

Curriculum Vitae

EMILY L. MAILEY

Associate Professor

Department of Kinesiology, Kansas State University
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EDUCATION

PhD, University of Illinois at Urbana-Champaign, Urbana, IL (2012)

Department of Kinesiology and Community Health

Emphasis in Exercise Psychology

Dissertation: Impact of a brief exercise adherence intervention on physical activity and quality of life among working mothers

MS, Ball State University, Muncie, IN (2007)

School of Physical Education, Sport, and Exercise Science

Emphasis in Sport & Exercise Psychology, Minor in Counseling Psychology

Thesis: Impact of a physical activity intervention on at-risk female adolescents' enjoyment of physical activity

BA, St. Olaf College, Northfield, MN (2005)

Majors: Exercise Science and Psychology

PROFESSIONAL EXPERIENCE

2018-present Associate Professor, Exercise Behavioral Science, Department of Kinesiology, Kansas State University, Manhattan, KS

2012-18 Assistant Professor of Physical Activity and Public Health, Department of Kinesiology, Kansas State University, Manhattan, KS

2007-12 Graduate Research Assistant, Exercise Psychology Laboratory, Department of Kinesiology & Community Health, University of Illinois, Urbana, IL

2006-07 Graduate Research Assistant, School of Physical Education, Sport, and Exercise Science, Ball State University

PEER-REVIEWED JOURNAL ARTICLES

*Denotes student supervisee

1. **Mailey, E. L.**, Dlugonski, D., Hsu, W., & Segar, M. (in press) Goals matter: Exercising for well-being but not health or appearance predicts future exercise behavior among parents. *Journal of Physical Activity and Health*.

2. **Mailey, E. L.**, Mershon, C., Joyce, J., & Irwin, B. (2018). "Everything else comes first": A mixed-methods analysis of barriers to health behaviors among military spouses. *BMC Public Health*, *18*, 1013. doi: 10.1186/s12889-018-5938-z
3. Ablah, E., Grilliot, E., Okut, H., **Mailey, E. L.**, Rosenkranz, S., & Rosenkranz, R. (2018). Many Kansas worksites offer few supports to reduce occupational sedentary behavior. *International Journal of Environmental Research and Public Health*, *15*, 1745. doi: 10.3390/ijerph15081745
4. Casey, K., **Mailey, E. L.**, Rosenkranz, R. R., Swank, A.*, Ablah, E., & Rosenkranz, S. K. (2018). Does dietary intake change during an intervention to reduce sedentary behavior and cardiovascular disease risk? *BMC Nutrition*, *4*, 16. doi: 10.1186/s40795-018-0223-1
5. **Mailey, E. L.**, Rosenkranz, S. K., Ablah, E., Swank, A.*, & Casey, K. (2017). Effects of an intervention to reduce sitting at work on arousal, fatigue, and mood among sedentary female employees: A parallel-group randomized trial. *Journal of Occupational and Environmental Medicine*, *59*(12), 1166-1171. doi: 10.1097/JOM.0000000000001131
6. **Mailey, E.**, & Hsu, W. (2017). Is a general or specific exercise recommendation more effective for promoting physical activity among postpartum mothers? *Journal of Health Psychology*. doi: 10.1177/1359105316687627
7. Dlugonski, D., Martin, T., **Mailey, E.**, & Pineda, E. (2017). Motives and barriers for physical activity among low-income Black single mothers. *Sex Roles*, *77*, 379-392. doi: 10.1007/s11199-016-0718-7
8. **Mailey, E. L.**, Rosenkranz, S. K., Casey, K., & Swank A*. (2016). Comparing the effects of two different break strategies on occupational sedentary behavior in a real world setting: A randomized trial. *Preventive Medicine Reports*, *4*, 423-428. doi: 10.1016/j.pmedr.2016.08.010
9. **Mailey, E. L.**, Huberty, J. L., & Irwin, B. C. (2016). Feasibility and effectiveness of a web-based physical activity intervention for working mothers. *Journal of Physical Activity and Health*, *13*(8), 822-829. doi: 10.1123/jpah.2015-0643
10. **Mailey, E. L.**, Phillips, S. M., Dlugonski, D., & Conroy, D. E. (2016). Overcoming barriers to exercise among parents: A social cognitive theory perspective. *Journal of Behavioral Medicine*, *39*(4), 599-609. doi: 10.1007/s10865-016-9744-8
11. Das, B. M., **Mailey, E. L.**, Murray, K., Phillips, S. M., Torres, C., & King, A. C. (2016). From sedentary to active: Shifting the movement paradigm in workplaces. *WORK*. doi: 10.3233/WOR-162330
12. Oberlin, L. E., Verstynen, T. D., Burzynska, A. Z., Voss, M. W., Prakash, R. S., Chaddock-Heyman, L., Wong, C., Fanning, J., Awick, E., Gothe, N., Phillips, S. M., **Mailey, E.**, Ehlers, D., Olson, E., Wojcicki, T., McAuley, E., Kramer, A. F., & Erickson, K. I. (2016). White matter microstructure mediates the relationship between cardiorespiratory fitness and spatial working memory in older adults. *NeuroImage*, *131*, 91-101.
13. Phillips, S. M., Awick, E. A., Conroy, D. E., Pellegrini, C. A., **Mailey, E. L.**, & McAuley, E. (2015). Objectively measured physical activity and sedentary behavior and quality of life indicators in breast cancer survivors. *Cancer*, *121*, 4044-4052.
14. Wong, C. N., Chaddock-Heyman, L., Voss, M. W., Burzynska, A., Basak, C., Erickson, K. I., Prakash, R. S., Szabo, A., Phillips, S. M., Wojcicki, T., **Mailey, E. L.**, McAuley, E., & Kramer, A. F. (2015). Brain activation during dual-task processing is associated with cardiorespiratory fitness and performance in older adults. *Frontiers in Aging Neuroscience*, *7*, 154.
15. **Mailey, E. L.**, & McAuley, E. (2014). Physical activity intervention effects on perceived stress in working mothers: The role of self-efficacy. *Women & Health*, *54*, 552-568.

16. **Mailey, E. L.**, Huberty, J. L., Dinkel, D., & McAuley, E. (2014). Physical activity barriers and facilitators among working mothers and fathers. *BMC Public Health*, *14*, 657. doi:10.1186/1471-2458-14-657
17. **Mailey, E. L.**, Gothe, N., Wojcicki, T.R., Szabo, A. N., Olson, E.A., Mullen, S. P., Fanning, J. T., Motl, R. W., & McAuley, E. (2014). Influence of allowable interruption period on estimates of accelerometer wear time and sedentary time in older adults. *Journal of Aging and Physical Activity*, *22*, 255-260.
18. **Mailey, E. L.**, & McAuley, E. (2014). Impact of a brief exercise intervention on physical activity and social cognitive determinants among working mothers: A randomized trial. *Journal of Behavioral Medicine*, *37*, 343-355. doi: 10.1007/s10865-013-9492-y
19. Leckie, R. L., Oberlin, L. E., Voss, M. W., Prakash, R. S., Szabo, A., Chaddock-Heyman, L., Phillips, S. M., Gothe, N. P., **Mailey, E.**, Vieira, V. J., Martin, S. A., Pence, B. D., Lin, M., Parasuraman, R., Greenwood, P. M., Fryxell, K. J., Woods, J. A., McAuley, E., Kramer, A. F., & Erickson, K. I. (2014). BDNF mediates improvements in executive function following a 1-year exercise intervention. *Frontiers in Human Neuroscience*, *8*, 895.
20. Mullen, S. P., Wójcicki, T. R., **Mailey, E. L.**, Szabo, A. N., Gothe, N., Olson, E. A., Fanning, J., Kramer, A., & McAuley, E. (2013). A profile for predicting attrition from exercise in older adults. *Prevention Science*. doi: 10.1007/s11121-012-0325-y
21. Wójcicki, T.R., Szabo, A. N., White, S. M., **Mailey, E. L.**, Kramer, A. F., & McAuley, E. (2013). The perceived importance of physical activity: Associations with psychosocial and health-related outcomes. *Journal of Physical Activity and Health*, *10*, 343-349.
22. McAuley, E., Wojcicki, T.R., Gothe, N., Olson, E.A., Szabo, A. N., Fanning, J., **Mailey, E. L.**, Phillips, S. M., Motl, R. W., & Mullen, S. P. (2013). Effects of a DVD-delivered exercise intervention on physical function in older adults. *Journals of Gerontology: Medical Sciences*. doi:10.1093/gerona/glt014
23. Voss, M., Erickson, K., Prakash, R., Chaddock, L., Kim, J., Alves, H., Szabo, A., White, S., Wójcicki, T., **Mailey, E.**, Olson, E., Gothe, N., Potter, V., Martin, S., Pence, B., Cook, M., Woods, J., McAuley, E., & Kramer, A. (2013). Neurobiological markers of exercise-related brain plasticity in older adults. *Brain Behavior and Immunity*, *28*, 90-99.
24. **Mailey, E. L.**, Mullen, S. P., Mojtahedi, M., 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 and Physical Activity*, *5*, 76-84. doi: 10.1016/j.mhpa.2012.01.001.
25. 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. (2012). Physical activity, function, and quality of life: Design and methods of the *FlexToBa*TM trial. *Contemporary Clinical Trials*, *33*, 228-236. doi:10.1016/j.cct.2011.10.002.
26. Voss, M., Heo, S., Prakash, R., Erickson, K., Alves, H., Chaddock, L., Szabo, A., **Mailey, E.**, Wójcicki, T., White, S., Gothe, N., McAuley, E., Sutton, B., & Kramer, A. (2012). The influence of aerobic fitness on cerebral white matter integrity and cognitive function in older adults: Results of a one-year exercise intervention. *Human Brain Mapping*. doi: 10.1002/hbm.22119.
27. Erickson, K. I., Weinstein, A., Sutton, B., Prakash, R., Voss, M., Chaddock, L., Szabo, A., **Mailey, E.**, White, S., Wójcicki, T., McAuley, E., & Kramer, A. (2012). Beyond vascularization: Aerobic fitness is associated with N-acetylaspartate and memory. *Brain and Behavior*, *2*, 32-41. doi: 10.1002/brb3.30.
28. Weinstein, A. M., Voss, M. W., Prakash, R. S., Chaddock, L., Szabo, A., White, S. M., Wójcicki, T. R., **Mailey, E.**, McAuley, E., Kramer, A. F., Erickson, K. I. (2012). The

- association between aerobic fitness and executive function is mediated by pre-frontal cortex. *Brain, Behavior, and Immunity*, 26, 811-819. doi:10.1016/j.bbi.2011.11.008.
29. McAuley, E., **Mailey, E. L.**, Mullen, S. P., Szabo, S. N., Wójcicki, T. R., White, S. M., Gothe, N., Olson, E. A., & Kramer, A. F. (2011). Growth trajectories of exercise self-efficacy in older adults: Influence of measures and initial status. *Health Psychology*, 30, 75-83. doi: 10.1037/a0021567.
 30. McAuley, E., Szabo, A. N., **Mailey, E. L.**, 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 and Physical Activity*, 4, 5-11. doi:10.1016/j.mhpa.2011.01.001.
 31. Gothe, N. P., Mullen, S. P., Wójcicki, T. R., **Mailey, E. L.**, White, S. M., Olson, E. A., Szabo, A. N., Kramer, A. F., & McAuley, E. (2011). Trajectories of change in self-esteem in older adults: Exercise intervention effects. *Journal of Behavioral Medicine*, 34, 298-306. doi: 10.1007/s10865-010-9312-6.
 32. McAuley, E., Mullen, S. P., Szabo, A. N., White, S. M., Wójcicki, T. R., **Mailey, E. L.**, Gothe, N., Olson, E. A., Voss, M., Erickson, K., Prakash, R., & Kramer, A. F. (2011). Self-regulatory processes and exercise adherence in older adults: Executive function and self-efficacy effects. *American Journal of Preventive Medicine*, 41, 284-290. doi: 10.1016/j.amepre.2011.04.014.
 33. Mullen, S. P., Olson, E. A., Phillips, S. M., Wójcicki, T. R., **Mailey, E. L.**, Szabo, A. N., Gothe, N., Fanning, J. T., & McAuley, E. M. (2011). Measuring enjoyment of physical activity in older adults: invariance of the physical activity enjoyment scale (PACES) across group and time. *International Journal of Behavioral Nutrition and Physical Activity*, 8, 103. doi: 10.1186/1479-5868-8-103.
 34. Szabo, A. S., Mullen, S. P., White, S. M., Wójcicki, T. R., **Mailey, E. L.**, Gothe, N., Olson, E. A., Fanning, J., Kramer, A. F., & McAuley, E. (2011). Longitudinal invariance and construct validity of the Abbreviated Late Life Function and Disability Instrument in healthy older adults. *Archives of Physical Medicine and Rehabilitation*, 92, 785-791.
 35. Prakash, R. S., Voss, M. W., Erickson, K. I., Lewis, J., Chaddock, L., Malkowski, E., Alves, H., Kim, J. S., Szabo, A., White, S. M., Wojcicki, T. R., Kramer, A. F., **Mailey, E. L.**, McAuley, E. (2011). Cardiorespiratory fitness and attentional control in the aging brain. *Frontiers in Human Neuroscience*, 4, 229. doi: 10.3389/fnhum.2010.00229.
 36. Erickson, K. I., Voss, M. W., Prakash, R. S., Basak, C., Szabo, A. N., Chaddock, L., Heo, S., Alves, H., White, S. M., Wojcicki, T. R., **Mailey, E. L.**, Viera, V. J., Martin, S. A., Pence, B. D., Woods, J. A., McAuley, E., Kramer, A. F. (2011). Exercise training increases size of hippocampus and improves memory. *Proceedings of the National Academy of Sciences*, 108, 3017-3022. doi: 10.1073/pnas.1015950108.
 37. Erickson, K. I., Voss, M.W., Prakash, R.S., Basak, C., Szabo, A.N., Chaddock, L., White, S.M., Wojcicki, T.R., **Mailey, E.L.**, McAuley, E., Kramer, A. F. (2011). Reply to Coen et al.: Exercise, hippocampal volume, and memory. *Proceedings of the North American Academy of Science*, 108, E90. doi/10.1073/pnas.1103059108.
 38. Szabo, A. N., McAuley, E., Erickson, K. I., Voss, M., Prakash, R., **Mailey, E. L.**, Wójcicki, T. R., White, S. M., Gothe, N., Olson, E. A., & Kramer, A. F. (2011). Cardiorespiratory fitness, hippocampal volume, and frequency of forgetting in older adults. *Neuropsychology*, 25, 545-553. doi: 10.1037/a0022733.
 39. **Mailey, E. L.**, Wójcicki, T. R., Motl, R. W., Hu, L., Strauser, D. R., Collins, K. D., & McAuley, E. (2010). Internet-delivered physical activity intervention for college students

with mental health disorders: A randomized pilot trial. *Psychology, Health, & Medicine*, 15, 646-659. doi: 10.1080/13548506.2010.498894.

40. **Mailey, E. L.**, White, S. M., Wójcicki, T. R., Szabo, A. S., Kramer, A. F., & McAuley, E. (2010). Construct validation of a non-exercise measure of cardiorespiratory fitness in older adults. *BMC Public Health*, 10, 59. doi:10.1186/1471-2458-10-59.
41. White, S. M., **Mailey, E. L.**, & McAuley, E. (2010). Leading a physically active lifestyle: Effective individuals behavior change strategies. *ACSM's Health & Fitness Journal*, 14, 8-15. doi: 10.1249/FIT.0b013e3181c65518.
42. Voss, M. W., Prakash, R. S., Erickson, K. I., Basak, C., Chaddock, L., Kim, J. S., Alves, H., Heo, S., Szabo, A., White, S. M., Wójcicki, T. R., **Mailey, E. L.**, Gothe, N., Olson, E. A., McAuley, E., & Kramer, A. F. (2010). Plasticity of brain networks in a randomized intervention trial of exercise training in older adults. *Frontiers in Aging Neuroscience*, 2 (32). doi: 10.3389/fnagi.2010.00032.
43. Voss, M. W., Erickson, K. I., Prakash, R. S., Chaddock, L., Malkowski, E., Alves, H., Kim, J. S., Morris, K. S., White, S. M., Wójcicki, T. R., Hu, L., Szabo, A., **Klamm, E.**, McAuley, E. & Kramer, A. F. (2010). Functional connectivity: A source of variance in the association between cardiorespiratory fitness and cognition? *Neuropsychologia*, 48, 1394-1406. doi: 10.1016/j.neuropsychologia.2010.01.005.

In review:

1. **Mailey, E. L.**, Gasper, R. *, & Dlugonski, D. (in review) Why and how should I exercise? An age-stratified content analysis of popular magazines' online exercise depictions.
2. **Mailey, E. L.**, Irwin, B. C., Joyce, J. M., & Hsu, W. (in review) InDependent but not Alone: A web-based intervention to promote physical and mental health among military spouses.

BOOK CHAPTERS/REFERENCE BOOK ENTRIES

1. McAuley, E., **Mailey, E. L.**, Szabo, A. N., & Gothe, N. (2013). Physical activity and the personal agency: Self-efficacy as a determinant, consequence, and mediator. In Ekkekakis, P., et al. (Eds.), *Handbook of Physical Activity and Mental Health* (pp. 224-235). Oxford, UK; Routledge.
2. McAuley, E., White, S. M., **Mailey, E. L.**, & Wójcicki, T. R. Measuring exercise-related self-efficacy (2012). In G. Tenenbaum, R. Eklund, & A. Kamata (Eds.), *Handbook of Measurement in Sport and Exercise Psychology, 2nd Edition* (pp. 239-247). Champaign, IL: Human Kinetics.
3. **Mailey, E. L.** & McAuley, E. (2012). Physical activity and quality of life. In J. M. Rippe (Ed.), *Encyclopedia of Lifestyle Medicine and Health* (pp. 2253-2258). Thousand Oaks, CA: Sage.

PEER-REVIEWED PRESENTATIONS

*Denotes student supervisee

1. Gasper, R. *, **Mailey, E.**, & Irwin, B. InDependent but not Alone: A physical activity intervention for military spouses. Poster presented at the annual meeting of the American College of Sports Medicine, Minneapolis, MN, May 2018.

2. **Mailey, E.**, Dlugonski, D., & Segar, M. Goals matter: Exercising for revitalization increases autonomy and future exercise behavior among parents. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2018.
3. Gasper, R.*, McDuffett, A., Divine, S., & **Mailey, E.** K-State Movement Challenge: Enhancing the reach and impact of a worksite physical activity intervention. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2018.
4. Gasper, R.*, Swank, A.*, **Mailey, E.**, & Sharp, R. Promoting physical activity and health among Kansans: The role of National Parks. Poster presented at the annual meeting of the Kansas Public Health Association, Manhattan, KS, October 2017.
5. **Mailey, E. L.**, Irwin, B. C., Taylor, M.*, & Braun, K. Barriers to health behaviors among military spouses. Poster presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Victoria, Canada, June 2017.
6. Ablah, E., & **Mailey, E.** Development of and recruitment for WorkWell Kansas physical activity workshops. Oral presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Victoria, Canada, June 2017.
7. Gasper, R. L.*, Swank, A. C.*, Glatz, C.*, Pool, E.*, Taylor, M.*, & **Mailey, E. L.** Physical activity messages in popular magazines: A cross-sectional analysis by target audience. Poster presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Victoria, Canada, June 2017.
8. **Mailey, E.**, Downs, D., Arigo, D., & Wac, K. Using eHealth and mHealth methods to promote healthy behaviors among women. Symposium presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March 2017.
9. Dlugoski, D., Davison, K., Jansen, E., & **Mailey, E. L.** (discussant). The role of fathers in supporting child health behaviors. Symposium presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March 2017.
10. Swank, A.*, **Mailey, E.**, & Irwin, B. Active duty: The role of income, depression, and stress on health behaviors among military spouses. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March 2017.
11. Lewis, A.*, Swank, A.*, & **Mailey, E.** K-State Movement Challenge: An evaluation of a university worksite wellness campaign. Poster presented at the Kansas Public Health Association annual conference, Wichita, KS, September 2016.
12. **Mailey, E. L.**, Rosenkranz, S., Casey, K., & Swank, A*. Effects of an intervention to reduce sitting at work on energy, fatigue, and mood among sedentary female employees. Oral paper presentation at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Cape Town, South Africa, June 2016.
13. Foley, K. R.*, Kurti, S. P., Harms, C. A., & **Mailey, E. L.** Do dietary fish oil consumption and physical activity participation impact the duration, frequency, and perceived severity of attacks in patients with Raynaud's phenomenon? Poster presented at the Experimental Biology annual meeting, San Diego, CA, April 2016.
14. Casey, K., Rosenkranz, S., **Mailey, E.**, Baquero Garcia, A., Swank, A.*, & Rosenkranz, R. Changes in intake of CVD-related food components associated with an intervention to reduce sedentary time. Abstract presented at the American Society for Nutrition annual meeting, San Diego, CA, April 2016.
15. **Mailey, E. L.**, Buman M., Carr, L., & King, A. Novel intervention strategies for reducing sedentary behavior in the workplace. Symposium presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, March 2016.

16. Dlugonski, E., Phillips, S. M., **Mailey, E. L.**, Portnoy, D. B., & Banegas, M. Sink or swim! Experiences from early career professionals. Panel discussion presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, March 2016.
17. Huberty, J., **Mailey, E.**, & Irwin, B. Feasibility and limited effectiveness of a web-based physical activity intervention for working mothers: Findings and lessons learned. Symposium presentation at the annual meeting of the Society of Behavioral Medicine, Washington, DC, March 2016.
18. **Mailey, E. L.**, Rosenkranz, S., Casey, K., & Swank, A*. Comparative effectiveness of two intervention approaches for reducing sitting time at work: The Up4Health trial. E-poster presented at the first international Sedentary Behavior and Health conference, Urbana, IL, October 2015.
19. Rosenkranz, S., **Mailey, E. L.**, Cull, B., & Jepson, K. Reducing sedentary behavior in the workplace: Implications for the health of all Kansans. Symposium presented at the Annual Kansas Public Health Association Conference, Manhattan, KS, September 2015.
20. **Mailey, E. L.** Effects of two theory-based interventions on physical activity and fatigue among postpartum mothers. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX, April 2015.
21. Jepson, K., Rosenkranz, S., **Mailey, E.**, & Rosenkranz, R. Reduced sedentary time and associated changes in dietary quality and caloric intake. Poster presented at the American Society for Nutrition annual meeting at Experimental Biology, Boston, MA, March 2015.
22. **Mailey, E. L.**, Huberty, J., & Dinkel, D. Perceptions of physical activity among working mothers and fathers: A qualitative study. Poster presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, San Diego, CA, May 2014.
23. Huberty, J., Campbell, C., Mottola, M., Leiferman, J., & **Mailey, E.** (discussant). Informing interventions to improve women's health before, during and after pregnancy. Symposium presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, San Diego, CA, May 2014.
24. **Mailey, E. L.** Is guilt associated with declines in physical activity across the transition into parenthood? Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA, April 2014.
25. **Mailey, E. L.**, & McAuley, E. Physical activity intervention effects on psychological well-being are mediated by self-efficacy in working mothers. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March 2013.
26. **Mailey, E. L.**, & McAuley, E. Effects of a brief intervention on physical activity and social cognitive determinants in working mothers. Oral paper presentation at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2012.
27. Mullen, S. P., Wójcicki, T. R., **Mailey, E. L.**, Szabo, A. N., Gothe, N., Olson, E. A., Fanning, J. T., Kramer, A. F., & McAuley, E. A profile for predicting attrition from exercise in older adults. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2012.
28. Olson, E. A., Wójcicki, T. R., Szabo, A. N., **Mailey, E. L.**, Mullen, S. P., Gothe, N., Fanning, J. T., & McAuley, E. Advanced lower extremity function in older adults: Intervention effects. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2012.
29. **Mailey, E. L.**, Gothe, N., Motl, R. W., & McAuley, E. Accelerometer data reduction: Is there an optimal interruption period for older adults? Oral paper presentation at the annual meeting of the Gerontological Society of America, Boston, MA, November 2011.

30. Wong, C., Voss, M. W., Basak, C., Parkash, R., Erickson, K. I., Chaddock, L., Kim, J., Phillips, S., Wojcicki, T., **Mailey, E.**, Szabo, A., Gothe, N., Olson, E., McAuley, E., & Kramer, A. F. A profile of brain activation as a function of aerobic fitness in the dual-task. Poster presented at the annual meeting of the Society for Neuroscience, Washington, DC, November 2011.
31. McAuley, E., Wójcicki, T. R., White, S. M., **Mailey, E. L.**, Szabo, A. N., Gothe, N., Olson, E. A., Mullen, S. P., Fanning, J. T., Motl, R. W., Rosengren, K., & Estabrooks, P. Physical activity, function, and quality of life: Design and methods of the *FlexToBa*TM trial. Poster presented at the annual meeting of HEPA Europe, Amsterdam, the Netherlands, October 2011.
32. **Mailey, E. L.**, Mullen, S. P., Evans, E. M., Motl, R. W., & McAuley, E. Differential patterns of mental health changes correspond to changes in physical activity in female college freshmen. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, April 2011.
33. Mullen, S. P., **Mailey, E. L.**, White, S. M., Wójcicki, T. R., Szabo, A. N., Gothe, N., Olson, E. A., Kramer, A. F., & McAuley, E. Physical activity, self-efficacy, and functional limitations in older adults: A randomized control trial. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, April 2011.
34. Gothe, N., Mullen, S. P., Wójcicki, T. R., **Mailey, E. L.**, White, S. M., Olson, E. A., Szabo, A. N., Kramer, A. F., & McAuley, E. Trajectories of change in self-esteem in older adults: Exercise intervention effects. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC, April 2011.
35. Kedem, L. E., **Mailey, E. L.**, Evans, E. M., McAuley, E., & Chapman-Novakofski, K. Internal reliability and characterization of psychosocial constructs related to healthy eating patterns in female college freshmen. Poster presented at the American Dietetic Association's Annual Food & Nutrition Conference & Expo, Boston, MA, November 2010.
36. Szabo, A. N., **Mailey, E. L.**, White, S. M., Wójcicki, T. R., Erickson, K. I., Voss, M., Kramer, A. F., & McAuley, E. Validating a non-exercise measure of cardiorespiratory fitness: Associations with brain structure and function. Paper presented at the annual meeting of the Gerontological Society of America, New Orleans, LA, November 2010.
37. **Mailey, E. L.**, Szabo, A. N., Wójcicki, T. R., Gothe, N., White, S. M., Olson, E. A., Kramer, A. F., & McAuley, E. Physical activity and social support in older adults. Poster presented at the Third International Congress on Physical Activity and Public Health, Toronto, Canada, May 2010.
38. White, S. M., **Mailey, E. L.**, Wójcicki, T. R., Szabo, A. N., Gothe, N., Olson, E. A., Kramer, A. F., & McAuley, E. Physical activity and physical function in older adults. Poster presented at the Third International Congress on Physical Activity and Public Health, Toronto, Canada, May 2010.
39. **Mailey, E. L.**, Wójcicki, T. R., Hu, L., McAuley, E., & Motl, R. W. Internet-based physical activity program for students with mental health disorders: A randomized pilot trial. Oral paper presentation at the annual meeting of the Society of Behavioral Medicine, Seattle, WA, April 2010.
40. Gothe, N. P., **Mailey, E. L.**, Wójcicki, T. R., White, S. M., Szabo, A. S., & McAuley, E. Physical activity, self-efficacy and self-esteem: Hierarchical and longitudinal relationships as a function of exercise intervention. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA, April 2010.
41. Szabo, A. S., Basak, C., Voss, M., White, S. M., Wójcicki, T. R., **Mailey, E. L.**, Kramer, A. F., & McAuley, E. Physical activity as an influence of change in self efficacy and cognitive

- performance in older adults. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA, April 2010.
42. Guest, D. D., Thorpe, M. P., Mojtahedi, M. C., Richey, A., **Mailey, E.**, Kedem, L., McAuley, E., Chapman-Novakofski, K., Evans, E. M. Peer Education Initially Helps Prevent Weight Changes in Freshman Women. Poster presented at the annual Experimental Biology Conference, Anaheim, CA, April 2010.
 43. **Klamm, E. L.**, Wójcicki, T. R., White, S. M., Szabo, A. N., Kramer, A. F., & McAuley, E. Differential effects of physical activity intervention on self-efficacy in older adults. Poster presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada, April 2009.
 44. Gothe, N. P., Szabo, A. S., **Klamm, E. L.**, Wójcicki, T. R., White, S. M., & McAuley, E. Independent effects of environment, self-efficacy, and self-regulation on physical activity in older women. Poster presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada, April 2009.
 45. Wójcicki, T. R., Hu, L., Szabo, A. N., White, S. M., **Klamm, E. L.**, Kramer, A. F., & McAuley, E. Is the importance of physical activity associated with function and quality of life in older adults? Paper presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada, April 2009.
 46. Kedem, L. E., **Klamm, E. L.**, Evans, E. M., McAuley, E., & Chapman-Novakofski, K. Nutrition-related self-efficacy and outcome expectancies of freshman women. Poster presented at the annual Experimental Biology Conference, New Orleans, LA, April 2009.
 47. Szabo, A. N., Alvarado, M., Morris, K. S., **Klamm, E.**, Erickson, K., Kramer, A. S., & McAuley, E. Fitness and self-efficacy effects on cognitive performance in older adults. Poster presented at the annual meeting of the Gerontological Society of America, Washington, DC, November 2008.
 48. **Klamm, E. L.**, White, S. M., Morris, K. S., Wójcicki, T. R., & McAuley, E. Predicting cardiorespiratory fitness without maximal exercise testing in older adults. Poster presented at the annual meeting of the Society for Behavioral Medicine, San Diego, CA, March 2008.
 49. Vidoni, C., Morrissey, J. L., & **Klamm, E. L.** Analysis of fair play instruction on physical education students. Poster presented at the annual AAHPERD National Convention, Fort Worth, Texas, April 2008.
 50. **Klamm, E. L.** Impact of a physical activity program on at-risk female adolescents' enjoyment of physical activity. Paper presented at the annual Midwest Sport and Exercise Psychology Symposium, West Lafayette, IN, February 2007.

RESEARCH GRANTS & FUNDING

Funded

1. **Mailey, E. L.** University Small Research Grant, Kansas State University, July 2018-June 2019. Project title: *Enhancing exercise communication: Do our messages matter?* (\$4,000)
2. **Mailey, E.** College of Human Ecology Sponsored Research Overhead Funds, May 2017-August 2018. Project title: *Stand Up Kansas: An intervention to reduce sedentary behavior in the workplace* (\$4,802)
3. **Mailey, E. L.**, Irwin, B., Nelson-Goff, B., DeGroat, A., Nichols, J., & Bradfield, M. Engagement Incentive Grant, Kansas State University, July 2015-June 2017. Project title: *InDependent: Creating a healthy, thriving community of military spouses* (\$9,500)

4. **Mailey, E. L.,** & Haub, M. Academic Excellence Grant, Kansas State University, January 2014. Funding request: *Equipment for PAN-CRC group exercise room* (\$2,950)
5. **Mailey, E. L.,** & Rosenkranz, S. University Small Research Grant, Kansas State University, December 2013-June 2014. Project title: *An intervention to reduce sitting time at work: Effects on metabolic health and inactivity* (\$2,720)
6. **Mailey, E. L.** University Small Research Grant, Kansas State University, December 2012-June 2013. Project title: *Does an incremental running program improve physical activity adoption and maintenance among postpartum mothers?* (\$2,000)
7. **Mailey, E. L.** Coca-Cola Company Doctoral Student Grant on Behavior Research, American College of Sports Medicine, July 2011-June 2012. Project title: *An intervention to promote physical activity and quality of life among working mothers* (\$5,000)
8. **Mailey, E. L.** Raymond and Rosalee Weiss Research Endowment, American College of Sports Medicine, July 2011-June 2012. Project title: *An intervention to promote physical activity and quality of life among working mothers* (\$2,500)

Not funded

1. **Mailey, E. L.,** Ablah, E., Rosenkranz, S., Rosenkranz, R., & He, J. Population Health Interventions: Integrating Individual and Group Level Evidence (R01), National Institutes of Health. Project title: *Stand up for health: A multilevel intervention to reduce sitting time in workplaces.* Submitted October 2017. (\$3,445,356)
2. **Mailey, E. L.,** Ablah, E., Rosenkranz, S., Rosenkranz, R., & Hsu, W. Academic Research Enhancement Award (AREA – R15), National Institutes of Health. Project title: *Stand up for health: A multilevel intervention to reduce sitting time in workplaces.* Submitted October 2016. (\$450,298)
3. **Mailey, E. L.,** Rosenkranz, S., Rosenkranz, R., & Hsu, W. Scientist Development Grant, American Heart Association. Project title: *Stand up for health: An intervention to reduce occupational sitting time and cardiovascular disease risk.* Resubmitted January 2016. (\$231,000) Priority score: 1.68 (16.2%)
4. **Mailey, E. L.** Faculty Development Award. Project title: *ISBNPA annual meeting, Cape Town, South Africa, June 2016.* Submitted October 2015. (\$2,227)
5. **Mailey, E. L.,** Rosenkranz, S., Rosenkranz, R., & Hsu, W. Scientist Development Grant, American Heart Association. Project title: *Stand up for health: An intervention to reduce occupational sitting time and cardiovascular disease risk.* Resubmitted July 2015. (\$308,000) Priority score: 2.04 (37.9%)
6. **Mailey, E. L.,** & Irwin, B. C. Kansas Health Foundation Recognition Grant. Project title: *Development of a web-based program to promote health among military spouses.* Submitted March 2015. (\$24,750)
7. **Mailey, E. L.,** Rosenkranz, S., Rosenkranz, R., & Hsu, W. Scientist Development Grant, American Heart Association. Project title: *Stand up for health: An intervention to reduce occupational sitting time and cardiovascular disease risk.* Submitted January 2015. (\$214,500) Priority score: 2.43 (36.2%)
8. Smith, A., **Mailey, E.,** Bunger, C., Chmiel, B., Evans, L., Koenig, J., Lightner, J., Oestman, K., & Thompson, W. Healthy Planning Coalitions, American Planning Association/American Public Health Association. Project title: *Health equity & access through active transportation.* Submitted December 2014. (\$142,800)
9. **Mailey, E. L.,** Irwin, B. C., Nelson Goff, B. S., & Hsu, W. Peer Reviewed Medical Research Program Discovery Award, Department of Defense Congressionally Directed Medical

- Research Programs. Project title: *Development of an innovative website to promote health among military spouses*. Submitted July 2014. (\$199,292)
10. **Mailey, E. L.**, Rosenkranz, S., Rosenkranz, R., & Irwin, B. C. Kansas Health Foundation Healthy Living Grants. Project title: *Kansas Stands Up: A campaign to reduce sitting time in the workplace*. Submitted March 2014. (\$99,928)
 11. **Mailey, E. L.**, Rosenkranz, S., Rosenkranz, R., & Irwin, B. C. Kansas Health Foundation Recognition Grant. Project title: *Up4Health: A program to reduce sitting time in the workplace*. Submitted September 2013. (\$24,504)
 12. **Mailey, E. L.**, & Rosenkranz, S. College of Human Ecology Sponsored Research Overhead Grant Fund. Project title: *An intervention to reduce sitting time at work: Effects on metabolic syndrome and adherence*. Submitted April 2013. (\$4,480)
 13. **Mailey, E. L.** AAUW American Dissertation Fellowship. Submitted April 2011. (\$20,000)

RESEARCH ACTIVITY

Current Interventions

Stand Up Kansas (2017-present). A worksite intervention to reduce occupational sitting time among employees of Kansas government agencies.
Role: Principal investigator

Completed Interventions

InDependent: Promoting Military Spouse Health (2015-present). A group-based, web-delivered intervention to help military spouses reach their health and wellness goals while balancing the demands of military life.
Role: Principal investigator

Up4Health. (2014-2015). A pilot randomized trial comparing the effects of short, frequent breaks in sitting versus longer, planned breaks in sitting on metabolic health and accumulation of light/moderate physical activity among sedentary female employees.
Role: Principal investigator

Fit Minded Working Moms. (2014-2015). A pilot randomized trial to determine whether the inclusion of group dynamics principles of behavior change enhances the effectiveness of a web-based intervention to promote physical activity and well-being among working mothers.
Role: Co-PI

Manhattan Active Moms. (2013-2015). A pilot randomized trial examining the effects of a behavioral intervention supplemented by a general or specific exercise prescription on physical activity and self-efficacy among postpartum mothers.
Role: Principal investigator

Creating Healthy Active Moms Project (CHAMP). (2011-2012). A randomized controlled trial examining the effects of a brief group-mediated behavioral intervention on physical activity and quality of life among working mothers.
Role: Principal investigator

Fit & Active Seniors Trial (FAST). (2011-2012). A 6-month randomized controlled exercise intervention examining the effects of an aerobic dance program and a stretching, strengthening, and balance program on brain structure and function, cardiorespiratory fitness, physical function, and quality of life in older adults.

Principal investigators: Arthur Kramer, Edward McAuley

Role: Research assistant

Activity, Gait, and Efficacy (AGE-II). (2009-2012). A randomized controlled trial examining the effects of a DVD-delivered, home-based exercise program consisting of flexibility, toning, and balance exercises on functional limitations and quality of life among older adults.

Principal investigator: Edward McAuley

Role: Research assistant

Peer Education, Exercising, and Eating Right (Project PEER). (2008-2010). A randomized controlled trial investigating the effectiveness of a peer-delivered self-efficacy based behavioral intervention to enhance nutrition and physical activity behaviors, and subsequently weight management success, in female university freshmen.

Principal investigator: Ellen Evans

Role: Research assistant

Internet Physical Activity for College Students (IPACS). (2007-2009). A randomized controlled trial examining the effects of an internet-delivered physical activity program on psychosocial outcomes, academic performance, and social involvement in students seeking mental health services.

Principal investigator: Edward McAuley

Role: Research assistant

Healthy, Active, Lifestyle Trial (HALT). (2007-2009). A 12-month randomized controlled exercise intervention examining the effects of aerobic activity on fitness, cognitive function, immunological markers, and psychosocial factors in older adults.

Principal investigators: Arthur Kramer, Edward McAuley

Role: Research assistant

TEACHING EXPERIENCE

Kansas State University

Individual Physical Activity Promotion (KIN 655). An undergraduate elective course that provides an in-depth study of individual-level factors that influence physical activity behavior. Students learn about prominent behavioral theories that incorporate these factors and develop effective behavior change strategies that can be applied to individuals.

Physical Activity and Human Behavior (KIN 805). A graduate seminar course designed to provide an in-depth understanding of the individual, interpersonal, and environmental factors that influence human physical activity behavior. Students learn prominent behavior change theories and develop intervention strategies to target key determinants.

Fitness Promotion (KIN 655). An undergraduate elective course that focuses on the design and

implementation of interventions to promote physical activity and fitness in a variety of populations. Students learn about interventions delivered through various modes in a variety of settings, with an emphasis on theoretically grounded programs.

Public Health Physical Activity (KIN 345). An undergraduate core course for kinesiology majors designed to address the public health problem of physical inactivity from a social ecological perspective. Students identify key influences at the individual, interpersonal, environment/policy, and sociocultural levels and consider multi-level solutions to combat inactivity.

University of Illinois

Physical Activity and Health (Fall 2009-Spring 2010). An introductory level course designed to provide a broad overview of physical activity as it relates to health, well-being and disease prevention from a behavioral perspective. Assignments focus on learning and applying behavior change strategies to achieve an active lifestyle.

Social and Psychological Aspects of Physical Activity (Teaching Assistant; Fall 2007-Spring 2009). A required course for kinesiology majors that discusses how social and psychological processes impact human physical activity behavior. This advanced composition course emphasizes academic writing and includes a laboratory/discussion component.

Introduction to Sport and Exercise Psychology (Teaching Assistant; Fall 2008-Spring 2009). An elective course designed to address the reciprocal relationships between social psychological factors and sport, exercise, and physical activity; with a focus on motivation, anxiety, competition, and group dynamics in sport.

Ball State University

Physical Conditioning and Fitness Walking (Fall 2006-Spring 2007). These activity courses were designed to provide a safe and encouraging environment for undergraduate students to engage in physical activity.

Guest Lectures

1. **Mailey, E. L.** (March 2014). Social support, physical activity, and parenthood. Lecture for Kansas State University, Department of Kinesiology, Interpersonal Aspects of Physical Activity.
2. **Mailey, E. L.** (October 2013). Intrapersonal influences on physical activity. Lecture for Kansas State University, Department of Kinesiology, Physical Activity: Physiology to Public Health Impact.
3. **Mailey, E. L.** (September 2013). Measuring physical inactivity. Lecture for Kansas State University, Department of Kinesiology, Inactivity Physiology.
4. **Mailey, E. L.** (February 2013). Using theories and models to understand and change physical activity behavior. Lecture for Kansas State University, Department of Kinesiology, Public Health Physical Activity.
5. **Mailey, E. L.** (September 2012). Measuring physical inactivity. Lecture for Kansas State University, Department of Kinesiology, Inactivity Physiology.

6. **Mailey, E. L.** (November 2011). An intervention to promote physical activity among working mothers. Lecture for the University of Illinois, Department of Kinesiology and Community Health, Sport and Exercise Psychology.
7. **Mailey, E. L.** (February 2010). Effectively using behavior change strategies to enhance exercise adoption and maintenance. Lecture for the University of Illinois, Department of Kinesiology and Community Health, Advanced Exercise Prescription.
8. **Klamm, E. L.** (February 2009). Effective behavior change: Promoting exercise adherence. Lecture for the University of Illinois, Department of Kinesiology and Community Health, Advanced Exercise Prescription.

ADVISING/MENTORING

Graduate Student Committees (thesis/dissertation):

Carrie Mershon, PhD Kinesiology, Kansas State University
 Brittany Hollerbach, PhD Kinesiology, Kansas State University
 Kelsey Casey, PhD Human Nutrition, Kansas State University
 *Christal Omni, MPH, Kansas State University
 Lucas Dudgeon, MPH, Kansas State University
 Chelsey Schlecter, PhD Kinesiology, Kansas State University (2018), *“The social contexts of youth settings for influencing physical activity”*
 Jillian Joyce, PhD Human Nutrition, Kansas State University (2018), *“Evidence for understanding the implications of improving the dietary quality of school lunches”*
 Ainslie Kehler, PhD Kinesiology, Kansas State University (2018), *“Reproductive health among tactical athletes: An examination of physical activity and occupational concerns”*
 *Rebecca Gasper, MPH, Kansas State University (2018), *“Effects of a brief web-based intervention on motivation, attitude, and physical activity in adults”*
 *Aaron Swank, MPH, Kansas State University (2017), *“Physical activity and psychological distress: Social gradients of living in poverty”*
 Brooke Cull, PhD Human Nutrition, Kansas State University (2017), *“Youth wellness promotion for development of positive dietary and physical activity behaviors”*
 Joey Lightner, PhD Kinesiology, Kansas State University (2016), *“Sexual orientation and physical activity for men”*
 *Adrianna Lewis, MS Kinesiology, Kansas State University (2016), *“Factors associated with participation in a worksite wellness program to promote physical activity”*
 Nick Thompson, MPH, Kansas State University (2016), *“The friend zone – friendship moderates the impact of a web-based group dynamics application on group cohesion: A randomized trial”*
 Kelsey Casey, MS Human Nutrition, Kansas State University (2016), *“Dietary changes associated with an intervention to reduce sedentary behavior in women”*
 Daniel Kurz, MPH, Kansas State University (2015), *“OurSpace: The efficacy of a group dynamics-based social support application in increasing cohesion and physical activity”*

Graduate Student Committees (non-thesis):

*Alexis Zavala, MPH, Kansas State University
 *Jamie Gallagher, MPH, Kansas State University
 *Jami Price, MPH, Kansas State University

Emily Umansky, MPH, University of Kansas Medical Center-Wichita (2018), *“An investigation of the relationship between workplace sedentary behavior and productivity: Existence, direction, strength, and potential mediators”*

Nicole Catloth, MS, Kinesiology, Kansas State University (2018)

Carla Bernardes, MPH, Kansas State University (2018), *“Field experience at the K-State Riley County Research and Extension office”*

*Chelsey Glatz, MS Kinesiology, Kansas State University (2017)

Jackie Bell, MS Kinesiology, Kansas State University (2017)

Mackenzie Reynolds, MS Kinesiology, Kansas State University (2016)

Daniel Perez, MPH, Kansas State University (2016), *“Developing a worksite wellness program for the Saline County Health Department to be used as a model for other rural central Kansas region counties”*

Samantha Kannawin, MS Kinesiology, Kansas State University (2015)

Jalisa Phillips, MS Kinesiology, Kansas State University (2015)

Andrew Kutina, MS Kinesiology, Kansas State University (2014)

Joshua O’Neal, MPH, Kansas State University (2013), *“An asset-based community assessment of physical activity at Fort Riley Installation”*

Abby Banks, MPH, Kansas State University (2013), *“Application of public health theory in a rural population for program development at the Wellness Partners (a corporate wellness company)”*

Kyle Miles, MS, Kansas State University (2013)

*Denotes major professor

Independent Study (undergraduate):

Courtney Moore, Spring 2018-present
Hailey Hunter, Spring 2018-present
Jerica Garcia, Fall 2017-present
Eryn Coates, Fall 2017-present
Emilee Pool, Summer 2016-present
Mia Taylor, Fall 2015-present
Shea Roy, Spring 2017-Fall 2017
Matt Hudspith, Spring 2014-Fall 2014
Hailey Donley, Spring 2014
Aaron Swank, Spring 2014-Spring 2015
Hayley Lorenzini, Fall 2013-Spring 2014
Matt Castinado, Fall 2013-Spring 2014

Additional Mentorship:

Mia Taylor, Developing Scholars Symposium (2018), *“Anyone Can Exercise: An evaluation of a free campus exercise program.”*

Jerica Garcia, Developing Scholars Symposium (2018), *“Stand Up Kansas: An intervention to reduce sedentary behavior in the workplace.”*

Mia Taylor, Developing Scholars Symposium (2017), *“Physical activity portrayed in popular online magazines.”*

Mia Taylor, Developing Scholars Symposium (2016), *“Barriers to health behaviors among military spouses.”*

Samantha Sorteberg, Barrett Honors Thesis committee, Arizona State University (2016), *“Fit Minded College Edition-Podcasts: Feasibility of using a Facebook page to promote physical activity in female college students as compared to a website discussion board”*
Kourtney Foley, Office of Undergraduate Research & Creative Inquiry Research Grant (2015), *“Do dietary fish oil consumption and physical activity participation impact the duration, frequency, and perceived severity of attacks in patients with Raynaud’s phenomenon?”*
Matt Castinado, Developing Scholars Symposium (2014), *“An intervention to reduce sitting time at work: Effects on metabolic health and inactivity.”*

Student Awards:

Chris Omni, 2018 American Small Business Champion, SCORE, April 2018
Rebecca Gasper, 3rd place, College of Human Ecology research poster competition, April 2017
Rebecca Gasper, 2nd place, Public Health Week poster competition, April 2017
Aaron Swank, Outstanding Senior, BACCHUS Network Region IV-W, NASPA Meeting of the Minds Conference, April 2016
Mia Taylor, Developing Scholars Promise Award, April 2016

PROFESSIONAL SERVICE

Leadership Positions:

2015-Present Associate Editor, BMC Public Health (Division of Energy Balance Related Behaviours)
2017-Present Co-chair, Women’s Health Special Interest Group, Society of Behavioral Medicine

University Service:

Faculty Judge, Research and the State Graduate Poster Session, November 2017
Smoke Free Promotion Committee, Kansas State University, Fall 2017-Fall 2018
Faculty Council, College of Human Ecology, Fall 2017-Summer 2018
Search Committee Member, Academic Advisor, Department of Kinesiology, Summer 2017
Search Committee Co-Chair, Professor in Exercise Behavioral Science, Department of Kinesiology, Spring 2017
Curriculum Committee Chair, Master of Public Health Physical Activity Emphasis, Fall 2016
Search Committee Member, Assistant Professor in Exercise Physiology, Department of Kinesiology, Spring 2016
Undergraduate Council, Department of Kinesiology, Fall 2015-Spring 2018
Faculty Judge, Research and the State Graduate Poster Session, October 2015
Faculty Judge, K-State Graduate Research Forum Social Sciences Oral Session, March 2015
Member, College of Human Ecology 2025 Revisiting Committee, Spring 2015
Search Committee Member, Associate Dean for Academic Affairs, College of Human Ecology, Fall 2014-Spring 2015
Search Committee Member, Assistant Professor in Nutrition and Physical Inactivity, Department of Human Nutrition, Fall 2014
Faculty Judge, K-State Research Forum Undergraduate Student Poster Session, March 2014
Member, Master of Public Health Faculty Advisory Council, November 2012-present

Community Outreach/Presentations:

1. **Mailey, E. L., & Rosenkranz, S.** (April 2015). Reducing sedentary behavior in the workplace. Presentation at the Kansas Association of Public Safety Communications Officials spring conference.
2. **Mailey, E. L., Rosenkranz, S., Rosenkranz, R., Anderson, B., & Gray, M.** (March 2015). Desk job fitness. Presentation for Mercy Regional Health Center community education series.
3. Walk Audit Leader, 2014 Kansas Obesity Summit, October 2014
4. Team Kansa Participant, Riley County Local Public Health Systems Assessment, June 2014
5. **Mailey, E. L., & Lorenzini, H.** (May 2014). Making time for physical activity. Presentation for the CivicPlus Health and Wellness Week.
6. **Mailey, E. L., & Clark, M.** (October 2012). Fitting exercise into your schedule. Presentation for the Women of K-State Brown Bag Event.
7. **Mailey, E. L.** (April 2011). Adding exercise to a mom's to-do list. Presentation for the Champaign County Chapter of Mothers & More.

Journal Reviews:

2018

Annals of Behavioral Medicine
 American Journal of Preventive Medicine
 Psychology of Sport & Exercise
 Journal of Physical Activity and Health
 Journal of Occupational and Environmental Medicine
 International Journal of Environmental Research and Public Health

2017

American Journal of Preventive Medicine
 Annals of Behavioral Medicine
 Health Education Journal
 Research Quarterly for Exercise and Sport
 BMC Public Health
 Journal of Physical Activity and Health
 Journal of Aging and Physical Activity

2016

International Journal of Environmental Research and Public Health
 Mental Health and Physical Activity
 Journal of Transport & Health
 Current Psychology
 Annals of Behavioral Medicine
 BMC Public Health
 Translational Journal of the American College of Sports Medicine

2015

Annals of Behavioral Medicine
 International Journal of Environmental Research and Public Health
 Journal of Medical Internet Research mHealth and uHealth
 Journal of Aging and Physical Activity

BMC Public Health
Research Quarterly for Exercise and Sport

2014

International Journal of Behavioral Nutrition and Physical Activity
Psychology, Health & Medicine
Journal of Primary Prevention

2013

Annals of Behavioral Medicine
Journal of Behavioral Medicine
BMC Pregnancy & Childbirth

2012

Annals of Behavioral Medicine
Archives of Gerontology and Geriatrics
Comparative Exercise Physiology
Journal of Rehabilitation Research & Development

2011

European Journal of Aging
Journal of Aging Research
Journal of Gerontology and Geriatrics

2010

Women & Health

Additional Reviews:

2017

Society of Behavioral Medicine [Annual meeting abstracts]

2016

Society of Behavioral Medicine [Annual meeting abstracts]

2014

Society of Behavioral Medicine [Annual meeting abstracts]

2013

Health Research Board (HRB) Health Research Awards 2013 [Grant proposal]
Society of Behavioral Medicine [Annual meeting abstracts]

2012

Building skills to promote physical activity; *ACSM's Behavioral Aspects of Exercise* [Book chapter]
Society of Behavioral Medicine [Annual meeting abstracts]

2011

Society of Behavioral Medicine [Annual meeting abstracts]

PROFESSIONAL DEVELOPMENT AND TRAINING

NIH Grant Writing Workshop. Full-day workshop hosted by K-State Office of Research and Sponsored Programs, Manhattan, KS, May 2016.

NIH Grant-Writing Workshop. Pre-conference seminar at the Society of Behavioral Medicine annual meeting, San Antonio, TX, April 2015.

Peer Review of Teaching Program. An intensive mentoring program designed to support a community of scholars in developing successful pedagogical strategies. Kansas State University, Manhattan, KS, 2014-2015 academic year.

Early Career Researcher Workshop. Pre-conference workshop at the International Society of Behavioral Nutrition and Physical Activity annual meeting, San Diego, CA, May 2014.

Physical Activity and Public Health Research Course. 8-day postgraduate course on research strategies and directions sponsored by the University of South Carolina Prevention Research Center and the Centers for Disease Control and Prevention, Park City, UT, September 2013.

Reframing Health as Wellbeing: The Secret to Lasting & Motivation Behavior. Continuing Education course delivered by Dr. Michelle Segar, Lincoln, NE, May 2013.

Simple Strategies for Student Success. K-State Teaching Workshop, Manhattan, KS, February 2013.

Institute for Student Learning and Assessment. Kansas State University, Manhattan, KS, October 2012.

HONORS AND AWARDS

Best Early Career Researcher Presentation, International Society of Behavioral Nutrition and Physical Activity, 2016

Student Special Interest Group Research Award, Society of Behavioral Medicine, 2012

2011 Recipient of the Laura J. Huelster Award, Department of Kinesiology, University of Illinois

Honorable mention, Outstanding Student Abstract 2010, Society of Behavioral Medicine's Physical Activity Special Interest Group

Member of the Phi Beta Kappa Honor Society, 2005-Present

ASSOCIATION MEMBERSHIPS

2007-present Society of Behavioral Medicine

2014-present International Society of Behavioral Nutrition and Physical Activity

2015-2016 American Heart Association

2010-2013 American College of Sports Medicine

2011-2012 The Gerontological Society of America

2005-2007 Association for Applied Sport Psychology

Updated August 28, 2018

Emily L. Mailey, Ph.D. 19