

# Aimee L. Fox, Ph.D.

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Center on Aging  
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## EDUCATION

- 2021 Ph.D., Applied Developmental Science  
Human Development and Family Studies  
Colorado State University, Fort Collins, CO  
Dissertation Title: *Family Caregiving, Family Dynamics, and Preparedness for the Transition to End-of-Life Care.*  
Advisor: Dr. Christine A. Fruhauf
- 2009 M.S., Human Development and Social Policy  
University of Utah, Salt Lake City, UT  
Thesis Title: *Elementary School Food Environment and Child Food Purchasing Behavior.*
- 2007 B.S., Community Studies  
University of Utah, Salt Lake City, UT

## ACADEMIC POSITIONS

- 2021-current Teaching Assistant Professor, Gerontology, Kansas State University
- 2009-2018 Associate Instructor, Family and Consumer Studies, University of Utah

## RESEARCH EXPERIENCE

- 2020-2021 Graduate Research Assistant  
Merging Yoga and self-management to develop Skills (MY-Skills)  
Funded by the National Institute of Health, National Center for Complementary and Integrative Health (R34)  
Colorado State University, Human Development and Family Studies  
Fort Collins, CO  
Co-PIs: Christine A. Fruhauf, Ph.D. and Arlene Schmid, Ph.D., OTR, FAOTA
- 2018-2020 Graduate Research Assistant  
GRANDcares Project  
Funded by United States Department of Agriculture: National Institute of Food and Agriculture: Children, Youth, and Families At-Risk (CYFAR)  
Colorado State University, Human Development and Family Studies  
Fort Collins, CO  
PI: Christine A. Fruhauf, Ph.D.

2017-2018      Research Assistant  
Health and Aging Post-Conflict Project  
Funded by National Institute on Aging (R01), March 5, 2016  
University of Utah, Department of Sociology  
Salt Lake City, UT  
PI: Kim Korinek, Ph.D.

#### **OTHER RELEVANT EMPLOYMENT**

2010-2013      State Developmental Screening Coordinator and Educator  
Utah Department of Health, Bureau of Child Development

2001-2005      Academic Advisor, Early Childhood and Elementary Education  
College of Education, University of Utah

#### **REFEREED JOURNAL ARTICLES**

**Fox, A. L.**, Sharp, J. L., & Fruhauf, C. A. (2021). Family dynamics and the transition to end-of-life caregiving: A brief review and conceptual framework. *Journal of Family Theory and Review*, 2021, 1-15. <http://doi.org/10.1111/jftr.12423>

Fruhauf, C. A., Yancura, L., Greenwood-Junkermeier, H., Riggs, N. R., **Fox, A. L.**, Mendoza, A. N., & Ooki, N. (2020). The importance of family-focused and strengths-based approaches to interventions for grandfamilies. *Journal of Family Theory & Review*, 12(4), 478-491. <http://dx.doi.org/10.1111/jftr.12395>

#### **PAPERS SUBMITTED OR CURRENTLY UNDER REVIEW**

**Fox, A. L.**, Riggs, N. R., Yancura, L., Sharp, J. L., & Fruhauf, C. A. (2021). *Improving self-efficacy in grandparents raising grandchildren: Preliminary results from a strengths-based education intervention* [Revise & resubmit]. Department of Human Development and Family Studies, Colorado State University.

**Fox, A. L.**, Fruhauf, C. A., Portz, J. D., Van Puymbroeck, M., Sharp, J. L., Leach, H. J., & Schmid, A. A. (2021). *Development of a multi-modal, dyadic intervention for persistent pain: A qualitative study*. [Manuscript submitted for publication]. Department of Human Development and Family Studies, Colorado State University.

Fruhauf, C. A., Yancura, L., Greenwood-Junkermeier, H., Riggs, N. R., **Fox, A. L.**, Mendoza, A. N., & Ooki, N. (2021). *Development and implementation of a program to enhance grandfamilies' well-being: Lessons from the field*. [Manuscript submitted for publication]. Department of Human Development and Family Studies, Colorado State University.

## MANUSCRIPTS IN PROGRESS

**Fox, A. L.,** Sharp, J. L., & Fruhauf, C. A. (2021). *Family caregivers' feelings of preparedness for the transition to end-of-life caregiving*. [Manuscript in preparation]. Department of Human Development and Family Studies, Colorado State University.

**Fox, A. L.,** Sharp, J. L., & Fruhauf, C. A. (2021). *Understanding the association between family dynamics and preparedness for the transition to end-of-life caregiving*. [Manuscript in preparation]. Department of Human Development and Family Studies, Colorado State University.

Fruhauf, C. A., Schmid, A. A., Sharp, J. L., Portz, J. D., **Fox, A. L.,** & Van Puymbroeck, M. (2021). *Dyadic interventions for adults with chronic conditions and their caregivers: Methodological considerations*. [Manuscript in preparation]. Department of Human Development and Family Studies and Occupational Therapy, Colorado State University.

Jiao, Y., Riggs, N. R., Yancura, L., **Fox, A. L.,** Fruhauf, C. A. (2021). *Moderation of physical health on emotional health among grandparents raising grandchildren* [Manuscript in preparation]. Department of Human Development and Family Studies, Colorado State University.

Parsons, C., Hehn, M., Loudonbeck, A., Burke, H., **Fox, A.,** Pratt, L., Brazile, M., Alarawi, R., & Zarestky, J. (2021). *Teaching and learning qualitative methods: Lessons learned during a pandemic* [Manuscript in preparation]. School of Education, Colorado State University.

## PROFESSIONAL PRESENTATIONS AND INVITED LECTURES

### Professional Papers

**Fox, A. L.,** Riggs, N. R., Yancura, L., Sharp, J. L., & Fruhauf, C. A. (2020, November 4-7). *Grandparent resilience: Improving self-efficacy in grandparents raising grandchildren*. [Paper presentation] Gerontological Society of America annual scientific meeting, virtual conference. <https://www.geron.org>

Fruhauf, C. A., Yancura, L., **Fox, A. L.,** Riggs, N., Greenwood-Junkermeier, H., & Mendoza, A. N. (2019, November). *Improving health and well-being of grandparents raising grandchildren: A strengths-based intervention*. In C. A. Fruhauf & Yancura, L. (Co-Chairs), *Gerontological intervention science: Four different approaches to grandfamily research*, Symposium paper (Interest Group Session – Grandparents as Caregivers) conducted at the annual scientific meeting of the Gerontological Society of America, Austin, TX.

### Professional Posters

- Fox, A. L.**, Sharp, J. L., & Fruhauf, C. A. (2021, November 10-14). *Family caregivers' feelings of preparedness for the transition to end-of-life caregiving*. The Gerontological Society of America 2021 Annual Scientific Meeting, Phoenix, AZ.
- Fox, A. L.**, Fruhauf, C. A., Portz, J. D., Van Puymbroeck, M., Sharp, J. L., Leach, H. J., & Schmid, A. A. (2021, November 10-14). *Development of a multi-modal, dyadic intervention for persistent pain: A qualitative study*. The Gerontological Society of America 2021 Annual Scientific Meeting, Phoenix, AZ.
- Van Puymbroeck, M., **Fox, A. L.**, Fruhauf, C. A., Portz, J. D., Sharp, J. L., Leach, H. J., & Schmid, A. A. (2021, September). *Use of qualitative methods in the development of a multi-modal intervention for a clinical trial for dyads with chronic pain*. American Therapeutic Recreation Association. Cleveland, OH.
- Van Puymbroeck, M., Schmid, A. A., Fruhauf, C. A., **Fox, A. L.**, Portz, J. D., Leach, H. J., & Sharp, J. L. (2021, September). *Exploring the feasibility and benefits of a clinical trial for dyads with chronic pain*. American Therapeutic Recreation Association. Cleveland, OH.
- Schmid, A. A., Fruhauf, C. A., **Fox, A. L.**, Swink, L. A., & Prabhu, N. (2021, June 9-11, 16-18). *The needs of pairs with pain: perspectives of individuals with pain and their caregivers*. The International Association for the Study of Pain 2021 World Congress on Pain.
- Schmid, A. A., Fruhauf, C. A., **Fox, A. L.**, Portz, J. D., Van Puymbroeck, M., Sharp, J. L., & Leach, H. J. (2021, June 9-11, 16-18). *Feasibility, acceptability, and benefits of in-person yoga and self-management education for dyads who have chronic pain*. The International Association for the Study of Pain 2021 World Congress on Pain.
- Fruhauf, C. A., Schmid, A. A., Prabhu, N., Swink, L., Portz, J., Leach, H., Hidde, M., Van Puymbroeck, M., Sharp, J., **Fox, A. L.**, & Gibson, B. (2020, November 4-7). *Challenges in recruiting caregiver and care receiver dyads for a randomized clinical trial*. [Poster presentation] Gerontological Society of America annual scientific meeting, virtual conference. <https://www.geron.org>
- Jiao, Y., Riggs, N., Yancura, L., **Fox, A. L.**, & Fruhauf, C. (2020, November). *Physical health moderates the relations between depressive symptoms and mental health in grandparents raising grandchildren*. Poster presentation at the annual scientific meeting of the Gerontological Society of America, virtual conference.
- Fox, A. L.**, Riggs, N., Yancura, L., & Fruhauf, C. A. (2020, March). *The effect of a strengths-based intervention on self-efficacy in grandparents raising grandchildren*. Poster presentation at the College of Health and Human Sciences Research Day, Fort Collins, CO.

**Fox, A. L., Fruhauf, C. A., & Sharp, J. L.** (2019, November). *Transitions of family caregivers: A conceptual framework for end-of-life caregiving*. Poster presentation at the annual scientific meeting of the Gerontological Society of America, Austin, TX.

**Fox, A. L., & Fruhauf, C. A.** (2019, October). *Transitions of family caregivers: A conceptual framework for end-of-life caregiving*. Poster presentation at the University of Colorado Palliative Care Research Day, Denver, CO.

Fruhauf, C. A., Mendoza, A. N., Greenwood-Junkermeier, H., Carson, J., Sanchez, G., Yancura, L., Riggs, N., & **Fox, A. L.** (2018, November). *"I stopped smoking." Grandparent caregivers' self-care practices following an intervention*. Poster presentation at the annual scientific meeting of the Gerontological Society of America, Boston, MA.

### **Invited Presentations**

2020 Gerontology Education. Guest Panelist – HDFS 277: Introductory Seminar in HDFS. Colorado State University, Fort Collins, CO, (March).

2020 Healthy Relationships in Older Adulthood. Guest Lecture – KEY 192A: Healthy Relationships. Colorado State University, Fort Collins, CO, (January).

2019 Family Caregivers. Guest Lecture – HDFS 201: Perspectives in Gerontology. Colorado State University, Fort Collins, CO, (October).

### **CONTRACTS & GRANTS**

#### **Application in Progress**

2020 *Development of a reliable and valid survey measure of family dynamics in aging families*, **Fox, A. L. (PI)**, National Institutes of Health, National Institute on Aging, R03.

#### **Externally Unfunded Awards as PI**

2020 *Family dynamics and caregiving: Preparing for the transition to end-of-life care*, **Fox, A.F. (PI) & Fruhauf, C. A. (Co-I)**, National Council of Family Relations Olson Grant: Bridging Research, Theory, and Practice.

#### **Internally Unfunded Awards as PI**

2020 *Family caregiving and preparedness for the transition to end-of-life care*, **Fox, A. F. (PI)**, College of Health and Human Sciences Dean's Doctoral Student Fellowship, Academic Year 2020-2021, Colorado State University.

## RESEARCH RELATED PROFESSIONAL DEVELOPMENT

2020-2021	Teaming for Early Career Researchers, Colorado Clinical and Translational Sciences Institute
2020	Social Media and Research Recruiting, CITI Program
2020	Best Practices for Competitive Grant Applications, Columbia Medicine
2020	Introduction to Structural Equation Modeling, Curran-Bauer Analytics
2019	Strategies for Successful Recruitment and Retention of Minority Elders: An NIA Priority Area, Pre-Conference Workshop, Gerontological Society of America Annual Scientific Meeting
2019	Caregiving is a Family Affair: Innovations in Aging Research, Sara Honn Qualls, PhD, ABPP, Columbine Health Systems Center for Healthy Aging
2018	Research Priorities in Caregiving Summit: Advancing Family-Centered, Collaborative Care, Pre-Conference Workshop, Gerontological Society of America Annual Scientific Meeting

## TEACHING EXPERIENCE

### University of Utah – Associate Instructor, Family and Consumer Studies Department

<u>Year</u>	<u>Semester</u>	<u>Course No./Title</u>	<u>Format</u>	<u>Enrollment</u>
2018	Summer	FCS 5230 – Adolescent Development <sup>1</sup>	Online	45
2018	Spring	FCS 2400 – Modern Family Studies <sup>4</sup>	Online	74
2018	Spring	FCS 5230 – Adolescent Development	Online	47
2018	Spring	FCS 5250 – Theories of Human Develop. <sup>6</sup>	In-person	21
2017	Fall	FCS 2400 – Modern Family Studies	Online	56
2017	Fall	FCS 5230 – Adolescent Development	Online	47
2017	Summer	FCS 2400 – Modern Family Studies	Online	34
2017	Summer	FCS 5230 – Adolescent Development	Online	52
2017	Spring	FCS 2400 – Modern Family Studies	Online	71
2017	Spring	FCS 5230 – Adolescent Development	Online	43
2017	Spring	FCS 5250 – Theories of Human Develop.	In-person	18
2016	Fall	FCS 2400 – Modern Family Studies	In-person	51
2016	Fall	FCS 2400 – Modern Family Studies	Online	39
2016	Fall	FCS 5230 – Adolescent Development	Online	45
2016	Summer	FCS 2400 – Modern Family Studies	Online	46
2016	Summer	FCS 5230 – Adolescent Development	Online	37
2016	Spring	FCS 2400 – Modern Family Studies	In-person	50
2016	Spring	FCS 5230 – Modern Family Studies	Online	64
2016	Spring	FCS 5250 – Theories of Human Develop.	In-person	14
2015	Fall	FCS 2400 – Modern Family Studies	In-person	40
2015	Fall	FCS 2400 – Modern Family Studies	Online	54
2015	Fall	FCS 5230 – Adolescent Development	Online	52
2015	Summer	FCS 2400 – Modern Family Studies	Online	40
2015	Summer	FCS 5230 – Adolescent Development	Online	45

2015	Spring	FCS 5250 – Theories of Human Develop.	In-person	23
2014	Fall	FCS 2400 – Family Studies	In-person	66
2014	Fall	FCS 3215 – Infant & Child Development <sup>3</sup>	Online	61
2014	Fall	FCS 5230 – Adolescent Development	Online	55
2014	Summer	FCS 5230 – Adolescent Development	Online	62
2014	Spring	FCS 2400 – Family Studies	Online	72
2014	Spring	FCS 3215 – Infant & Child Development	Online	73
2013	Fall	FCS 3215 – Infant & Child Development	Online	87
2013	Spring	FCS 2400 – Family Studies	Online	68
2013	Spring	FCS 3215 – Infant & Child Development	Online	58
2012	Fall	FCS 3180 – Home, School, & Community <sup>2</sup>	In-person	17
2012	Fall	FCS 3904 – Service Learning (for 3180) <sup>5</sup>	In-person	3
2012	Spring	FCS 2400 – Family Studies	Online	70
2012	Spring	FCS 3180 – Home, School, & Community	In-person	44
2012	Spring	FCS 3215 – Infant & Child Development	Online	81
2012	Spring	FCS 3904 – Service Learning (for 3180)	In-person	21
2011	Fall	FCS 3180 – Home, School, & Community	In-person	30
2011	Fall	FCS 3904 – Service Learning (for 3180)	In-person	17
2011	Spring	FCS 2400 – Family Studies	Online	61
2010	Fall	FCS 3180 – Home, School, & Community	In-person	12
2010	Fall	FCS 3904 – Service Learning (for 3180)	In-person	5
2010	Summer	FCS 3215 – Infant & Child Development	In-person	16
2010	Spring	FCS 3180 – Home, School, & Community	In-person	18
2010	Spring	FCS 3904 – Service Learning (for 3180)	In-person	18
2009	Fall	FCS 3180 – Home, School, & Community	In-person	17
2009	Fall	FCS 3904 – Service Learning (for 3180)	In-person	15

### Evaluation Results 2009-2018

Possible respondents = 2167

Number of respondents = 1326 (61% response rate)

Average Evaluation scores, reporting on a scale of 1-6 (1=strongly disagree, 6=strongly agree)

Overall Course Effectiveness:

Aimee Fox = 5.43

FCS Dept. = 5.30

U of U = 5.15

Overall Instructor Effectiveness:

Aimee Fox = 5.49

FCS Dept. = 5.40

U of U = 5.30

### Course Objectives

**<sup>1</sup>Adolescent Development** – This course offered an in-depth examination of adolescent development, within the context of families and society. Topics included biological and cognitive transitions, the development of autonomy and identity, peer and dating relationships, sexuality, parent-adolescent relationships, and the psychosocial problems of adolescence.

**<sup>2</sup>Home, School, and Community Relations** – In this class, students developed an understanding of how families, schools, and communities singly and interactively support or compromise the healthy academic and social development of children. Students were

exposed to literature, research, and practice that positively contribute to school-home relationship building. The class provides an opportunity for the application of course knowledge and skills through service-learning experiences. The class also assists students in developing verbal and written communication skills.

**<sup>3</sup>Infancy and Childhood Development** – The primary goal of this course was to introduce students to the field of child development from conception through middle childhood. This course emphasized normal physical, cognitive, and social development and the interrelations among these aspects of development in a variety of contexts (e.g., family, culture, school, and community). This course encouraged students to critically examine both personal experiences and the empirical literature on child development. This course encouraged students to apply the information learned in real life situations with children.

**<sup>4</sup>Modern Family Studies** – The primary goal of this course was to introduce students to family studies. There was an emphasis on theory and research on family demography, union formation, marriage, parenting, post-parental families, non-traditional families, and family problems. This course encouraged students to critically examine both their personal experiences and the empirical literature on family studies. This course allowed students to participate in activities that facilitated a greater understanding of family relationships across the life course.

**<sup>5</sup>Service Learning** – Service-learning is a method of teaching and learning that links classroom instruction to community service for the purpose of enriching learning experiences and helping foster civic responsibility. The service-learning experience provided students the opportunity to integrate knowledge gained in the classroom to an applied and practical setting.

**<sup>6</sup>Theories of Human Development** – An in-depth examination of theories fundamental to the study of human development. Seminar format; discussion intensive. This course provided the opportunity for students to: (1) understand and explore the broad philosophical issues of the study of theories of human development, (2) develop an in-depth understanding of the contributions of the major theories within the study of human development, (3) understand the manner in which specific theoretical frameworks are employed in the development of research and applied programs in the field of human development, (4) conceptualize and discuss the historical and current professional literature, (5) review literature, videos, and programs addressing these theories, (6) gain a personal understanding and theoretical philosophy of human development, and (7) apply developmental theories and concepts to real-world examples and issues.

## **AWARDS AND HONORS**

2020	Graduate Student Council Professional Development Award, Colorado State University
2018-2021	Graduate Research Assistantship, Colorado State University
2018	Colorado State Graduate Fellowship, Colorado State University
2007-2009	Graduate Teaching Assistantship, University of Utah
2006-2007	Departmental Honors Scholarship, University of Utah

## **SERVICE TO UNIVERSITY**



2020-2021 CSU Writes-Show up and Write, Facilitator, Colorado State University  
2007-2009 Student Advisory Committee, Graduate Advisor, Family and Consumer  
Studies, University of Utah  
2001-2005 University Academic Advising Committee, Member, University of Utah

### **SERVICE TO PROFESSION**

2021-present Elected member, Emerging Scholar and Professional Organization (ESPO)  
Annual Scientific Meeting Working Group, Gerontological Society of  
America  
2020-2021 Abstract reviewer, Gerontological Society of America Annual Scientific  
Meeting  
2020-2021 Abstract reviewer, National Council on Family Relations Annual  
Conference  
2011-2012 Early Childhood Standards Writing Committee, Utah State Department of  
Health/Utah State Office of Education  
2010-2011 Early Childhood Standards Advisory Committee, Utah State Department  
of Health/Utah State Office of Education

### **COMMUNITY ENGAGEMENT AND OUTREACH**

2020-2021 Alzheimer's Association, Colorado Chapter, Support Group Facilitator,  
Fort Collins, CO  
2018-present Powerful Tools for Caregivers, Class Leader  
2018-2021 Larimer County Alliance for Grandfamilies, Committee Member, Fort  
Collins, CO  
2018-2021 Northern Colorado Respite Coalition, Member, Northern Colorado  
2007-2013 Head Start: Utah Community Action, Community Partner, Salt Lake  
County, UT

### **PROFESSIONAL AFFILIATIONS**

2020-present Palliative Care Research Cooperative Group  
2020-present Colorado Clinical and Translational Sciences Institute  
2018-present Gerontological Society of America  
Member: ESPO, Family Caregiving Interest Group, Grandparents as  
Caregivers Interest Group, Hospice, Palliative, and End-of-Life Care  
Interest Group  
2018-present National Council of Family Relations  
Member: Family Communication Focus Group, Grief & Families Focus  
Group, Issues in Aging Focus Group  
2018-2021 Colorado Gerontological Society