

## BIOGRAPHICAL SKETCH

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NAME Jeffrey A. Katula, Ph.D., MA	POSITION TITLE Assistant Professor		
eRA COMMONS USER NAME jkatula			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Augustana College, Rock Island, IL	AB	1988-1992	Psychology
Loyola University Chicago, IL	MA	1993-1996	Counseling Psychology
University of Illinois at Urbana-Champaign, IL	Ph.D.	1995-1999	Kinesiology
Wake Forest University, Winston-Salem, NC	Post-doc	2003-2005	Behavioral Health

### A. Positions and Honors.

- a. 1992; Case Manager; Family Mental Health Services/Southwest; Orland Park, IL
- b. 1997 - 1999; Director, Lifetime Fitness Program; University of Illinois at Urbana-Champaign
- c. 1999 - 2003; Assistant Professor; University of North Carolina at Greensboro
- d. 2001 - 2003; Director, Behavioral Health & Fitness Laboratory; University of North Carolina at Greensboro
- e. 2003 - 2005; Research Associate; Wake Forest University; Winston-Salem, NC
- f. 2005-2008; Visiting Assistant Professor, Wake Forest University; Winston-Salem, NC
- g. 2008-Present ; Assistant Professor, Wake Forest University; Winston-Salem, NC

### B. Selected peer-reviewed publications (in chronological order).

1. Katula, J.A., McAuley, E., Mihalko, S.L. & Bane, S.M. (1998). Mirror, mirror on the wall...Exercise environment influences on self-efficacy. *Journal of Social Behavior and Personality*, 13, 319-332.
2. McAuley, E. & Katula, J. (1998). Physical activity interventions in the elderly: Influence on physical health and psychological function. In R. Schulz, M.P. Lawton, & G. Maddox (Eds.). *Annual Review of Gerontology and Geriatrics* (Vol. 18, pp. 115-154). New York, NY: Springer Publishing.
3. Washburn, R. A., McAuley, E., Katula, J.A., Mihalko, S.L., & Boileau, R.A. (1999). The physical activity scale for the elderly (PASE): Evidence for validity. *Journal of Clinical Epidemiology*. 52, 643-651.
4. Boileau, R., McAuley, E., Demetriou, D., Devabhaktuni, N., Dykstra, G. L., Katula, J., Nelson, J., Pascale, A., Pena, M., & Talbot, H-M. (1999). Aerobic exercise training and cardiorespiratory fitness in older adults: A randomized control trial. *Journal of Aging and Physical Activity*, , 374-385
5. Katula, J.A., Blissmer, B., & McAuley, E. (1999). Exercise intensity and self-efficacy effects on anxiety reduction in healthy, older adults. *Journal of Behavioral Medicine*. 22, 233-247.
6. McAuley, E., Katula, J.A., Mihalko, S.L., Blissmer, B., Duncan, T.E., Pena, M., & Dunn, E. (1999). Does mode of physical activity differentially influence self-efficacy in older adults? A latent growth curve analysis. *Journal of Gerontology: Psychological Sciences*, 54, P283-P292.
7. McAuley, E., Katula, J.A., Blissmer, B., & Duncan, T.E. (2000). Exercise environment, self-efficacy, and affective responses to acute exercise in older adults. *Psychology and Health: An International Journal*, 15 (3), 341-355.
8. McAuley, E., Blissmer, B., Marquez, D., Jerome, G., Kramer, A., & Katula, J. (2000). Social relations, physical activity, and well-being in older adults. *Preventive Medicine*, 31, 608-617.
9. McAuley, E., Blissmer, B., Katula, J., Duncan, T. E., & Mihalko, S. L. (2000). Physical activity, self-esteem, and self-efficacy relationships in older adults: A randomized controlled trial. *Annals of Behavioral Medicine*, 22, 131-139.
10. Katula, J.A., & McAuley, E. (2001). The mirror does not lie: Acute exercise and self-efficacy. *International Journal of Behavioral Medicine*, 8, 319-326.
11. Mustian, K. M., Katula, J. A. & Gill, D. L. (2002). "Exercise: Complementary Therapy for Breast Cancer Rehabilitation." In R. L. Hall & C. A. Oglesby (Eds.) *Exercise and Sport in Feminist Therapy: Reconstructing Modalities and Assessing Outcomes*, (pp. 105-118) Hawthorne Press.
12. McAuley, E., Marquez, D.X., Jerome, G.J, Blissmer, B., Katula, J.A., (2002). Physical Activity and physique anxiety in older adults: Fitness, and efficacy Influences. *Aging and Mental Health*, 6, 222-230.

13. Katula, J.A., Rejeski, W.J., Wickley, K.L., & Berry, M.J. (2004). Perceived difficulty, importance, and satisfaction with physical function in COPD patients *Health and Quality of Life Outcomes*, 2:18.
14. Katula, J.A. (2005). Commentary: Measuring changes in activity limitation and participation restriction in people with COPD. *International Journal of Therapy and Rehabilitation*, 12 (6), 268.
15. Focht, B.C., Rejeski, W.J., Ambrosius, W.T., & Katula, J.A. (2005). Exercise, Self-Efficacy, and Mobility Performance in Overweight or Obese Older Adults with Knee Osteoarthritis. *Arthritis & Rheumatism*, 53, 659-665.
16. Rejeski, W.J., Katula, J.A., Rejeski, A., Rowley, J., & Sipe, M. (2005). Strength Training in Older Adults: Does Desire Determine Confidence? *Journals of Gerontology: Psychological Sciences*, 60, 335-337.
17. Rejeski, W.J., Ip, E.H., Katula, J.A., & White, L. (2006). Older adults' desire for physical competence. *Medicine & Science in Sport & Exercise*, 38, 100-105.
18. Marsh, A.P., Katula, J.A., Pacchia, C.F., Johnson, L.C., Koury, K.L., & Rejeski, W.J. (2006). Effect of treadmill and overground walking on function and attitudes in older adults. *Medicine & Science in Sport & Exercise*, 38, 1157-1164.
19. Mustian, K.M., Katula, J.A., & Zhao, H. (2006). A pilot study to assess the influence of tai chi chuan on functional capacity among breast cancer survivors. *Journal of Supportive Oncology*, 3, 139-145.
20. Katula, J.A., Sipe, M., Rejeski, W.J., & Focht, B.C. (2006). Strength training and older adults: An empowering intervention. *Medicine & Science in Sport & Exercise*, 38, 106-111.
21. The LIFE-P Study Investigators. (2006). Effects of a physical activity intervention on measures of physical performance: results of the Lifestyle Interventions and Independence for Elders pilot (LIFE-P) study. *Journals of Gerontology: Medical Sciences*, 61A (11), 1157-1165.
22. Katula, J.A., Kritchevsky, S., Guralnik, J., Glynn, N., Pruitt, L., Wallace, K., Walkup, M., Hsu, F., Studenski, S., Gill, T., Groessl, E., Pahor, M. (2007). Lifestyle Interventions and Independence for Elders: Recruitment and Baseline Characteristics. *Journal of the American Geriatrics Society*, 55, 674-683.
23. Rejeski, W.J., Miller, M.E., King, A.C., Studenski, S.A., Katula, J.A., Fielding, R.A., Glynn, N.W., Walkup, M.P., & Ashmore, J. (2007) Predictors of Adherence in the LIFE-P study. *Clinical Interventions in Aging*, 2(3) 485-494.
24. Groessl, E.J., Kaplan, R.M., Rejeski, W.J., Katula, J.A., King, A.C., Frierson, G., Glynn, N.W., Hsu, F., Walkup, M.P., Pahor, M. (2007). Health-Related Quality of Life in Sedentary Older Adults at Risk for Disability. *American Journal of Preventive Medicine*, 33 (3), 214-218.
25. Fielding, R.A., Katula, J.A., Miller, M.E., Abbott-Pillola, K., Jordan, A., Glynn, N.W., Goodpaster, B., Walkup, M., King, A.C., Rejeski, W.J., for the LIFE study investigators. (2007). Adherence to the physical activity intervention in the Lifestyle Interventions and Independence for Elders Pilot (LIFE-P) trial. *Medicine & Science in Sports & Exercise*, 39 (11), 1997-2004.
26. Katula, J.A., Marsh, A., & Rejeski, W.J. (2008). Strength training and quality of life in older adults: The POWER Study. *Health & Quality of Life Outcomes*, 6:45.
27. Picarsic, J.L., Glynn, N.W., Taylor, C., Katula, J.A., Studenski, S.A., and Goldman, S.E., Newman, A.B., Self-reported Napping, Sleep Duration and Quality in the Lifestyle Interventions and Independence for Elders Pilot (LIFE-P) Study. (2008). *Journal of the American Geriatrics Society*, [Epub ahead of print].
28. Melton, D.I., Katula, J.A., & Mustian, K.M. (2008). The Current State of Personal Training: An industry perspective of personal trainers in a small Southeast community. *Journal of Strength & Conditioning Research*, 22 (3), 883-889.
29. Rejeski, W.J., King, A.C., Katula, J.A., Kritchevsky, S., Miller, M.E., Walkup, M.P., Glynn, N.A., & Pahor, M. (2008). Physical activity in prefrail older adults: confidence and satisfaction related to physical function. *Journals of Gerontology, Psychological Sciences*, 63 (1), P19-26.
30. Kwon, S.R., Perera, S., Pahor, M., Katula, J.A., King, A.C., Groessl, E.J., Rejeski, W.J., & Studenski, S.A. (2009). What is a meaningful change in physical performance? Findings from a clinical trial in older adults (The LIFE-P Study). *Journal of Nutrition, Health, and Aging*, 13 (6), 538-544.
31. Marsh, A.P., Chmelo, E.C., Katula, J.A., Mihalko, S.L., & Rejeski, W.J. (2009). A Novel Walking Intervention for Older Adults at Risk for Mobility Disability. *Journal of Aging and Physical Activity*, 17(3), 294-306.
32. Manini, T.M., Newman, A.B., Fielding, R., Blair, S.N., Perri, M.G., Anton, S.D., Goodpaster, B.C., Katula, J.A., Rejeski, W.J., Kritchevsky, S.B., Hsu, F.C., Pahor, M. for The LIFE Research Group. Effects of exercise on mobility in obese and nonobese older adults. *Obesity*, Oct 15. [Epub ahead of print].
33. Katula, J.A., Vitolins, M.Z., Rosenberger, E.L., Blackwell, C., Espeland, M.A., Lawlor, M.S., Rejeski, W.J., & Goff, D.C. (2009). Healthy Living Partnerships to Prevent Diabetes (HELP PD): Design & Methods. *Contemporary Clinical Trials*, Sep 13, [Epub ahead of print].
34. Burdette, J.H., Laurienti, P.J., Espeland, M.A., Morgan, A., Telesford, Q., Vechlekar, C.D., Hayasaka, S., Jennings, J.M., Katula, J.A., Kraft, R.A., Rejeski, W.J. (2010) Using network science to evaluate exercise-associated brain changes in older adults. *Frontiers in aging neuroscience*, 2, 23.
35. Berry, M.J., Rejeski, W.J., Miller, M.E., Adair, N.E., Lang, W., Foy, C.J., Katula, J.A. (2010). The influence of a lifestyle physical activity program on lung function in COPD: REACT II. *Respiratory Medicine*, 104 (6), 829-839.

36. Phillips, E.M., Katula, J.A., Miller, M.E., Walkup, M.P., King, A.C., Rejeski, W.J., & Church, T. (2010). Interruption of physical activity due to illness in the Lifestyle Interventions and Independence for Elders Pilot (LIFE-P) trial. Journal of Physical Activity & Aging, 18, 61-74.
37. Chalé-Rush, A., Guralnik, J.M., Walkup, M.P., Miller, M.E., Rejeski, W.J., Katula, J.A., King, A.C., Glynn, N.W., Manini, T.M., Blair, S.N., & Fielding, R.A. (In press). Relationship between physical functioning and physical activity in the Lifestyle Interventions and Independence for Elders Pilot (LIFE-P). Journal of the American Geriatrics Society.
38. Espeland, M.A., Rapp, S.R., Katula, J.A., Andrews, L.A., Felton, D., Gaussoin, S.A., & Sink, K.M. (In press). Use of the Telephone Interview for Cognitive Status (TICS) to Screen Volunteers for Clinical Trials of Physical Activity and Cognitive Training Interventions: The Seniors Health and Activity Research Program Pilot (SHARP-P) Study. International Journal of Geriatric Psychiatry.
39. Melton, D.I., Mustian, K.M., & Katula, J.A. (In press). The Current State of Personal Training: Managers Perspective. Journal of Strength & Conditioning Research

### C. Research Support.

1 R01 AG029285-01A1      Espeland (PI)      9/30/07-5/31/11

Title: Seniors Health and Activity Research Program-Pilot (SHARP-P)

Goal: The goal of the project is to develop and conduct a randomized clinical trial to assess whether a multi-factorial intervention involving physical activity and cognitive training reduces the risk of significant cognitive decline in older individuals.

Role: Co-Principal Investigator

2U01AG022376-05A1      Pahor (PI)      9/1/09-08/31/15

Title: Physical Exercise to Prevent Disability Main Trial

Goal: The major goal of this project is to conduct a definitive phase 3 RCT to determine whether a long-term structured physical activity program can prevent mobility disability in older persons, defined as the incapacity to walk 400 meters.

Role: Co-I

2R18DK069901-05      Katula, Goff (PIs)      8/1/10-7/30/15

Title: Healthy Living Partnerships to Prevent Diabetes: Phase 3 (HELP PD3)

Goal: The overall goals of this competitive renewal application are to test the efficacy and cost-effectiveness of a continued monthly group-based, CHW-led maintenance program (GM) compared to no maintenance with the added benefit of a true control group from the original study for comparison.

Role: Principal Investigator

### Completed Research Support in the last three years

1 R18 DK69901-01A2      Goff (PI)      8/1/06-7/30/10

Title: Translational Research in Prevention of Diabetes Mellitus (TRIP)

Goal: To test the efficacy of a lifestyle intervention on glucose control in underserved pre-diabetics.

Role: Co-I

1 UO1 AG022376-01      Pahor (PI)      9/03 - 9/07

Title: Physical Exercise to Prevent Disability Pilot Study

Goal: The major goal of this project is to gather preliminary data that will determine the feasibility of conducting a Phase 3 randomized, controlled trial (RCT) that will provide definitive evidence in the use of physical exercise to prevent physical and mobility disability in older persons.

Role: Co-investigator

### OVERLAP:

None.