

## CURRICULUM VITAE

January 2023

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### Education

B.S. (Hons)	1996	Kinesiology	Loughborough University, Leicestershire, England, UK
P.G.C.E.	1997	Physical Education	Loughborough University, Leicestershire, England, UK
MS	2000	Public Health	Arcadia University, Glenside, PA, USA
PhD	2002-07	Public Health	Temple University, Philadelphia, PA, USA
Post- Doctoral Fellowship	2007-2009	Nicotine Dependence & Health Behavior Change	School of Medicine, University of Pennsylvania, PA, USA

### Honors and Awards

- 2021 Appointed to *Scientific Review Committee*, Sleep Research Society  
Appointed to *National Obstructive Sleep Apnea Tool Development and Surveillance Workgroup*, American Academy of Sleep Medicine, and Centers for Disease Control
- 2020 *Distinguished Alumni Award*, College of Health Sciences, Arcadia University, Glenside
- 2019 *Excellence in Faculty Research* award, College of Health Sciences, University of Delaware
- 2018 *Excellence in Research* award, Society of Behavioral Medicine, to Mackenzie Perket (Graduate Student and mentee)
- 2016 *Research Award*, University of Delaware Research Foundation
- 2015 *Best Research Poster Award*, Center for Cardiovascular Health Research Symposium, October 23, 2015. University of Delaware
- 2015 *Early Career in Public Health Teaching Award* American Schools and Programs of Public Health (ASPPH) /Pfizer
- 2014 *Dean's Incentive Research Award* College of Health Professions, Temple University.
- 2014 *Distinguished Research Poster Presentation* Award, American Dental Student Association Conference, to Bari Levine DMD (mentee)
- 2014 *Award for Faculty Service*, College of Public Health, Temple University
- 2013 *Outstanding Teacher Award*, College of Public Health, Temple University

## **Employment**

**Fall 2021 – Current**

**Professor**

**Associate Chair for Research and Graduate Education**

Department of Behavioral Health and Nutrition, University of Delaware

**Fall 2018 – Summer 2021**

**Associate Professor with Tenure**

**Founding Director, PhD Health Behavior Science and Promotion**

College of Health Sciences, University of Delaware

**Fall 2015 – Spring 2018**

**Assistant Professor (Tenure Track)**

College of Health Sciences, University of Delaware

**2013 – 2015**

**Assistant Professor of Kinesiology** (secondary appointment)

Temple University College of Health Professions and Social Work

**Co-Director, Social and Behavioral Health Division, College of Public Health.** Temple University College of Public Health

**2010 – 2015**

**Assistant Professor of Public Health** (Teaching and Research)

Temple University College of Health Professions and Social Work

**2009 –2010**

**Research Associate**

University of Pennsylvania, School of Medicine and School of Nursing  
Department of Epidemiology, Center for Health Behavior Research.

Center Director: Karen Glanz, PhD, MPH

**2007 –2009**

**Post-Doctoral Associate**

University of Pennsylvania, School of Medicine

Transdisciplinary Tobacco Use Research Center

Center Director: Caryn Lerman, PhD

**2001 –2007**

**Research Center Manager and Smoking Cessation Counselor**

University of Pennsylvania, School of Medicine

Transdisciplinary Tobacco Use Research Center

Center Director: Caryn Lerman, PhD

**1999 –2001**

**Project Coordinator**

Fox Chase Cancer Center

Psychosocial and Behavioral Medicine Program

Program Director: Suzanne Miller, PhD

## **Current Funded Projects**

R01DA051321 (PIs:Connick, Patterson, Grandner)

NIDA

8/1/2020-7/31/2025

**Title:** Using Sleep Health to Optimize Smoking Cessation Treatment Response in HIV-Positive Adults

We are conducting a randomized clinical trial to test the extent to which a sleep health intervention optimizes response to standard nicotine-dependence treatment in Persons Living with HIV (PLWHIV).

**Role:** Principal Investigator

R01MD012734 (PIs: Patterson and Satti)  
NIMHD

4/1/2018-3/31/2023

Title: Predicting Sleep, Smoking and Lung Health Disparities in at-risk Black African American Adults

We are conducting a prospective observational study that will enroll and follow a representative sample of 480 Black/African American adults who are current smokers, are aged >39 years, and who have prodromal (GOLD stage 0) or early-stage COPD (GOLD stage 0-2), over a 4-year period.

Role: Principal Investigator

University of Delaware Research Fund, Strategic Initiatives (PI: Witman)

3/1/2021 – 2/28/2024

Title: Subclinical Cardiovascular Disease in Early Middle-age Adults: Determining a Role of Chrono-behaviors

In this study, the associations between real-world health behavior patterns (sleeping, activity, eating) in 60 early middle-age adults (30-45y) with cardiovascular disease markers are being examined.

Role: Mentor/Co- Investigator

American Heart Association, Post-Doctoral Fellowship (PI: Hoopes)

4/1/2021 – 3/31/2023

Title: Identifying Chrono-behavioral Characteristics of Subclinical Cardiovascular Diseases in Young Adults

We are conducting a 14-day micro-longitudinal study in 100 community-dwelling young adults (18-30y) where the temporal characteristics of rest, activity and diet are being examined in real-world settings using 24/7 wrist actigraphy and photographic food logging, respectively. Subclinical CVD biomarkers are being tested as the key outcomes.

Role: Mentor/Co-Investigator

Delaware CTR ACCEL (PI: Covington)

5/1/2022 – 4/30/2023

Title: Program. Day-to-day Associations Between Sleep and Stress in Real-life Family Contexts.

We are enrolling 40 low-income caregiver-toddler dyads to prospectively examine stress, sleep and other health behaviors across 14 consecutive days.

Role: Mentor/Co-Investigator

Centre of Biomedical Research Excellence in Cardiovascular Health (PI: Ji)

7/1/2022 – 6/30/2023

Title: Artificial Intelligence sleep chatbot in emerging adults with metabolic syndrome comorbidities: a feasibility study.

We are using a mixed-methods design to develop and test a novel chatbox application to deliver a tailored sleep health intervention to emerging adults.

Role: Mentor/Co-Investigator

Heilbrunn Nurse Scholar Award, Rockefeller University (PI: Covington)

7/1/2022 – 6/30/2024

Title: Sleep and Stress in Families with Socioeconomic Disadvantage: A Snapshot of Daily Life.

We are enrolling 40 low-income caregiver-child dyads to prospectively examine stress, sleep and other health behaviors across 14 consecutive days.

Role: Mentor/Co-Investigator

Centre of Biomedical Research Excellence in Sickle Cell Disease (PI: Rani)

11/1/2022 – 10/30/2026

Title: Role of Sleep Health in Sickle Cell Disease Symptomology

We are enrolling 100 children with Sickle Cell Disease in this prospective study to examine the role of objectively estimated sleep health on their symptomology. The study is being conducted at Nemours Health.

Role: Unfunded Mentor

**Publication Statistics** (as per Google scholar, January 2, 2023)

Total Citations: 5815

h-index: 41

i10 index: 72

## **Papers Published**

\*Study PI/Senior Author/Mentor; \*\*Mentee

1. Ji, X., Covington, L. B., **Patterson, F.**, Ji, M., & Brownlow, J. A. (2022). Associations between sleep and overweight/obesity in adolescents vary by race/ethnicity and socioeconomic status. *J Adv Nurs*. <https://doi.org/10.1111/jan.15513>
2. \*\*Laxton, P., **Patterson, F.**, & Healy, S. (2022). Factors Related to Physical Activity in Adults with Intellectual Disabilities in Group Home Settings: A Systematic Literature Review. *Adapted physical activity quarterly: APAQ*, 1–31. Advance online publication. <https://doi.org/10.1123/apaq.2022-0064>
3. \*\*Powers, B. M., **Patterson, F.**, Freedman, B. H., & Healy, S. (2022). Correlates of Anxiety among Adults with Intellectual Disability: A Systematic Literature Review.
4. Healy, S., Brewer, B., Hoopes, E., Paller, A., Mayberry, S., Maguire, J., Daly, J., Laxton, P., & **\*Patterson, F.** (2022, Aug 11). Identifying the most proximal multi-level factors associated with meeting each of the 24-h movement behavior recommendations in a sample of autistic adults. *Disabil Health J*, 101367. <https://doi.org/10.1016/j.dhjo.2022.101367>
5. \*\*Ji, X., \*\*Covington, L. B., **Patterson, F.**, Ji, M., & Brownlow, J. A. (2022, Nov 28). Associations between sleep and overweight/obesity in adolescents vary by race/ethnicity and socioeconomic status. *J Adv Nurs*. <https://doi.org/10.1111/jan.15513>
6. Erkmen, C. P., Randhawa, S., **Patterson, F.**, Kim, R., Weir, M., & Ma, G. X. (2022, Summer). Quantifying Benefits and Harms of Lung Cancer Screening in an Underserved Population: Results From a Prospective Study. *Semin Thorac Cardiovasc Surg*, 34(2), 691-700. <https://doi.org/10.1053/j.semtevs.2021.04.055>
7. Ashare, R. L., Brewer, B., **Patterson, F.**, Hubbard, A., & Longacre, M. L. (2022, Jan-Feb). Psychological and behavioral moderators of physical health among caregivers and non-caregivers. *Geriatr Nurs*, 43, 77-84. <https://doi.org/10.1016/j.gerinurse.2021.11.004>
8. Garcia, J., Brewer, B., Healy, S., & **\*Patterson, F.** (2022). The Temporal Relationships Between 24-h Movement Behaviors Among Children with Autism Spectrum Disorder. *Advances in Neurodevelopmental Disorders*, 1-9.
9. \*\*Covington, L., Satti, A., Brewer, B; Blair, R., Duffy, I., Laurenceau, J.P., Mayberry, S., Cordova, A., Hoopes, E., and **Patterson, F** (2022). Concordance in caregiver and child sleep health metrics among families experiencing socioeconomic disadvantage: A pilot study. *Journal of Applied Research on Children: Informing Policy for Children at Risk*: Vol. 13: Iss. 1, Article 2. Available at: <https://digitalcommons.library.tmc.edu/childrenatrisk/vol13/iss1/2>
10. \*\*Hoopes, E. K., **Patterson, F.**, Berube, F. R., D'Agata, M. N., Brewer, B., Malone, S. K., Farquhar, W. B., & Witman, M. A. (2021, Dec 1). Actigraphy-derived rest--activity rhythms are associated with nocturnal blood pressure in young women. *J Hypertens*, 39(12), 2413-2421. <https://doi.org/10.1097/HJH.0000000000002966>
11. \*\*Healy, S., Brewer, B., Laxton, P., Powers, B., Daly, J., McGuire, J., & **\*Patterson, F.** (2021, Oct 8). Brief Report: Perceived Barriers to Physical Activity Among a National Sample of Autistic Adults. *J Autism Dev Disord*. <https://doi.org/10.1007/s10803-021-05319-8>
12. \*\*Healy, S., Brewer, B., Palmiere, K., Daly, J., McGuire, J., & **\*Patterson, F.** (2021, Oct). 24-h movement behaviors among autistic adults: Differences by sex, age, and level of independence. *Disabil Health J*, 14(4), 101108. <https://doi.org/10.1016/j.dhjo.2021.101108>
13. Wills, C., Ghani, S., Tubbs, A., Fernandez, F. X., Athey, A., Turner, R., Robbins, R., **Patterson, F.**, Warlick, C., Alfonso-Miller, P., Killgore, W. D. S., & Grandner, M. A. (2021, Sep). Chronotype and social support among student athletes: impact on depressive symptoms. *Chronobiol Int*, 38(9), 1319-1329. <https://doi.org/10.1080/07420528.2021.1927072>

14. \*\*Berube, F. R., \*\*Hoopes, E. K., D'Agata, M. N., **Patterson, F.**, Ives, S. J., Farquhar, W. B., & Witman, M. A. (2021, Jul 20). Subjective sleep score is associated with central and peripheral blood pressure values in children aged 7-12 years. *J Sleep Res*, e13440. <https://doi.org/10.1111/jsr.13440>
15. \*\*Powers, B., **Patterson, F.**, Palmiere, K., & Healy, S. (2021). "I sit all of the time": Health-related time-use among adults with intellectual disabilities. *Res Dev Disabil*, 108, 103817. doi:10.1016/j.ridd.2020.103817
16. **Patterson, F.**, Brewer, B., Blair, R., Grandner, M. A., \*\*Hoopes, E., Ma, G., . . . Satti, A. (2021). An exploration of clinical, behavioral, and community factors associated with sleep duration and efficiency among middle-aged Black/African American smokers. *Sleep Health*. doi:10.1016/j.sleh.2021.01.006
17. \*\*Hoopes, E. K., Berube, F. R., D'Agata, M. N., **Patterson, F.**, Farquhar, W. B., Edwards, D. G., & Witman, M. A. H. (2021). Sleep duration regularity, but not sleep duration, is associated with microvascular function in college students. *Sleep*, 44(2). doi:10.1093/sleep/zsaa175
18. \*\*Hoopes, E.K., D'Agata MN, Berube FR, Ranadive SM, **Patterson F**, Farquhar WB, Edwards DG, Witman MA. (2021). Consistency where it counts: Sleep regularity is associated with circulating white blood cell count in young adults. *Brain Behav Immun Health*. 13:100233. doi:10.1016/j.bbih.2021.100233
19. \*\*Covington, L. B., **Patterson, F.**, Hale, L. E., Teti, D. M., Cordova, A., Mayberry, S., & Hauenstein, E. J. (2021). The contributory role of the family context in early childhood sleep health: A systematic review. *Sleep Health*. doi:10.1016/j.sleh.2020.11.010
20. Haegele, J. A., Zhu, X., Healy, S., & **Patterson, F.** (2021, May 26). The 24-Hour Movement Guidelines and Body Composition Among Youth Receiving Special Education Services in the United States. *J Phys Act Health*, 18(7), 838-843. <https://doi.org/10.1123/jpah.2019-0665>
21. \*\*Hoopes, EK., Witman, MAH..... **Patterson, F.** (2021). Rest-Activity Rhythms in Emerging Adults: Implications for Cardiometabolic Health. *Chronobiology International*, 38(4), 543-556.
22. \*\*Healy, S., Brewer, B., Garcia, J., Daly, J., & **Patterson, F.** (2020). Sweat, Sit, Sleep: A Compositional Analysis of 24-hr Movement Behaviors and Body Mass Index among Children with Autism Spectrum Disorder. *Autism Research*, 14(3), 545-550. doi:10.1002/aur.2434
23. Rhee, J. U., Haynes, P., Chakravorty, S., **Patterson, F.**, Killgore, W. D. S., . . . Grandner, M. A. (2020). Smoke at night and sleep worse? The associations between cigarette smoking with insomnia severity and sleep duration. *Sleep Health*. doi:10.1016/j.sleh.2020.10.006
24. Longacre, M. L., Brewer, B., Hubbard, A., Ashare, R. L., & **\*Patterson, F.** (2020). Caregiver Health by Context: Moderating Effects of Mental Health and Health Behaviors. *Western Journal of Nursing Research*, 193945920964936. doi:10.1177/0193945920964936
25. \*\*Gangemi, A. J., Satti, A., Zantah, M., Blair, R., Brewer, B., Ma, G., . . . **\*Patterson, F.** (2020). Sleep Duration and Efficiency Associated with Better Functional Exercise Capacity in African American Smokers at Risk for COPD. *Chest*. doi:10.1016/j.chest.2020.03.070
26. **\*Patterson, F.**, Grandner, M. A., Malone, S. K., Pohlig, R. T., Ashare, R. L., & Edwards, D. G. (2020). Efficacy of a sleep health intervention to optimize standard smoking cessation treatment response: results from a pilot randomized controlled trial. *Journal of Smoking Cessation*, 15(2), 113-117. doi:<https://doi.org/10.1017/jsc.2020.8>
27. Zhu, X., \*\*Healy, S., Haegele, J. A., & **\*Patterson, F.** (2020). Twenty-Four-Hour Movement Guidelines and Body Weight in Youth. *Journal of Pediatrics*. doi:10.1016/j.jpeds.2019.11.031

28. Haegele, J. A., Zhu, X., \*\*Healy, S., & **Patterson, F.** (2020). Proportions of youth with visual impairments meeting 24-hr movement guidelines. *Child Care Health Dev.* 46(3): 345-351 doi:10.1111/cch.12747
29. Taylor DS, Medaglio D, Jurkowitz CT, **Patterson F**, Zhang Z, Gbadebo A, Bradley E, Wessells R, Goldenberg E. (2020) Evaluation of a Systems-Based Tobacco Cessation Program Using Bedside Volunteers. *Nicotine Tobacco Research.* 16;22(3):440-445. doi: 10.1093/ntr/nty252. PMID: 30462274; PMCID: PMC7297106.
30. \*\*Malone, S. K., **Patterson, F.**, Grunin, L., Melkus, G. D., Riegel, B., Punjabi, N., . . . Pack, A. (2020). Habitual physical activity patterns in a nationally representative sample of U.S. adults. *Translational Behavioral Medicine.* doi:10.1093/tbm/ibaa002
31. **Patterson, F.**, Robson, S., McGarry, C., Taylor, D., Halvorsen, S., Rex, S., & Landgraf, R. (2020). Testing the feasibility of a system-based approach to deliver a smoking cessation and food nudging intervention at food pantry sites. *Translational Behavioral Medicine.* 10(1), 146-154. doi:10.1093/tbm/ibz078
32. **Patterson F**, Mitchell JA, Dominick G, Lozano AJ, Huang L, Hanlon AL. (2020) Does meeting physical activity recommendations ameliorate association between television viewing with cardiovascular disease risk? A cross-sectional, population-based analysis. *BMJ Open.* 11;10(6):e036507. doi: 10.1136/bmjopen-2019-036507. PMID: 32532775; PMCID: PMC7295402.
33. Riegel, B., Daus, M., Lozano, A. J., Malone, S. K., **Patterson, F.**, & Hanlon, A. L. (2019). Shift Workers Have Higher Blood Pressure Medicine Use, But Only When They Are Short Sleepers: A Longitudinal UK Biobank Study. *Journal of the American Heart Association,* 8(20), e013269. doi:10.1161/JAHA.119.013269
34. \*\*Healy, S., Aigner, C. J., Haegele, J. A., & **\*Patterson, F.** (2019). Meeting the 24-hr movement guidelines: An update on US youth with autism spectrum disorder from the 2016 National Survey of Children's Health. *Autism Research,* 12(6), 941-951. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/30892834>. doi:10.1002/aur.2095
35. **Patterson, F.**, Connick, E., Brewer, B., & Grandner, M. A. (2019). HIV status and sleep disturbance in college students and relationship with smoking. *Sleep Health,* 5(4), 395-400. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/31253562>. doi:10.1016/j.sleh.2019.05.002
36. Suminski, R. R., **Patterson, F.**, \*\*Perkett, M., Heinrich, K. M., & Carlos Poston, W. S. (2019). The association between television viewing time and percent body fat in adults varies as a function of physical activity and sex. *BMC Public Health,* 19(1), 736. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/31196051>. doi:10.1186/s12889-019-7107-4
37. **Patterson, F.**, & Farquhar, W. B. (2019). Cigarettes at cent35 a pack, in 2019. *Journal of Epidemiology Community Health,* 73(7), 589. doi:10.1136/jech-2019-212333
38. **Patterson, F.**, Lozano, A., Huang, L., Perkett, M., Beeson, J., & Hanlon, A. (2018). Towards a demographic risk profile for sedentary behaviours in middle-aged British adults: a cross-sectional population study. *BMJ Open,* 8(7), e019639. doi:10.1136/bmjopen-2017-019639
39. **Patterson, F.**, Grandner, M. A., Lozano, A., Satti, A., & Ma, G. (2018). Transitioning from adequate to inadequate sleep duration associated with higher smoking rate and greater nicotine dependence in a population sample. *Addictive Behaviors,* 77, 47-50. doi:10.1016/j.addbeh.2017.09.011
40. **Patterson, F.**, \*\*Malone, S. K., Grandner, M. A., Lozano, A., \*\*Perkett, M., & Hanlon, A. (2018). Interactive effects of sleep duration and morning/evening preference on cardiovascular risk factors. *European Journal of Public Health,* 28(1), 155-161. doi:10.1093/eurpub/ckx029
41. Taylor, D., Medaglio, D., Jurkowitz, C., **Patterson, F.**, Zhang, A., Gbadebo, A., . . . Goldenberg, E. (2018). Evaluation of a Systems-Based Tobacco Cessation Program Using Bedside Volunteers. *Nicotine and Tobacco Research.*

42. **Patterson F**, Grandner MA, Malone SK, Rizzo A, Davey A, Edwards, DG. (2017) Sleep as a target for optimized response to smoking cessation treatment. *Nicotine and Tobacco Research*.
43. Robson S, Lozano A, Papas M, \***Patterson F**. (2017) Food insecurity and cardiometabolic risk factors in adolescents: Results from a state-wide Pennsylvania Youth Risk Behavior Survey. *Preventing Chronic Disease*.
44. Lenhart C, Weikman A, Hanlon A, \***Patterson, F**. (2017) Perceived Neighborhood Safety associated with physical activity and not sedentary behavior: Results from a Population Sample. *BMC Public Health*.
45. Frankel, Bass, **Patterson**. (2017) Association of Sexting with Other Sexual Health Behaviors: Implications for School Health Education. *Journal of School Health*.
46. Tremblay MS, Aubert S, Barnes JD, Saunders TJ, Carson V, Latimer-Cheung AE, Chastin SFM, Altenburg TM, Chinapaw MJM, Aminian S, Arundell L, Atkin AJ, Barone Gibbs B, Bassett-Gunter R, Belanger K, Biddle S, Biswas A, Carson V, Chaput JP, Chau J, Colley R, Copping T, Craven C, Cristi-Montero C, de Assis Teles Santos D, del Pozo Cruz B, del Pozo-Cruz J, Dempsey P, do Carmo Santos Gonçalves RF, Ekelund U, Ellingson L, Ezeugwu V, Fitzsimons C, Florez-Pregonero A, Friel C, Fröberg A, Giangregorio L, Godin L, Gunnell K, Halloway S, Hinkley T, Hnatiuk J, Husu P, Kadir M, Karagounis LG, Koster A, Lakerveld J, Lamb M, Larouche R, LeBlanc A, Lee EY, Lee P, Lopes L, Manns T, Manyanga T, Martin Ginis K, McVeigh J, Meneguci J, Moreira C, Murtagh E, **Patterson F**, Pereira da Silva DR, Pesola AJ, Peterson N, Pettitt C, Pilutti L, Pinto Pereira S, Poitras V, Prince S, Rathod A, Rivière F, Rosenkranz S, Routhier F, Santos R, Smith B, Theou O, Tomasone J, Tucker P, Umstatt Meyer R, van der Ploeg H, Villalobos T, Viren T, Wallmann-Sperlich B, Wijndaele K, Wongergem R. (2017) Sedentary Behavior Research Network (SBRN) - Terminology Consensus Project process and outcome. *International Journal of Behavioral Nutrition and Physical Activity*, 14(75):2-17
47. Malone SK, **Patterson F**, Lozano A, Hanlon A. (2017) Racial Differences in Sleep Timing and Duration: Implications for Cardiometabolic Disease Prevention. *Chronobiology International*.
48. Wenner, M, **Patterson, F**, Wright R, Lennon S, Witman M, Edwards, D.G. (2017). UD Center of Biomedical Research Excellence in Cardiovascular Health. *Delaware Journal of Public Health*.
49. Casola, A., Nelson, D.B., **Patterson, F**. (2017) Sex differences in contraception non-use among urban adolescents: Risk factors for unintended pregnancy. *Journal of School Health*. 87(9): 641-649
50. Niar, U., **Patterson, F.**, Rodriguez, D., Collins, B. (2016) Telephone-based Intervention to Promote Physical Activity During Smoking Cessation: A Randomized Controlled Proof of Concept Study. *Translational Behavioral Medicine*. PMID: 27896797
51. Bass, S.B., Scarpulla, M, **Patterson, F**, Watts, S, and Twersky, S. (2016). Development and implementation of a multi-section undergraduate public health capstone course: Bridging the gap between liberal arts and skill-based frameworks. *Pedagogy in Health Promotion*, 3(1):16-22.
52. Perket M, Robson S.M., Wysota, C., McGarry, C., Weddle, D., Papas, M., **Patterson, F**. (2016) Characterizing Cardiovascular Health and Evaluating a Low-Intensity Intervention to Promote Smoking Cessation in a Food-Assistance Population. *Journal of Community Health*. PMID: 27837357 DOI:10.1007/s10900-016-0295-2
53. **Patterson, F.**, Zaslav, D., Cuesta, H., Leone, F., Morrison, M., Satti. A. (2016) Smoking Cessation Program Enrollment and Attendance in a Sample of Pulmonary Clinic Patients: A Mixed Methods Analysis. *Respiratory Care*. 62(2): 179-192. PMID: 27729398 DOI: 10.4187/respcare.04958
54. **Patterson, F.**, Zhang, G., Davey, A., Tan, Y., & Ma, G. X. (2016). American Heart Association's Ideal Cardiovascular Health Metrics in Under-Represented Asian Americans. *Journal of Community Health*. doi:10.1007/s10900-016-0217-3

55. Bass, S. B., Muniz, J., Gordon, T. F., Maurer, L., & \*Patterson, F. (2016). Understanding help-seeking intentions in male military cadets: An application of perceptual mapping. *BMC Public Health*, 16(1), 413. doi:10.1186/s12889-016-3092-z
56. Patterson, F., Malone, S. K., Lozano, A., Grandner, M. A., & Hanlon, A. L. (2016). Smoking, Screen-Based Sedentary Behavior, and Diet Associated with Habitual Sleep Duration and Chronotype: Data from the UK Biobank. *Annals of Behavioral Med.* doi:10.1007/s12160-016-9797-5
57. Malone, S. K., Patterson, F., Lu, Y., Lozano, A., & Hanlon, A. (2016). Ethnic differences in sleep duration and morning-evening type in a population sample. *Chronobiology International*, 33(1), 10-21. doi:10.3109/07420528.2015.1107729
58. Patterson, F and Lenhart, C. (2016) Characteristics of Non-Sedentary Smokers from a National Sample who engaged in any physical activity: Implications for Cardiovascular Health. *American Journal of Health Education*, 47(2). doi.org/10.1080/19325037.2015.1133342
59. Becker, B., Patterson, F., Fagan, J., Whitaker, R. (2016) Mindfulness among Home Visitors in Head Start and the Quality of their Working Alliance with Parents. *Journal of Child and Family Studies*. 25: 1969. doi:10.1007/s10826-015-0352-y
60. Daly, B. P., Jameson, J. P., Patterson, F., McCurdy, M., Kirk, A., & Michael, K. D. (2015). Sleep duration, mental health, and substance use among rural adolescents: Developmental correlates. *Journal of Rural Mental Health*, 39(2), 108-122. Doi: 10.1037/rmh0000033
61. Carter, S. R., Walker, A., Abdul-Latif, S., Maurer, L., Masunungure, D., Tedaldi, E., & \*Patterson, F. (2015). Nice to your heart: A pilot community-based intervention to improve heart health behaviours in urban residents. *Health Education Journal*, 1-12. doi: 10.1177/0017896915577400.
62. Nair, U. S., Collins, B. N., Patterson, F., & Rodriguez, D. (2015). Promoting pre-quit physical activity to reduce cue reactivity among low-income sedentary smokers: A randomized proof of concept study. *Contemporary Clinical Trials*, 42, 158-166. doi:10.1016/j.cct.2015.03.002. [IF=1.935]
63. Bass, S. B., Leader, A., Shwarz, M., Greener, J., & \*Patterson, F. (2015). Correlates to Human Papillomavirus Vaccination Status and Willingness to Vaccinate in Low-Income Philadelphia High School Students. *Journal of School Health*, 85(8), 527-535. doi:10.1111/josh.12284 [IF=1.547]
64. Coleman, C., Wileyto, E. P., Lenhart, C., & \*Patterson, F. (2014). Multiple Health Risk Behaviors in Adolescents: An Examination of Youth Risk Behavior Survey Data. *American Journal of Health Education*, 45(271-277). DOI: 10.1080/19325037.2014.933138
65. Lenhart, C., Patterson, F., Brown, M. D., O'Brien, M. J., & Nelson, D. B. (2014). Gender disparity in physical activity among a diverse, school-based sample of urban youth. *American Journal of Health Education*, 45:4, 219-228, DOI: 10.1080/19325037.2014.916638
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111. Audrain-McGovern, J., Rodriguez, D., Tercyak, K. P., Cuevas, J., Rodgers, K., & **Patterson, F.** (2004). Identifying and characterizing adolescent smoking trajectories. *Cancer Epidemiology Biomarkers and Prevention*, 13(12), 2023-2034. PMID: 15598757
112. **Patterson F.**, Benowitz NL, Shields PG, et al. Individual differences in nicotine boost. *Cancer Epidemiology Biomarkers and Prevention*. 2003;12(5). PMID: 12750245
113. Audrain-McGovern J, Hughes C, **Patterson F.** Effecting behavior change: awareness of family history. *American Journal of Preventive Medicine*. 2003; 24(2). PMID: 12568825
114. Diefenbach, MA., Green, V., Gray, T., **Patterson, F.**, and Miller, SM. (2000). Targeted Smoking Cessation Programs for Underserved Populations. *Primary Care and Cancer* 20(6)

### **Book Chapters**

1. **\*\*Malone, S. K., Mendoza, M., & Patterson, F.** (2019). Social Jetlag, Circadian Disruption, and Cardio-metabolic Disease Risk. In M. A. Grandner (Ed.), *Sleep and Health*. Cambridge: Academic Press.
2. **Patterson, F.**, and Ashare, R. (2019). Improved sleep as an adjunctive treatment for smoking cessation. In Grandner, M (Ed), *Sleep and Health*. Cambridge: Academic Press.
3. **Patterson, F.**, Schnoll, R. A., & Lerman, C. (2010) Nicotine. In B. Johnson (Ed.), *Addiction Medicine: Science and Practice*. New York: Springer Science + Business Media.
4. Lerman, C., Schnoll, R. A., & **Patterson, F.** (2008) Nicotine Dependence: Current Treatments and Future Directions. In M. Abeloff, J. Armitage & M. Kastanet (Eds.), *Clinical Oncology*. Philadelphia: Elsevier Science Publication.
5. **Patterson, F.** and C. Lerman (2004). Smoking Cessation: Current Treatments and Future Directions. In M. Abeloff, J. Armitage, M. Kastanet al. ed. *Clinical Oncology*. Philadelphia, Elsevier Science Publications.
6. Lerman, C., **F. Patterson**, and A. Shields (2003). Genetic Basis of Substance Use and Dependence: Implications for Prevention in High-Risk Youth. In: Romer D, ed. *Reducing Adolescent Risk*. Philadelphia: Sage Publications.

### **Student Mentored Research Publications**

1. Duckenfield, J. (2011). Antibiotic Resistance Due to Modern Agricultural Practices: An Ethical Analysis. *Journal of Agricultural & Environmental Ethics* (Dec) 1-18.

### **Conference Presentations** (selected list)

1. Hoopes, E. K., Witman, M. A., D'Agata, M. N., Brookstein-Burke, T., Robson, S. M., Malone, S. K., Goel, N., & **Patterson, F.** (2022, March 1-4). *Short Sleep Duration, Late Sleep Timing, and Late Eating Timing: A Trilogy of Behavioral Risk Factors for High Blood Pressure?* American Heart Association, Epidemiology and Lifestyle Scientific Sessions, Chicago, Illinois.
2. Berube FR, Katulka EK, D'Agata MN, **Patterson F.**, Ives SJ, Farquhar WB, Witman MA. 2020. 0134 self-reported sleep is associated with central, but not peripheral blood pressure values in healthy children. *Sleep*. 43:A53-A53.

3. Katulka EK, Berube FR, D'Agata MN, **Patterson F**, Edwards DG, Farquhar WB, Witman MA. 2020. Sleep variability is a predictor of peripheral vascular function in apparently healthy undergraduate college students. *Med Sci Sports Exerc.* 52:234-234.
4. Katulka EK, **Patterson F**, Berube FR, D'Agata MN, Farquhar WB, Edwards DG, Witman MA. 2020. 0130 beyond traditional risk factors: Sleep metrics are associated with arterial stiffness in healthy young adults. *Sleep.* 43:A51-A51.
5. Grandner, M.A. & **Patterson, F.** (2019). Should Habitual Sleep Duration Be Added to The American Heart Association's "Life's Simple 7?". Paper presentation, SLEEP, June 8-12, 2019, San Antonio, TX.
6. Gangemi A, **Patterson F**, Blair R, Ziegler M, Zantah M, Carter R, Ma G, Grandner MA, Satti A. Association between Sleep Health and Exercise Capacity in African American Smokers [abstract]. In: ATS International Conference; 2019 May 19-22; Dallas, TX.
7. Blair R, **Patterson F**, Ziegler M, Zantah M, Carter R, Ma G, Grandner MA, Gangemi A, Criner G, Satti A. Association between Sleep Health and Lung Function in Smokers. [abstract]. In: ATS International Conference; 2019 May 19-22; Dallas, TX.
8. Zantah M, Satti A, Perkett M, Davey A, Grandner MA, Gangemi A, Lin K, **Patterson F**. Adequate Sleep Promotes Lung Function in Smokers [abstract]. In: ATS International Conference; 2019 May 19-22; Dallas, TX.
9. **Patterson F**, Gangemi A, Blair R, Ziegler M, Zantah M, Carter R, Ma G, Grandner MA, Satti A. Sleep Health Determines Exercise Capacity in African American Smokers [abstract]. In: International Society for Behavioral Nutrition and Physical Activity Conference; 2019 June 19-22; Prague.
10. Daus, M., Lozano, A., Riegel, B., **Patterson, F.**, Malone, S.K., Hanlon, A. (2018) *Shift workers have higher blood pressure medication use, but only when they are short sleepers who prefer mornings: A UK Biobank Study.* Poster Presentation, American Heart Association Scientific Sessions, Chicago, IL, Nov 10- 12.
11. **Patterson, F**, Perkett, M., Hernandez, Y., Heath, A., Rizzo, A., Susan K. Malone., Edwards, D.G., Grandner, M.A. (2018). *Healthier Sleep as an adjunctive treatment for smoking cessation: A proof of concept study.* Poster presentation, National IDeA Symposium of Biomedical Research Excellence, Washington DC, June 24-26.
12. Perkett, M., & **\*Patterson, F.** (2018). *Development and testing of a home-based environmental audit for sedentary behavior.* Paper presented at the International Society for Behavioral Nutrition and Physical Activity, Hong Kong, China, June 3-6.
13. Perkett, M., Fitzpatrick, S., Suminski, R., **Patterson, F.**, Heinrich, K. F., Carlos Poston, W. S. (2018). *Effects of Sex and Physical Activity on the Relationship between Television Viewing and Percentage Body Fat in a Community Based Sample.* Poster Presentation, Society of Behavioral Medicine, New Orleans, LA, April 11-14.
14. Hanlon, A., Huang, L., Lozano, A., Malone, S., Suminski, R., & **\*Patterson, F.** (2017). *Using decision-tree modeling to determine relationship between sedentary behavior and cardiovascular disease risk.* Paper presented at the International Society for Behavioral Nutrition and Physical Activity, June 7-10; Victoria, Canada.
15. **Patterson, F.**, Huang, L., Lozano, A., Malone, S., Suminski, R., & Hanlon, A. (2017). *A Population analysis of socio-demographic differences in sedentary behavior among middle-age adults.* Paper presented at the International Society for Behavioral Nutrition and Physical Activity, June 7-10; Victoria, Canada.
16. Forbush S, Fisseha E, Gallagher R, Hale, L, Malone, S, **Patterson, F**, Branias, C, Barrett, N, Kilgore, J, Gehrels, P, Aldfonso-Miller, P. and Grandner MA. *Socio-demographics, poor overall health, cardiovascular disease, depression, fatigue, and daytime sleepiness associated with social jetlag independent of sleep duration and insomnia.* SLEEP; June 3-7; Boston 2017.

17. Lozano AJ, Hanlon AL, **Patterson F** and Malone SK. *Do Habitual Sleep Patterns Mediate the Relationship between Body Mass Index and Type-2 Diabetes? Results from a Population Sample*. Poster presented at: SLEEP Boston, June 3-7, 2017.
18. Taylor D, Bradley E, Comer D, Gbadebo A, Zhang Z, Jurkovitz C, **Patterson F**, Goldenberg E. (2017) *Project Connect: Helping Inpatient Tobacco Users Stay Quit After Discharge*. Paper Presentation, Society for Behavioral Medicine: March 29-April 1 2017; San Diego, California.
19. Perket, M., Kripalu, V., Wysota, C., McGarry, C., Papas, M., Robson, S., \***Patterson, F.** (2017). *A systems-approach to promote smoking cessation in food pantry recipients*. Poster Presentation, Society of Behavioral Medicine, San Diego, CA, March 29-April 1.
20. **Patterson F**, Suminski R, Malone SK, Lozano AJ, Jahnke SA and Poston W. (2017) *Shift-Working Fire-fighters Have Poorer Heart Health Than They Think: An Intervention Opportunity*. Moderated Poster presented at: American Heart Association; Portland, Oregon, March 3-7, 2017.
21. Ma, G, **Patterson, F**, Davey, A, Guo, Z, Tan, Y. (2016) *American Heart Association's Ideal Cardiovascular Health Metrics in Underrepresented Asian Americans*. Paper Presentation, American Public Health Association, Denver, Oct. 29 – Nov. 2, 2016.
22. Grandner, F., **Patterson, F.** *Susceptibility to Smoking During the Day and Its Relationship with Insomnia and Sleep Duration*. Poster Presentation, SLEEP Meeting, Denver, June 11-15, 2016.
23. Grandner, M., **Patterson, F.** *Using Big Data to Determine the Social and Environmental Determinants Of Sleep Duration In The US Population: Application Of A Machine-learning Approach To Data From Approximately 700,000 Americans*. Paper Presentation, SLEEP, Denver, June 11-15, 2016.
24. Hanlon, A., Lozano, A., Malone, S., & \***Patterson, F.** *Sleep Duration and Chronotype Associated with Cardio-metabolic and Cardiovascular Outcomes Even After Adjustment for other Risk Factors*, Paper Presentation, SLEEP Denver, June 11-15, 2016.
25. **Patterson.,** Malone, S., Lozano, A., Grandner, M., Hanlon, A. *Inadequate sleep and evening chronotype predict poor cardiovascular health outcomes*. Moderated Poster presented at the American Heart Association Epidemiology and Lifestyle Meeting, Phoenix, Arizona, March 1-4, 2016.
26. **Patterson, F.,** Malone, S., Lozano, A., Hanlon, A. *Racial disparities in Sleep Duration and Timing Predict may account for Cardiovascular Disease Disparities*. Paper presented at Society of Behavioral Medicine Conference, Washington, D.C, March 22-26, 2016.
27. Collins, BN, **Patterson, F.,** Rodriguez, D, McCormick, S, Hunt-Johnson, A., Adekunle, F & Nair, U. *Exploring Factors Related to Physical Activity Adoption among Non-Active Smokers' in the Steps to Quit Trial*. Poster presented at Society of Behavioral Medicine Conference, Washington, D.C, March 22-26, 2016.
28. Wolak C, **Patterson F**, Frankel A, Boyer J, Ibrahim J. *Creating an evidence based MPH fieldwork model: From research and implementation through evaluation and dissemination*. Oral Presentation, American Public Health Association, Chicago, October 31- November 4, 2015.
29. **Patterson, F.,** Lozano, A., Brown, C., Malone, S. K., Grandner, M., & Hanlon, A. *Long Sleep and Evening Type associated with Poor Cardiovascular Health Behaviors*. Poster Presentation, Cardiovascular Health Symposium. University of Delaware, October 23, 2015.
30. **Patterson, F.,** Kolman-Taddeo, D., Zaslav, D., Crinner, G., & Satti, A. *Smoking cessation program attendance among pulmonary clinic patients: Implications for practice*. Paper presented at the American Thoracic Society, Denver, Colorado, May 15-20, 2015.

31. **Patterson, F.**, Malone, S. K., Li, Y., & Hanlon, A. L. *Population assessment of sleep duration, chronotype, and body mass index*. Paper presented at the Society for Behavioral Medicine, San Antonio, Texas, April 22–25, 2015.
32. Ibrahim, J., & **Patterson, F.** *Bringing it all Together: A Systems Perspective on Addressing Tobacco Use*. Poster presented at the Substance Abuse in the 21st Century: Showcasing Temple University Research, Philadelphia, Pennsylvania, April 23, 2015.
33. Lenhart, C., Hanlon, A., Kang, Y., Daly, B., Brown, M.D., & **\*Patterson, F.** *Gender Differences in the Role of Physical Education and Sports Team Participation on Adolescent Physical Activity Levels*. Paper presented at the Nutrition, Physical Activity and Metabolism and Cardiovascular Disease Epidemiology and Prevention, American Heart Association Conference, San Diego, CA. March 13-16, 2012.
34. **Patterson, F.**, Jepson, C., Strasser, A., Perkins, K., Frey, J. M., Boonin, A, Lerman, C. *Mechanisms of Medication Efficacy for Smoking Cessation*. Paper presented at the Society for Research on Nicotine and Dependence, Portland, Oregon. February 27 - March 1, 2008
35. **Patterson, F.**, Wileyto, E. P., Ray, R., & Lerman, C. *Examination of Post Cessation Weight Gain*. Paper presented at the Society for Research on Nicotine and Tobacco, Orlando, Florida, February 15-18, 2006.
36. Wileyto, E. P., **Patterson, F.**, Jepson, C., Audrain-McGovern, J., Kaufmann, V., Rukstalis, M., & Lerman, C. *Dynamics of Smoking Cessation under two Modes of Delivery (Poster Presentation)*. Paper presented at the Society for Research on Nicotine and Tobacco, Scottsdale, Arizona. February 19-21, 2004.
37. Rukstalis, M., Jepson, C., **Patterson, F.**, Audrain-McGovern, J., & Lerman, C. (2004). *Reduction in sub-clinical ADHD symptoms predicts abstinence in NRT treatment*. Paper presented at the Society for Research on Nicotine and Tobacco, Scottsdale, Arizona. February 19-21, 2004.
38. **Patterson**, Benowitz, Shields, Kaufmann, Jepson, Wileyto, Kucharski, and Lerman. (2003) *Individual differences in nicotine intake per cigarette*. Accepted for poster presentation, Society for Nicotine and Tobacco Research (SRNT), New Orleans and American Society of Preventive Oncology (ASPO), Philadelphia.
39. Collins, Niaura, Wileyto, **Patterson**, Brown, Audrain, Hawk, Epstein and Lerman. (2002) *Gender Differences in Smoking Relapse In A Behavioral Counseling and Placebo-Controlled Bupropion Trial*. Accepted for paper presentation, Society for Nicotine and Tobacco Research (SRNT), Savannah.
40. Collins, Hovell, **Patterson**, Wahlgren, Meltzer, Meltzer, Matt, Hofstetter (2002) *Family life-events of low SES Hispanic smokers with an asthmatic child: prevalence and relationships to outcome in an ETS-reduction trial*.
41. Miller, Gray, **Patterson**, Knowles, Tahin, Buzaglo (2001). *Smoking Cessation for Women at Risk for Cervical Cancer*. Pennsylvania Public Health Association Annual Conference, Philadelphia.
42. **Patterson** and Gray (2000). *The Development of a Targeted Printed Cancer Education Material (PCEM) to Promote Smoking Cessation among Women at Risk for Cervical Cancer*. Community Prevention in Women's Health Conference, National Institutes of Health, Bethesda, Maryland.
43. Diefenbach, Green, **Patterson**, Gray, Miller (1999). *Developing Printed Educational Materials for Low-Income, Minority Populations*. Tobacco Prevention and Control Conference, Fox Chase Cancer Center.

### **Invited Talks**

1. **Patterson F** (August 5, 2020). 2020 *Addressing Health Disparities in Cardiovascular Health through Sleep Health*. Health Disparities Research Institute, National Institute for Minority Health and Health Disparities. Virtual Meeting.
2. **Patterson F** (March 2, 2020). *Sleep Health and Cardiovascular Disease Risk: The case for an upstream target*. University of Arizona, School of Medicine, Sleep and Behavioral Health Grand Rounds, Tucson, AZ.

3. Ma, G. and **Patterson, F** (June 20-21, 2018). *Multi-level interventions to address health disparities: Framework, Cases, and Opportunities*. National Institutes of Health Invited Workshop: The Role of Sleep in Health Disparities: Causes and Health Consequences, Bethesda, MD.
4. Heath, A. and **Patterson, F**. (April 25, 2018). *Smoking in College Students: Prevalence, Trends, Opportunities for Prevention*. University of Delaware Student Health and Wellness, Newark, DE.
5. **Patterson, F.** and Fitzgerald, S (March 9, 2018). *Sleep, Cardiovascular Health Behaviors, and Outcomes*. Delaware Academy of Sleep and Wellness, Sip and Sleep, Nassau Valley Vineyards, Lewes, Delaware.
6. **Patterson, F.** *Does Improved Sleep Promote Smoking Cessation and Cardiovascular Health?* (February 16, 2018). University of Delaware, College of Health Sciences Cardiovascular Research Day. STAR Campus, Newark, DE.
7. **Patterson, F.**, Perkett, M., Wysota, C., Papas, M. (February 17, 2017) *Smoking Cessation for Food Assistance Recipients: Preliminary Results and Next Steps*. American Lung Association, Grant Recipient Meeting, Dover, DE.
8. **Patterson, F.**, Perkett, M., Wysota, C., Papas, M. (July 2016) *Development and Testing of a Systems-based Approach to Smoking Cessation for Food Assistance Recipients*. Delaware Department of Health, Dover, DE.
9. **Patterson, F** and Goldenberg, E (April, 2016). *The Role of the Cardiac Nurse in the Smoking Cessation Process*. Conference for the Cardiology Nursing Association, Delaware Chapter. Christiana Health Care System. Christiana Hospital.
10. **Patterson, F** and Peters, J (February, 2013). *The Philadelphia YRBS: Trends in Adolescent Health Behavior, 1991-2011* Conference for the Philadelphia Federation of Teachers Health and Welfare Fund, Philadelphia, PA.
11. **Patterson, F** (February, 2013). *Behavioral Risk Factors for Sexually Transmitted Diseases in Philadelphia High School Students*. AIDS Prevention Group, University of Pennsylvania.
12. **Patterson, F** (September, 2012). *Physical Activity as a Treatment for Nicotine Dependence*. Fox Chase Cancer Center, Population Science Division
13. **Patterson, F** (December, 2012). *Sexual Risk Behaviors among Philadelphia High School Students, 1991 – 2011, Findings from the Youth Risk Behavior Survey*. Connect to Protect Working Group, Children’s Hospital of Philadelphia.

### **Completed Research**

**Funder:** Chest Foundation (PI: Gangemi)

4/1/2020 – 3/31/2022

**Title:** Are Sleep Health, Nicotine Metabolism, and Airway Inflammation Mechanisms for Differences in Lung Function between African American and Non-Hispanic White Smokers?

This study was a supplement to R01MD012734 and sought to enroll 80 Non-Hispanic White adults into the parent protocol so as to complete the first race-stratified assessment of the relationships between sleep health, nicotine metabolite ratio, and airway inflammation with lung function.

**Role:** Mentor/Co-Investigator

**Funder:** University of Delaware School of Nursing Seed Grant (PI: Covington)

4/1/2020 – 3/31/2022

**Title:** Caregiver Sleep as a Key Predictor of Child Sleep Health in Under-resourced Families.

In this sub-study to R01MD012734 (*Predicting Sleep, Smoking and Lung Health Disparities in at-risk Black African American Adults*), we examined the extent to which child sleep health was concordant with caregiver sleep health. A second goal was to examine factors that determine high versus low sleep health concordance.

**Role:** Mentor/Co-Investigator

**Funder:** Center of Biomedical Research Excellence in Cardiovascular Health Pilot Grants, University of Delaware (PI: Healy)

**Title:** Using an integrated model to define key intervention targets for cardiovascular health among adults with autism spectrum disorder.



This study used a prospective design to objectively examine physical activity, sedentary behavior, sleep duration, tobacco use, and dietary intake in a sample of 40 autistic adults. Relationships between these variables with blood pressure and BMI were examined.

Role: Mentor/Co-Investigator

Funder: ACCEL Pilot grant proposal (PI: Bitner-Fagan) 9/1/2018-8/31/2022

Title: Testing Informed Decision Making in Lung Cancer Screening

In this proof-of-concept study we tested a primary care model to increase rates of lung cancer screening among smokers.

Role: Co-Investigator

Funder: NIH/NIGMS 5/15/2016 – 02/28/2020

Title: Effects of Sleep Modification on Smoking Cessation and Cardiovascular Health

This study conducted a proof-of-concept, randomized controlled trial to determine if response to standard smoking cessation treatment could be optimized with a multi-metric sleep advancement counseling intervention.

Role: Project PI

Funder: University of Delaware Research Foundation 6/01/2016 – 05/31/2018

Title: Role of Sedentary Behavior in Determining Cardiovascular Health: A Big-Data Examination

This study determined the predictive capacity of sedentary behavior (e.g., sitting, screen time and driving) for key cardiovascular disease outcomes including angina, myocardial infarction and stroke, independent of the American Heart Association's 7 heart health metrics including dietary intake, physical activity, tobacco use, body mass index, glycemic control, cholesterol and blood pressure.

Role: PI

Funder: American Lung Association 10/01/2016 – 09/30/2017

Title: Mobile Food Pantry Events as a Venue to Improve Heart Health in Underserved Groups

This pilot-study tested the feasibility and impact of a brief cardiovascular health intervention designed to address tobacco use and dietary intake in a high-risk population of food pantry users.

Role: PI

Funder: University of Pennsylvania Research Foundation Hanlon (PI) 6/01/2016 – 11/31/2017

Title: Effects of Sleep on Cardiovascular Risk Factors and Outcomes

This study quantified the longitudinal relationship between sleep duration and chronotype (sleep-wake timing) on the key cardiovascular risk factors (alcohol consumption, dietary intake, physical inactivity, stress) and outcomes (stroke, hypertension, type-2 diabetes).

Role: Co-PI

Funder: Physician Professionalism Council Discretionary Fund Washio (PI) 01/01/2017 – 12/31/2017

Title: Incentive-based smoking cessation program in an out-patient obstetric clinic

This pilot-study evaluated the effects of a novel incentive-based smoking cessation program on prenatal smoking rates and birth outcomes (decreased preterm delivery, increased birth weight, and decreased NICU admission) in a sample of 50 pregnant women.

Role: Co-I

Funder: Temple University College of Public Health, Dean's Incentive Award 01/01/2015 – 12/31/2015

Title: Smoking Cessation Behaviors among Pulmonary Clinic Patients: A Mixed Methods Analysis

In this mixed methods study, a quantitative chart extraction for 360 Temple University Pulmonary Clinic patients was conducted to examine demographic, health status and smoking behavior predictors of attendance to the in-house smoking cessation clinic. Qualitative assessment of the barriers and facilitators for smoking cessation efforts will be examined through four focus groups (N=48) comprised of current Pulmonary Clinic patients.

Role: PI

Funder: American Heart Association (PI: Nair) 01/01/2013 – 12/31/2014

Title: Using Physical Activity to reduce Smoking cue reactivity among Low-Income Smokers Preparing to Quit Smoking

The goal of this randomized controlled trial was to test the effect of an 8-week, low-moderate physical activity intervention as compared to an attention control condition on smoking cue reactivity in a sample of 70 low-income smokers. Data from

this study are expected to show that participants randomized to the low-moderate physical activity condition will demonstrate lower urge reactivity on their target quit day (intervention week 4) and higher point prevalence smoking quit rates at 1-week and 1-month post quit.

Role: Co-PI

Funder: Robert Wood Johnson Foundation (PI: Malone) 09/1/2013 – 8/31/2015

Title: Effects of Chronotype on Sleep Duration and Body Composition Variables

The purpose of this study was to examine whether chronotype moderates the relationship between sleep duration and obesity using a sample of 200,000 adults from the United Kingdom BioBank health surveillance study.

Role: Co-PI

Funder: Barra Foundation 01/01/2014-12/31/2015

Title: Healthy Movimiento for Families

The purpose of this study was to evaluate the efficacy of a novel, family-based physical activity and nutrition intervention on daily step count and fruit and vegetable consumption. The feasibility and impact of using the Nike Fit-bit in this context was assessed.

Role: Co-PI

Funder: Centers for Disease Control 08/01/2013 – 07/31/2015

Title: Youth Risk Behavior Survey (YRBS), Philadelphia

The YRBS evaluates youth risk health behaviors bi-annually in a sample of 9-12<sup>th</sup> grade students attending Philadelphia Public schools. In the alternating years, Principals and Lead Health teachers from District and Middle and High schools are surveyed about health-related curriculum and policies.

Role: Site PI

Funder: Substance Abuse and Mental Health Services Administration 06/01/2014 – 5/31/2015

Title: Monitoring Substance Abuse among Pennsylvania Adolescents

In partnership with the Bureau of Treatment, Prevention and Intervention, Temple University faculty (Drs. Frankel, Nelson and Patterson) were subcontracted to conduct all evaluation related activities required for the PA Strategic Prevention Framework Partnership for Success. The main goals of this initiative were to reduce underage drinking among 12-20 year olds and reduce prescription drug misuse and abuse among 12-25 year olds in the five high-need PA counties of Blair, Bucks, Delaware, Lackawanna and Westmoreland.

Role: Co-PI

Funder: Community Driven Research Initiative, Temple University 03/01/2011 – 02-28/2013

Title: Testing the Impact of a Community Driven Physical Activity Program on Blood Pressure

The goal of this community based participatory research program was to test the feasibility and preliminary efficacy of a non-traditional form of physical activity, namely line dancing, on participant activity levels and blood pressure. Fifty participants completed eight sessions of line dancing and nutrition education. Outcomes included participant retention and attendance, liking of line dancing, blood pressure and nutrition knowledge. This community trial was conducted in partnership with the community organization, *Earth's keepers*.

Role: PI

Funder: GlaxoSmithKline 03/01/08 - 08/31/10

Title: Effects of Selective DRD3 Antagonist in Modulating Nicotine Reward

This Phase I, human laboratory study evaluated the effects of a novel DRD3 antagonist on the rewarding value of nicotine.

Role: Co-I/Project Manager

Funder: National Cancer Institute 09/01/08 - 08/31/09

Title: Message Priming and Enrollment in, and Response to a Smoking Cessation Program: A Pilot Study

This pilot study was part of the Cancer of Excellence in Cancer Communication Research funded through the Annenberg School for Communication at UPenn. The goal of this study was to evaluate the effect of divergent recruitment messages on enrollment in a smoking cessation program.

Role: Co-PI

Funder: Astra Zeneca

09/01/06 - 04/31/08

Title: Validation of a Novel Paradigm for Screening Medications for Nicotine Dependence

This post-doctoral fellowship study evaluated a human laboratory paradigm to screen medications for smoking cessation. This study also enabled us to examine the mechanisms of action of the newly FDA-approved medication, Chantix.

Role: Co-PI

**Honors and Awards** (Teaching and Service)

2019	Nominee, <i>Study Abroad Faculty Director of the Year</i> , New Zealand.
2018	<i>Excellence in Research</i> award, Society of Behavioral Medicine, to Mackenzie Perrett (Graduate Student and mentee)
2015	<i>Early Career in Public Health Teaching Award</i> American Schools and Programs of Public Health (ASPPH) /Pfizer
2013-2014	Outstanding Service Award, Department of Public Health (Co-awardee with Dr. Jennifer Fisher, Professor of Public Health)
February 2014	Research Presentation American Student Dental Association Award, Anaheim, CA. Mentor to Bari Levine DMD, MPH (candidate)
2012-2013	Teaching Excellence Award, Department of Public Health
2010-2011	McNair Scholarship Mentor

**Professional Service**

*Ad-Hoc Reviewer:*

2004 – Present	Journal for Health Care for the Poor and Underserved
2005 – Present	Public Health Reports
2006 – Present	Nicotine and Tobacco Research
2009 – Present	Journal of Clinical and Consulting Psychology
2009- Present	Swiss Medical Weekly
2011-Present	Psychopharmacology
2013-Present	Preventing Chronic Disease
2013-Present	Social Science and Medicine
2015-Present	Journal of Ethnicity and Disease
2016-Present	International Journal of Environmental Research and Public Health
2016-Present	Journal of Clinical Nutrition
2016-Present	Respiratory Care
2016-Present	Sleep Health
2016-Present	BMC Public Health
2017-Present	Journal of Clinical Nutrition and Dietetics
2017-Present	Neurology
2017-Present	European Journal of Public Health
2017-Present	British Medical Journal

*National Service:*

2021	Chair, American Heart Association Clinical Pre- and Post-Doctoral Fellowship Award Study Section
	NIH Center for Scientific Review, Study Section Member PA20-187 <i>NIH Pathway to Independence Award (Parent K99/R00 Independent Clinical Trial Required)</i>
2019 and 2020	American Heart Association Study Section Member, <i>Clinical Fellowships</i> NIH Center for Scientific Review, Special Emphasis Panel Member PAR-17-234, <i>Mechanisms and Consequences of Sleep Disparities in the US</i>

2018- Present	International Society for Behavioral Nutrition and Physical Activity, Conference Abstract Reviewer American Public Health Association, Conference Abstract Reviewer Associate Editor, <i>BMC Public Health</i>
2016-Preesent	Associate Editor, <i>Sleep Health</i> American Heart Association, Abstract Reviewer for the <i>Scientific Sessions</i> meeting
2015-2016	Association for Schools and Programs of Public Health, Reviewer for the Early Career Award in Teaching award
<u>International Committees</u>	
2021-Current	External Advisory Committee, Postgraduate Health Promotion Programming, Dublin City University, Dublin, Ireland
2017- 2019	Executive Communications Committee, International Society for Behavioral Nutrition and Physical Activity
2015-2017	Sedentary Behavior Research Committee, consensus statement on sedentary Behavior
<u>Temple University</u>	
2010-2015	Undergraduate Committee
2010-2013	MPH Committee
2011	Chairperson, Department of Public Health Merit Committee
2011	Member, Search Committee for Tenure Track Assistant Professor, Department of Public Health, Temple University
2011-2015	Pre-Health Evaluation Committee
2013	Member, Search Committee for TT Professor, Center for Obesity Education and Research (CORE), School of Medicine, Temple University
2013-2014	Co-Director, Social and Behavioral Sciences Division, Department of Public Health
2014	Reviewer, College of Health Professions and Social Work, Research Day
2014	Chair, College of Health Professions and Social Work, School of Public Health Working Group VI
2014	College of Public Health, Merit Committee
2014 –2015	College of Public Health, Teaching Excellence Committee
<u>University Service.</u>	
<u>University of Delaware</u>	
<u>Department Service</u>	
2021	Search Committee Member, Department Chair, Behavioral Health and Nutrition
2020	Search Committee Member, Open Rank professor, Behavioral Health and Nutrition
2018-current	Founding Director, PhD Health Behavior Science and Promotion
2018-current	Co-Chair, Health Behavior Science and Promotion Graduate Programs Committee (with Dr. Orsega-Smith)

2017 Search Committee Member, Open Rank professor, Behavioral Health and Nutrition  
 2017 Search Committee Member, Assistant Professor, BHAN and Cooperative Extension  
 2016 Chair, Behavioral Health and Nutrition Doctoral Program Planning Committee  
 2015-2016 Search Committee Member, Center for Health and Wellness Initiatives Director

College Service

2022 Search Committee Member, Chair, Kinesiology and Applied Physiology  
 2021 Judge, *First Step* Program, University of Delaware.  
 2021- current Research Committee (formerly Research Advisory Committee)  
 2018- current Internal Advisory Board, Master's in Public Health  
 2017 Search Committee Member, Director for Master's in Public Health in Epidemiology program  
 2017 Planning Committee, Master's in Public Health in Epidemiology  
 2017 Search Committee Member, College of Health Sciences Grant Writer  
 2017 Judge, *First Step* Program, University of Delaware.  
 The *First Step* program solicits teams of University of Delaware Undergraduate students to identify solutions to real-world problems. Winning teams are awarded start-up funds to implement their solutions.  
 2015- 2016 College of Health Sciences, Strategic Planning Committee  
 2015 College of Health Sciences, STAR Building 2: Space Planning

University Service

2020-2021 Graduate College, Strategic Planning Workgroup  
 2020-2021 Graduate College, Executive Committee  
 2019-2021 Chair, Faculty Senate Academic Appeals Committee  
 2018-2020 Faculty Senate Research Committee  
 2019-2021 College of Health Sciences representative, Founding University Graduate College Steering Committee  
 2017-2019 Faculty Senate Academic Appeals Committee

Current Scientific Memberships

American Public Health Association  
 American Heart Association  
 Society for Research on Nicotine and Tobacco  
 Society for Behavioral Medicine  
 International Society for Behavioral Nutrition and Physical Activity  
 Pennsylvania Sleep Society  
 SLEEP

Teaching

Summer 2007 PH5101 Theoretical Foundations of Health Behavior  
 3 credits N=16  
 Summer 2009 PH5103 Epidemiology  
 3 credits N=18  
 Summer 2010 PH5101 Theoretical Foundations of Health Behavior  
 3 credits N=15  
 PH5508 Research Methods and Design  
 3 credits N=15

Fall 2010	PH1101 Introduction to Public Health 3 credits N=50 PH3596 Introduction to Community Health 3 credits, writing intensive class N=36 PH5101 Fundamentals of Public Health 3 credits, N=16
Spring 2011	PH1101 Introduction to Public Health 3 credits N=50 PH3596 Administration of Community Health Programs 3 credits, writing intensive class N=34 PH5101 Fundamentals of Public Health 3 credits, N=21
Summer 2011	PH5101 Theoretical Foundations of Health Behavior 3 credits N=14 PH1101 Introduction to Public Health 3 credits N=22
Fall 2011	PH1101 Introduction to Public Health 3 credits N=50 PH3596 Introduction to Community Health 3 credits, writing intensive class N=34 PH9289 MPH Research Project 3 credits, N=7
Spring 2012	PH1101 Introduction to Public Health 3 credits N=50 PH3596 Administration of Community Health Programs 3 credits, writing intensive class N=32 PH9289 MPH Research Project 3 credits, N=7
Summer 2012	PH5101 Fundamentals of Public Health 3 credits N=18 PH1101 Introduction to Public Health 3 credits N=14
Fall 2012	PH3496 Introduction to Community Health 3 credits, writing intensive class N=40 (two sections) PH9279 MPH Research Project 3 credits, N=9
Spring 2013	PH3596 Administration of Community Health Programs 3 credits, writing intensive class N=40 (two sections) PH9289 MPH Research Project 3 credits, N=9
Summer 2013	PH5101 Fundamentals of Public Health 3 credits N=12 PH1101 Introduction to Public Health 3 credits N=16

Fall 2013	PH3496 Introduction to Community Health 3 credits, writing intensive class N=30 (two sections) PH9279 MPH Research Project 3 credits, N=13
Spring 2014	PH3596 Administration of Community Health Programs 3 credits, writing intensive class N=30 (two sections) PH9289 MPH Research Project 3 credits, N=12
Fall 2014	PH3496 Introduction to Community Health 3 credits, writing intensive class N=38 (two sections) PH9279 MPH Fieldwork 3 credits, N=8
Spring 2015	PH3596 Administration of Community Health Programs 3 credits, writing intensive class N=40 (two sections) PH9289 MPH Research Project 3 credits, N=12
Fall 2015	BHAN490 Development of Health Promotion Programs 3 credits, N=112 (two sections)
Spring 2016	BHAN808 Topics and Issues in Health Promotion 3 credits, N=19
Fall 2016	BHAN490 Development of Health Promotion Programs 3 credits, N=86 (two sections)
Fall 2017	BHAN490 Development of Health Promotion Programs 3 credits, N=92 (two sections)
Fall 2018	BHAN490 Development of Health Promotion Programs 3 credits, N=96 (two sections)
Winter 2019	BHAN360 International Community Health 3 credits, N=32 Taught as a study abroad to New Zealand, 1/2/2019 – 2/4/2019
Fall 2019	BHAN490 Development of Health Promotion Programs 3 credits, N=92 (two sections)
Spring 2020	BHAN820 Social and Environmental Determinants of Health 3 credits, N=14 (second part of semester online synchronous)
Fall 2020	BHAN490 Development of Health Promotion Programs 3 credits, N=58
Spring 2021	BHAN820 Social and Environmental Determinants of Health 3 credits, N=32 (online synchronous, two sections)

Fall 2021	BHAN490 Development of Health Promotion Programs 3 credits, N=38
Spring 2022	BHAN820 Social and Environmental Determinants of Health 3 credits X 2 classes, N=36
Fall 2022	BHAN490 Development of Health Promotion Programs 3 credits, N=40

## **Advising**

### *Recognition*

- 2018 Faculty mentor to Mackenzie Perrett MS (c), ***Excellence in Graduate Student Research*** award winner, Society of Behavioral Medicine.
- 2014: Faculty mentor to Bari Levine, DDM, MPH (c), ***Research Presentation American Student Dental Association Award***, Anaheim, CA.
- 2013: Faculty mentor to Casey Coleman, MPH (c), ***College of Physicians Notable Mention*** for Student Research
- 2012: Faculty mentor to Amber Lauf BS (c), Department of Public Health, Temple University ***Excellence in Undergraduate Grant Writing Award***
- 2012: Faculty Nominee and Mentor for Rita Smith BS (c), Temple University ***Dental Hygiene Alumni Club Scholarship***
- 2011: Faculty mentor to Niya Mack BS (c), McNair Scholar ***National Conference, Meritorious Presentation***

### *Post-Doctoral Advising*

- 2021 Elissa Hoopes PhD, Rest Activity Rhythms and Cardiovascular Disease Risk
- 2021 Veena Dronamraju MD, Sedentary behavior and COPD risk
- 2021 Navjot Kaur MD, Effects of COVID-19 on COPD co-morbidities in Smokers
- 2018 Massah Zantah, MD. Sleep health and cardiopulmonary disease.
- 2018 Andrew Gangemi, MD. Sleep health and cardiopulmonary disease.
- 2016 Susan K. Malone, PhD. Effects of Sleep and circadian rhythms on cardiometabolic disease.
- 2015 Mark Weir, MD Tobacco Use and the Built Environment.

### *Doctoral Student Committees*

- 2022 Committee Member Diane Vizthum, Program in Nutrition Science
- Committee Member Michelle D'Agata, Department of Kinesiology and Applied Physiology
- 2021 Chair, Paige Laxton. Department of Behavioral Health and Nutrition. Dissertation Title: "Development and testing of the **Group Home Assessment Tool for Sedentary Behavior (GHATS)**."
- 2021 Committee Co-Chair (with Dr. Sean Healy), Brittany Powers. Department of Behavioral Health and Nutrition. Dissertation Title: "Testing the feasibility and preliminary impact of at yoga-based intervention targeting stress and anxiety in young adults with intellectual disabilities transitioning to college."
- 2021 Committee member, Grace George. School of Nursing, University of Delaware. Dissertation Title: "Postpartum depression in Asian Indian Mothers"
- 2018 Committee member, Elissa Katulka. Department of Kinesiology and Applied Physiology, University of Delaware. Dissertation Title: "Sleep and cardiovascular health in young adults"



- 2016 Committee member, Allison Casola. Temple University College of Public Health. Dissertation Title: “Sleep and substance abuse in adolescents.”
- 2014 External Reader, Rachel Jones, Department of Communication Sciences. Dissertation title: “Without Words: the use of Image-based Instructional Video to Convey Health Information to Culturally Diverse Audiences”
- 2013 Committee Member, Brandon Becker. Dissertation title: “The Relationship of Mindfulness and Positive Psychological Well-Being to Work Functioning among Early Childhood Education Staff”
- 2012 Committee Member, Clare M Lenhart. Dissertation title: “An Ecological Assessment of Gender Differences in Youth Physical Activity”
- 2011 External Reader, Kathleen Sturgeon. Dissertation title: “*In Vivo* and *In Vitro* Interactions of Oxidative Stress and Laminar Shear Stress on Vascular Endothelial Growth Factor-Mediated Endothelial Nitric Oxide Synthase Activity”

*Master’s Thesis/Independent Project Mentor*

- 2021: Shannon Mayberry, The Relationship between Household Density and Sleep Health
- 2019: Mackenzie Perkett, The Development of the Home Audit Tool for Sedentary Behaviors
- 2017: Katelyn Cohen, An Examination of Mental Toughness in Elite and Non-Elite Athletes.
- 2016: Alicia Lozano, Population evaluation of sleep and cardiovascular health.
- 2015: Bari Levine, Evaluation of an Oral Health program delivered to an Orphanage in Peru.
- 2014: Ingrid Luna, Trends in Youth Violence among Philadelphia High School Students, 2003-2013
- 2014: Javier Muniz, Help-seeking intentions for male cadets
- 2013: Casey Coleman, Co-Occurrence of Risk Behaviors in Youth  
Stephanie Carter and Laurie Mauer, Feasibility and Efficacy of a Community Based Physical Activity Program  
Janna Manjelievskaia, Evaluation of Adolescent Heart Health using the “Heart Score”
- 2011: Jay Lewis, Cardiovascular health in Asian American adults  
Laura Seravalli, Stress and Preterm Labor in Pregnant Women

*Undergraduate Research Advising*

- 2020: Talia Brookstein-Burke, Using a mobile application for physical activity in pre-hypertensive adults.
- 2017: Jacqueline Beeson, Sedentary behavior and cardiovascular health. Funded by the University of Delaware Research Foundation.
- 2016: Mackenzie Perkett and Christy Wysota, Development, Implementation and Evaluation of a Smoking Cessation Program for Food Assistance Populations
- 2015: David Zaslav, Predictors of smoking cessation program enrollment among pulmonary patients
- 2013: Andrea Echeverri, Cardiovascular Health in Adolescent Youth  
Rayna Kratchman and Devon Collins, Correlates of Adherence to a Community Based Physical Activity Program  
Daniel Masunungure, Changes in Perceived Stress following Physical Activity

**Professional Development**

National Heart, Lung, and Blood Institute. May 14, 2021. Interventions to Address Sleep Disparities, An NHLBI Research & Implementation Workshop.

National Heart, Lung, and Blood Institute. April 14-15, 2021. Diagnostics and Disease Management Tools for Use in Underserved Populations, An NHLBI Research & Implementation Workshop.

University of Pennsylvania, Principles and Practice of Cognitive Behavioral Treatment of Insomnia. October 21-22, 2017. The Penn Basic CBT-I Course is a two-day intensive review of the principles and practice of this intervention. Lead Presenter: Michael Perlis, PhD.

National Institute of Environmental Health Sciences. February 9, 2017. Light and Its Impact on Circadian Disruption and Health: What We Know, What We Don't Know and What We Need to Know. Lead Presenter: Dr. M. Figueiro, Lighting Research Center (LRC), Rensselaer Polytechnic Institute.

Sleep Research Society. June 3, 2017. Precision Sleep Medicine: Predictive, Preventive, Personalized and Participatory. Lead Presenter: Dr. P Gehrman, University of Pennsylvania.

Sleep Research Society. June 4, 2017. Sleep Disturbances and Cancer: An Emerging Relationship. Lead Presenter: Dr. I Almedros, University of Barcelona.

Sleep Research Society. June 4, 2017. The Holy Grail of Clinical Sleep Medicine: Measuring and Reporting Meaningful Outcomes. Lead Presenter: Dr. D Lewin, Children's National Sleep System, Washington DC.

International Society for Behavioral Nutrition and Physical Activity. June 6, 2017. Stepping into compositional analysis of activity data; a practical step by step guide to analyzing activity or nutritional data using compositional analysis techniques. Lead Presenters: Dr. Sebastien Chastin and Dr. P Dall, Glasgow Caledonian University.

University of Delaware, Professional and Continuing Studies. 4/3/2017 – 5/19/2017. Essentials of Clinical Sleep Health and Education Online Course.