Chair)
Tiffany Bullard, PhD, Kinesiology, UIUC, FA 2014-FA 2019 (Supervisor, Dissertation Chair)
Andrew Hua, PhD, Kinesiology, UIUC, FA 2014-SP 2018 (co-Supervisor)
Jason Fanning, PhD, Kinesiology, UIUC, SP 2015-2016 (Dissertation Committee Member)
Sung Wan Kang, MS, Social Work, UIUC, SP 2015 (Qualifying Paper Reviewer)
Anna Tanaglia, MS, Communication, UIUC, SP 2016 (Comprehensive Exam Reviewer)
Matthew Greenberg, RST, FA 2017 (Prelim Exam Committee Member)
Madhura Phansikar, PhD, Kinesiology, UIUC FA 17-FA 21 (Supervisor, Dissertation Chair)
Jonathan North, Kinesiology, UIUC FA 2017-SP 2020 (Supervisor)
Adam Taggart, PhD Candidate, Kinesiology, UIUC FA 2018- (Supervisor, Dissertation Chair)
John Adamek, Kinesiology, UIUC FA 2019-SP 2021(Supervisor)
Imani Canton, Kinesiology, UIUC FA 2019-SP 2021 (Supervisor)
Qiong(Tina) Nie, PhD, Community Health, UIUC, FA 17-SU 22 (Diss. Committee Member)
Brett Burrows, PhD, Kinesiology, UIUC, FA 20-SP 21 (Prelim Exam Committee Member)
Zezhao(Jack) Chen, PhD Kinesiology, UIUC, SU 21-FA 21 (Dissertation Committee Member)
D. David Thomas, Informatics, UIUC, FA 21-present (Supervisor, Dissertation Chair)

Reilly Ruzella, MS, Kinesiology, UIUC, FA 22-SP 23 (Supervisor)
Kelly Ryono, MS, Kinesiology, UIUC, FA 22-SP 23 (Supervisor)

Faculty Supervision of Clinical Experience

Svyatoslav Dvoryetskiy (25 supervised hours, KIN 565: Teaching in the Professoriate)
Jonathan North (25 supervised hours, KIN 565: Teaching in the Professoriate)
Madhura Phansikar (25 supervised hours, KIN 565: Teaching in the Professoriate)

Other Contributions to Instructional Programs

Curriculum Development

KIN 474: Tech-Driven Health Interventions (KCH elective and INFO minor)
CHLH 247: Intro to Sport Psychology - redesign (an online elective course)
KIN 391: Playful Interventions for Health

Undergraduate Student Supervision

Research

>200 undergraduate students (from KIN and other majors) have completed an average of 200 research hours for 6 academic credits (2 semesters of KIN 385/391) under my direct supervision.

Independent Study

Cristian Guzman, IPS-Sport Psychology Major, SP 2014-SP 2016
Jeffrey Ruser, KIN 385, FA 2014-SP 2016
Shantanu Min, KIN 391, SP 2020
Max Sauers, INFO 399, FA 2021
Reilly Ruzella, KIN 393: SP 2022; KIN 593: FA 2022, SP 2023
Leah Choi, KIN 590, SP 2022
Kelly Ryono, KIN 593: FA 2022, SP 2023
Abbey Paik, KIN 391, SP 2023
Monica Rao, KIN 391, SP 2023

Internships

Tiffany Bullard, Community Health major, UIUC, SP 2013 (Internship Supervisor)
Jesus Valencia, Kinesiology major, UIUC, SP 2014 (Internship Supervisor)
Theodore Romas, RST major, UIUC, SP 2017 (Internship Supervisor)
Nicholas Neumann, Illinois State University, SP-SU 2017 (Internship Supervisor)
Jaz Kates, Illinois State University, SP-SU 2018 (Internship Supervisor)
Jacob Martin, Illinois State University, SP-SU 2019 (Internship Supervisor)
Ryan Wierschem, Washington University in St. Louis, SU 2021 (Internship Supervisor)

SPARK Program Scholar

Julia Cichowski, FA 2022, SP 2023

James Scholar

Allie Osaba, SP 2012
Jeremy Shackett, SP 2013

Alyssa Neimark, FA 2013-SP 2014

Kirsten Bork, SP 2014

Michelle Hately, SP 2014

Amy Devitt, SP 2016

Shirley Huang, SP 2017

Invited Guest Lectures:

AHS 125: Freshman Scholars Seminar (C. Meinhert: Instructor), Fall 2014

KIN 125: Orientation to Kinesiology (C. Meinhert: Instructor), Fall 2017

KIN 201: Research Methods for Physical Activity (Multiple Instructors), FA '17, '18, SP'19

TE 498: Play by Design (J. Pintar & R. Switzky: co-Instructors), FA'19

GSD 101: Intro to Game Studies and Design (Instructor: A. Kim), SP 2022

B. Evaluation of Instructions

1. Student ICES Course Evaluation Results

Available upon request

2. Teaching Statement

Available upon request

3. Departmental Evaluation of Teaching and Course Documentation

Available upon request

IV. SERVICE (PUBLIC, PROFESSIONAL/DISCIPLINARY, AND UNIVERSITY)

Summary of Service

My public service has been aimed at improving the psychosocial development, physical health and cognitive health of our local community members. I have done this through in-person engagement and research dissemination.

1. Public Service

2020-21 External candidate review for tenure & promotion

2021-22 External candidate review for tenure & promotion

Host educational booths at Orpheum Museum for Brain Awareness Day and Beckman Open House (annual events)

One-to-One Mentor for students in the Champaign District 4

Public commentary on published research to major news outlets. Examples:

❖ *The Atlantic.com* article, “The Fitness Guru of the Trucking Industry” <https://bit.ly/2C6FIDn>

- ❖ *InsidersGuideToSpas.com* article, “Sauna Benefits: A Longer and Better Life”
<https://bit.ly/2LY50CJ>
- ❖ *Yahoo news* article, “Infrared Saunas for Better Circulation: Legit or Quit?”
<https://yhoo.it/2LVhk6S>
- ❖ *Daily Illini* article, “Study Aims to Reduce Fall Injuries” <https://bit.ly/2IUS5CU>
- ❖ *New York Times* article, “Airlines Turn to Doctors with Goal of Limiting Long Flights’ Negative Effects” <https://nyti.ms/2Y00BUX>
- ❖ Podcast interview with Dr. Brent Roberts on “*Keeping Active During a Pandemic*,” for The CSBS Podcast <https://illinoiscsbs.podbean.com/>
- ❖ Interview with Ananya Sen for Beckman Institute
<https://beckman.illinois.edu/about/news/article/2020/12/02/combined-exercise-mindfulness-training-may-help-reduce-fatigue-in-cancer-survivors>

2. Service to Disciplinary and Professional Societies or Associations

a. Editors of Journals or Other Publications

2014-2015 Lead Guest Associate Editor of *Frontiers in Human Neuroscience*

2018-2019 Lead Guest Associate Editor of *Psychology of Sport & Exercise*

Editorial Board

2017-present *Psychology of Sport & Exercise*

2020-present *Annals of Behavioral Medicine*

b. Journal Reviewer

Annals of Behavioral Medicine, Brain, Behavior, & Immunity, BMC Public Health, Contemporary Clinical Trials, Disability & Rehabilitation, Emotion, Exercise Science & Sport Reviews, Health Psychology, International Journal of Behavioral Medicine, International Journal of Sport Psychology, International Journal of Sport & Exercise Psychology, Journal of Alternative & Complementary Medicine, Journal of Aging & Physical Activity, Journal of Aging Research, Journal of Gerontology, Journal of Health Communication, Journal of Nutrition Education and Behavior, Journal of Medical Internet Research, Journal of Primary Prevention, Journal of Sport & Exercise Psychology, Journal of Sport, Exercise, and Performance Psychology, Measurement in Physical Education & Exercise Science, NeuroReport, PLoS One, Preventive Medicine, Psychology of Sport & Exercise, Quality of Life Research, Research Quarterly for Exercise and Sport, Sport, Exercise, & Performance Psychology, Translational Behavioral Medicine, Translational Journal of the American College of Sports Medicine

d. Grant Reviewer

2012-2013 *Multiple Sclerosis Society*

FA 2016 *Illinois Learning Sciences Design Initiative*

2015-2021 *University of Illinois’s Campus Research Board*

2021-present *Center for Social & Behavioral Science*

e. Conference Reviewer

2010-2012 *Society for Behavioral Medicine* (abstracts, late-breaking abstracts)

2021 *Society for Behavioral Medicine’s Press Release Task Force*

2022 *North American Society for the Psychology of Sport & Physical Activity*

f. Professional Society Membership

2002-2012 American Psychological Association (APA)
 2012-2015 Human Factors and Ergonomics Society (HFES)
 2014-2016 Cognitive Neuroscience Society (CNS)
 2016-2017 American Society of Preventive Oncology (ASPO)
 2003-2017 Association for Applied Sport Psychology (AASP)
 2008-present Society for Behavioral Medicine (SBM)
 2018-present Society for Applied Research in Memory and Cognition (SARMAC)
 2021-present North American Society for Psychology of Sport & Physical Activity (NASPSPA)

3. University/Campus Service

a. Department of Kinesiology and Community Health

FA 2013-SP 2014 Student Travel Grant Program
 FA 2016-SP 2017 Search Committee, Exercise Psychology
 FA 2017-SP 2018 Search Committee, Exercise Psychology
 FA 2017-SP 2018 Search Committee, Health, Aging & Technology
 SP 2018-FA 2018 Chair, KCH Framework Development Committee
 FA 2018-SP 2020 Honors & Awards Committee
 FA 2020-present Educational Policy Committee
 FA 2021-SP 2022 Website & Communications Committee
 FA 2022-present Chair, Website & Communications Committee

b. College of Applied Health Sciences

FA 2013-SP 2015 Elections and Credentials Committee
 FA 2015-SP 2017 Honors & Awards Committee
 FA 2017-FA 2020 CHART Steering Committee
 FA 2018-2021 Education Policy Committee
 FA 2020-2021 Faculty Advisory Committee, Office of Information Technology
 FA 2021 Strategic Hiring Committee (Brain Health)

c. Campus

FA 2015-present Senate IT Committee
 FA 2018-present Institutional Review Board for Biomedical Research
 FA 2020-2021 Mental Health & Wellness Task Force Analytics+Listening subcommittee