

CURRICULUM VITAE**A. PERSONAL**

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Professional Address Wake Forest University
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B. EDUCATION

Post-doctoral Fellowship Health Behavior/Behavioral Health Interventions; Department of Health & Exercise Science; Wake Forest University; Winston-Salem, North Carolina 2003-2005

Graduate: Doctor of Philosophy, Health Psychology; focus on Behavioral Health Interventions; Department of Kinesiology, University of Illinois, Urbana-Champaign, IL; October, 1999

Master of Arts degree, Counseling Psychology (APA accredited) Loyola University of Chicago, Chicago, IL; January, 1995

Undergraduate Bachelor of Arts degree, Psychology, Augustana College, Rock Island, IL; Cum Laude May, 1992

C. PROFESSIONAL EXPERIENCE

2008 to present *Wake Forest University; Winston-Salem, North Carolina*
Assistant Professor; Department of Health & Exercise Science
Teaching responsibilities

- HES 262: Statistics for the Health Sciences
- HES 312: Health Psychology
- HES 715: Experimental Design

- 2006 to present *Wake Forest University, Winston-Salem, North Carolina*
Healthy Exercise and Lifestyle Programs (HELPS) Weight Loss Program; Lead Behavioral Scientist; Department of Health & Exercise Science
- 2006 to 2008 *Wake Forest University; Winston-Salem, North Carolina*
Visiting Assistant Professor; Department of Health & Exercise Science
- 2005 to 2006 *Wake Forest University; Winston-Salem, North Carolina*
Research Assistant Professor; Department of Health & Exercise Science
- 1999 to 2003 *University of North Carolina at Greensboro*
Assistant Professor; Department of Exercise and Sport Science
Teaching responsibilities
- **ESS 220:** Physical Fitness for Life
 - **ESS 280:** Research Methods in Exercise Science
 - **ESS 389:** Exercise Adherence
 - **ESS 610:** Statistical Methods of Exercise and Sport Science
 - **ESS 644:** Introduction to Sport and Exercise Psychology
 - **ESS 645:** Exercise Psychology
- 2001 to 2003 *Director, Behavioral Health & Fitness Laboratory;*
Multidisciplinary collaboration between exercise psychology, exercise physiology, and fitness assessment examining relationships between physical activity and health. Dr. W. Karper and Ms. Stoudemire are collaborators. Projects included exercise interventions for a) fibromyalgia sufferers and b) breast cancer survivors. Additionally, a number of studies examining psychosocial responses to acute exercise were conducted.
- 1995-1999 *University of Illinois at Urbana-Champaign; Kinesiology*
doctoral program.
Duties/responsibilities
- **Research assistant, Dr. E. McAuley; Illinois Active Aging:** randomized controlled trial examining the influence of a structured physical activity program on physiological, psychosocial, and cognitive outcomes; responsibilities included recruiting, program implementation, data collection, data analysis, word processing, publishing, and editing.

- **Director, Lifetime Fitness Program:** Responsibilities include administrative duties, personnel training and supervising, personal exercise training, leading group exercise, and program implementation with senior citizens.
- **Teaching assistant,** Kines 348: Exercise and Health Psychology.
- **Teaching assistant,** Kines 247: Introduction to Sports Psychology.
- **Teaching assistant,** Kines 140: Social Scientific Basis of Sport.
- **Instructor,** Kines 102 C1 & C2: Beginning Golf.

1993-1995

Loyola University Chicago

Research team: Dr. S. Brown: An integrative social cognitive theory for career development. Responsibilities included developing career barriers measure, research involving applying the theory to a counseling model.

1994-1995

Loyola University Chicago

Practicum: Career Counselor, Counseling Center/Career Services; University of Illinois at Chicago. Supervisors: Dr. David Barnett/Gary Moore: Provided career counseling to students enrolled in the university. Identified interests, clarified values, and developed long and short-term goals. Trained in the use of the Myer's Briggs Type Indicator and the Strong Interest Inventory. Developed and conducted seminar for career development for freshmen and sophomore student-athletes. Reviewed resumes, conducted mock interviews, and identified other barriers in the job search. Supervision included two hours per week of individual supervision and four hours per week of group supervision and training seminars on-site. Loyola supervision included one hour per week of individual supervision and three hours per week of group supervision.

1992

Family Mental Health Services/Southwest Orland Park, IL
Case Manager, Supervisor: Winnie Dunn, LCSW:

Responsibilities included providing individual and group therapy to behavior disordered males ages eight to eighteen at risk of hospitalization. Developed stress and energy management techniques. Assisted in assessment and screening. Provided individual and family support services in crisis situations. Served as member of and consulted with multi-disciplinary team providing diagnostic and rehabilitative services

to clients and families. Supervision included 2 hours per week of individual supervision and 2 to 5 hours per week of group supervision.

1991

Internship: Rush/Presbyterian/St. Luke's Medical Center, Neuropsychology department. Duties: Assisted in diagnosis and assessment, attended grand rounds in neurology and epilepsy, data entry, assisted in the development of a depression measure for multiple sclerosis patients, and a literature review of etiology theories of depression.

D. GRANTS, SCHOLARSHIPS, AWARDS

D.1. External Grants

1 R01 AG029285-01A1 Espeland (PI) 9/31/07-5/31/11 (20%)
NIH/NIA

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

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-PI

Katula, Goff (PIs) 8/1/2010-7/30/15 (20%)
NIDDK

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

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.

2 U01 AG022376-05A1 Pahor (PI) 9/1/09 - 8/31/15 (20%)
NIA

Physical Exercise to Prevent Disability Main Trial

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-investigator

RFP-NHLBI-HC-09-05 Goff (PI) 9/1/09-8/21/14
NIH

Systolic Blood Pressure Intervention Trial (SPRINT)

The overall goal of the Systolic Blood Pressure Intervention Trial (SPRINT) is to conduct a multicenter, randomized, controlled clinical trial to determine whether treating SBP to a lower goal than currently recommended will reduce CVD.

Role: Co-investigator

1 R18 DK69901-01A2 Goff (PI) 9/15/06 - 7/31/10 Completed
NIH/NIDDK

Translating Research into Prevention of Diabetes Mellitus (TRIP)

The overall goal will be to translate knowledge regarding the prevention of type 2 DM into practice in the community. This project will test the effectiveness of a group-based intensive lifestyle behavioral intervention incorporating professional counselors and lay health counselors delivered in the community setting via an existing Diabetes Care Center (DCC) in preventing the onset of type 2 DM.

Role: Co-investigator

N01-HC-95182 Goff (PI-Southeastern Region) Completed
NHLBI

Action to Control Cardiovascular Risk in Diabetes (ACCORD)

The overall goal of the ACCORD trial is to examine the effects of intensive control of glycemia and other CVD risk factors on CVD event rates in diabetic patients by testing three complementary medical treatment strategies for type 2 diabetes.

Role: Consultant (Health Psychologist)

1 UO1 AG022376-01 Pahor (PI) Completed
NIH/NIA

Lifestyle Interventions and Independence for Elders (LIFE) Pilot Study

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 definite evidence in the use physical exercise to prevent physical and mobility disability in older persons.

Role: Co-investigator

Wideman, L. (PI) Completed

Moses Cone Wesley Long Community Health Foundation.

Get Walking Greensboro: In collaboration with the Guilford County Fitness Council and Be Active North Carolina, the purpose of this project is a) identify non-traditional areas in Greensboro for walking, b) encourage the use of pedometers which provide instant feedback on how many steps a user takes in a day, and 3) promote the major health benefits of walking via a media campaign; Phase 1 funded \$14,000.

Role: Co-PI

1 R01 AG034662-01 Katula, Espeland, Jennings (PIs) Not Funded
NIA

The Seniors Health and Activity Research Program - Network (SHARP-N)

The overall goal will be to examine a long-term, home-based translation of the physical activity/mental training intervention developed in SHARP-P designed to improve cognitive functioning in older adults. This application was submitted as a response to RFA AG-09-009, "Interventions to Remediate Age-related Cognitive Decline," which seeks to build a network of intervention field sites.

1R01HL094580-01 Whitt-Glover (PI)

NIH/NHLBI

A faith-based intervention to increase physical activity among Blacks Not Funded

The objective of this study is to examine the influence of a faith-based vs. non-faith based intervention on physical activity maintenance in African-American adults delivered through local churches by Community Health Workers.

Role: Co-I

Comparative Effectiveness Research and specific Challenge Topic 05-AG-104

NIA Sink (PI)

Not Funded

EXercise, TRreatment And Memory Pilot Trial (EXTRA Memory-Pilot)

The goal of this research is to test the impact of exercise plus cholinesterase inhibitor treatment on cognitive functioning in older adults with early dementia.

Role: Co-I

1 RC1 DK086140-01 Kirk, Marion (PIs)

Not Funded

NIDDK

Community Health Workers Boost Adherence in Low-Literacy Patients with Diabetes

The goal of this project is to use a CHW intervention to help adults ≥ 40 years with diabetes in three low-literacy, tri-ethnic populations to improve self-efficacy and adherence to self-care behaviors in two economically distressed counties.

Role: Co-I

American Diabetes Association

Group Motivational Interviewing in Adult Patients with Diabetes Not Funded

The objective of this study is to examine the feasibility and effectiveness of training Certified Diabetes Educators practicing in a Diabetes Care Center in the practice of group-based motivational interviewing within the context of standard diabetes care for the purpose of improve glycemia control.

Role: Co-PI

AADE

Group Motivational Interviewing in Adult Patients with Diabetes Not Funded

The objective of this study is to examine the feasibility and effectiveness of training Certified Diabetes Educators practicing in a Diabetes Care Center in the practice of group-based motivational interviewing within the context of standard diabetes care for the purpose of improve glycemia control.

Role: Co-PI

1 R01 AG026040-01 Rejeski (PI)

NIH/NIA

Helping Older Adults Exercise (HOPE) Not Funded

The objective of this study is to examine whether the beneficial effects of a traditional

combined strength and aerobic physical activity training program (traditional physical activity: TPA) for older adults with compromised function can be enhanced by supplementing training with a psychological empowerment intervention (empowered physical activity: EPA).

Role: Co-PI

Fielding (PI)

Not Funded

NIH

Resistance Exercise for Active Rehabilitation in Stroke (REARS)

The goal of this study is to conduct a randomized single-blind controlled trial of long-term progressive resistance training in community dwelling chronic stroke survivors. This project will combine our clinic-based approach to resistance training with transition to a home-based resistance training employing state-of-the art behavioral methods to promote this transition.

Role: Co-investigator

Pahor (PI)

Not Funded

NIA

Planning grant: Exercise and function in elders with comorbidity

Response to RFA-AG-05-007: Developing interventions for multiple morbidities

The purpose of this study is to design a randomized controlled trial that tests the primary hypothesis that physical activity can prevent long-term physical decline in older adults with ≥ 3 comorbidities.

D.2. Internal Grants

Katula, J.A. & Goff, D.G. (Not Funded) *Preventing diabetes in women with gestational diabetes*. Wake Forest University Collaborative Cross Campus Research Grant.

Davis, P.G., Mustian, K.M, Katula, J.A., & Wideman, L. (completed). *Effect of Tai Chi Chuan on Tumor Regulating Factors in Breast Cancer Survivors*. Center for Women's Health & Wellness, School of Health & Human Performance, University of North Carolina at Greensboro; Funded, \$5000.

Katula, J.A. (PI), Mustian, K.M., Sullivan, K., & Johnson, K. *Surviving Breast Cancer: Physical activity and quality of life*. (completed). Multiphase project examining a) the impact of the breast cancer on quality of life, b) the role of physical at enhancing quality of life, and c) the development and implementation of a physical activity intervention designed to enhance quality of life in breast cancer survivors; UNCG Center for the Study of Social Issues; \$8500; funded.

Katula, J.A. (Co- PI), Williams, K. (Co-PI), Wideman, L. (Co-PI), & Davis, P. (Co-PI). *UNCG Helping Older Adults Exercise (UNCG HOPE)*: (completed). On-going community-based fitness program for older adults. First phase of project is a randomized controlled trial, which will evolve into a community-based fitness program in 2nd phase. Funded in part through the Dean's Initiative Fund; \$20,000; funded.

Katula, J.A. (PI). (completed). New Faculty Research Grant; University of North Carolina at Greensboro; Spring 2000; Exercise environmental effects on self-perceptions; \$2500.

D.3. Awards

Katula, J.A. (2009). Wake Forest University Creative Research Activities Development and Enrichment (CRADLE) Fellow.

Katula, J.A. (2004-2009). National Institutes of Health Clinical LRP Scholar.

Katula, J.A. (2002). Summer Excellence Award; Surviving breast cancer: a matched-cohort study. University of North Carolina at Greensboro; Summer 2002; \$4000; Funded.

Katula, J.A. (2000). Summer Excellence Award; Exercise, body image, and breast cancer: Implications for prevention, treatment, and rehabilitation; University of North Carolina at Greensboro; Summer 2000; \$4000; funded.

Katula, J.A. (1998) Paul D. Doolen Graduate Scholarship for the Study of Aging; University of Illinois, Urbana-Champaign; Spring, \$500

E. SCHOLARLY ACTIVITY: REFEREED PUBLICATIONS

E.1. Book Chapters

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.

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.

E.2. Articles

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.

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.

Melton, D.I., Mustian, K.M., & Katula, J.A. (In press). The Current State of Personal Training: Managers Perspective. Journal of Strength & Conditioning Research

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.

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.

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.

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].

Groessl, E.J., Kaplan, R.M., Blair, S.N., Rejeski, W.J., Katula, J.A., King, A.C., Fielding, R.A., Glynn, N.W., & Pahor, M. (2009). A Cost Analysis of a Physical Activity Intervention for Older Adults. Journal of Physical Activity & Health, 6(6), 767-774.

Manini, T.M., Newman, A.B., Fielding, R., Blair, S., Perri, M.G., Anton, S.D., Goodpaster, B.C., Katula, J.A., Rejeski, W.J., Kritchevsky, S.B., Hsu, F.C., Pahor, M. and the LIFE Research Group. (2009). Effects of exercise on mobility in obese and non-obese older adults. Obesity. Epub ahead of print.

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, & Aging, 13 (6), 538-544.

Marsh, A.P., Chmelo, E.C., Katula, J.A., Mihalko, S.L., & Rejeski, W.J. (2009). Should Physical Activity Programs be Tailored when Older Adults Have Compromised Function? Journal of Aging and Physical Activity, 17(3), 294-306.

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.

Picarsic, J.L, Glynn, N.W., Taylor, C., Katula, J.A., Studenski, S.A., Goldman, SE., & 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].

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.

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.

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 (5), 674-683.

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.

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.

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.

The LIFE 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.

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.

- 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, 1-8.
- 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.
- 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.
- Rejeski, W.J., Katula, J.K., Rejeski, A., Rowley, J., & Sipe, M. (2005). Strength Training in Older Adults: Does Desire Determine Confidence? Journals of Gerontology: Psychological Sciences, 60, 335-337
- 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.
- 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.
- 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.
- Mihalko, S.L., Brenes, G.A., Farmer, D.F., Katula, J.K., Balkrishnan, R., & Bowen, D.J. (2004). Challenges and innovations in enhancing adherence. Controlled Clinical Trials, 447-457.
- Mustian, K. M., Katula, J. A., Gill, D. L., Roscoe, J. A., Lang, D., & Murphy, K. (2004) Tai Chi Chuan, health-related quality of life and self-esteem: A randomized trial with breast cancer patients. Supportive Care in Cancer, 12, 871-876.
- 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.
- Mustian, K. M., Katula, J. A. & Gill, D. L. (2002). "Exercise: Complementary Therapy for Breast Cancer Rehabilitation." Women and Therapy, 25(2), 105-118.
- Katula, J.A., & McAuley, E. (2001). The mirror does not lie: Acute exercise and self-efficacy. International Journal of Behavioral Medicine, 8, 319-326.

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.

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.

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.

Grossy, S., Weiser, A., & Katula, J.A. (2000). Setting Norms for the Ball State Water Walk Run Test for High School Students. ISHPER.

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.

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.

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, *7*, 374-385.

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.

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.

E.3. Manuscripts in review

Katula, J.A., Jennings, J., Sink, K., Dagenbach, D., Legault, C., Rapp, S., Rejeski, W.J., Shumaker, S.A., Espeland, M.A. for the SHARP Study Group. (In review). Pilot Studies For Developing Clinical Trials of Behavioral Interventions: The Seniors Health and Activity Research Program.

Fang-Chi Hsu, PhD, Rejeski, W.J., Ip, E.H., Jette, A.M., Katula, J.A., Fielding, R, Studenski, S.A., Blair, S.N., & Miller, M.E. (In review). Evaluation of the Late Life Disability Instrument in the Lifestyle Interventions and Independence for Elders Pilot (LIFE-P) Study.

E.4. Manuscripts in Preparation

Katula, J.A., Mihalko, S.L., Marsh, A.P., Rejeski, W.J., Jennings, J. The Walking Decision Making Task: Initial Evidence of Validation.

Katula, J.A., Rejeski, W.J., and Berry, M. Predictors of adherence to the Reconditioning and Exercise for COPD Trial II (REACT II).

Katula, J.A., Vitolins, M.Z., Rosenberger, E., Espeland, M.A., and Goff, D.G. Correlates of health-related quality of life in prediabetics.

Katula, J.A., Rejeski, W.J., and Berry, M. The impact of physical activity on quality of life in patients with COPD.

E.5. Refereed Presentations

Katula, J.A., Rosenberger, E., Vitolins, M.Z., Morgan, T., Blackwell, C., Lawlor, M., Lucas, A.R., and Goff, D.G. Healthy Living Partnerships to Prevent Diabetes (HELP PD): 6 and 12 month changes in adiposity, glucose, and insulin resistance. Paper to be presented at the Annual Conference for the American Diabetes Association, June, 2010, Orlando, FL.

Katula, J.A., The SHARP Study Group. Feasibility of a trial of physical activity and cognitive training: The Seniors Health and Activity Research Program Pilot. Paper to presented at the International Congress on Alzheimer's Disease, July, 2010, Honolulu, HI.

Katula, J.A., Lucas, A., Vitolins, M.Z., Rosenberger, E., Blackwell, C., Lawlor, M., Espeland, M.A., and Goff, D.G. Correlates of Health-Related Quality of Life in Overweight and Obese Adults with Pre-diabetes. Paper presented at the annual conference for the Society of Behavioral Medicine, April, 2010, Seattle, WA.

Katula, J.A., Jennings, J.M., Mihalko, S.L., Marsh, A.M., & Rejeski, W.J. Integrating physical and cognitive functioning: The walking decision making task (WDMT). Paper presented at the 3rd International Congress on Gait and Mental Function, February, 2010, Washington, DC.

Chalé-Rush, A., Guralnik, J., Walkup, M., Miller, M., Rejeski, W.J., Katula, J.A., King, A.C., Glynn, N., & Fielding, R.A. Relationship between physical functioning and physical activity in the Lifestyle Interventions and Independence for Elders Pilot. Paper presented at the Annual Conference for the Society of Behavioral Medicine, April, 2010, Seattle, WA.

Katula, J.A., Vitolins, M.Z., Rosenberger, E., Blackwell, C., Calles, J., Espeland, M.A., and Goff, D.G. Translating Diabetes Prevention: Healthy Living Partnerships to Prevent Diabetes (HELP PD). Paper presented at the Annual Conference for the American Diabetes Association, June, 2009, New Orleans, LA.

Katula, J.A., Rejeski, W.J., and Berry, M. The impact of physical activity on quality of life in COPD patients: The Reconditioning Exercise and COPD Trial II (REACT II) Paper presented at the annual conference for the Society of Behavioral Medicine, April, 2009, Montreal, QC.

Manini, T., Blair, S., Goodpaster, B., Hsu, S., Katula, J., King, A., Kritchevsky, S., Newman, A., Pahor, M., Rejeski, J., Obesity attenuates gains in mobility function due to increases in physical activity: The Lifestyle Interventions and Independence for Elders (LIFE) pilot study. Paper presented at the annual conference for the Gerontological Society of America, November, 2007, San Francisco, CA.

Katula, J.A., Rejeski, W.J., Miller, M., Walkup, M., King, A., Glynn, N., Frierson, G., & Kritchevsky, S. The impact of physical activity on self-efficacy in older adults at risk for mobility disability: the LIFE-P study. Paper presented at the annual conference for the Society of Behavioral Medicine, March 2007, Washington, D.C.

Chmelo EA, Marsh AP, Mihalko SL, Katula JA, Rejeski WJ. WALK+: A Novel Walking Intervention for Older Adults at risk for Mobility Disability. Paper presented at the annual conference for the American College of Sports Medicine, June 2007, New Orleans, LA.

Fielding, R., Katula, J., Rejeski, W., King, A., Church, T., Glynn, N., Goodpaster, B.H., Walkup, M., Guralnik, J., & Pahor, M. Adherence to the physical activity program in the LIFE Pilot Study. Paper presented at the annual conference of the Gerontological Society of America, November 2006, Dallas, TX.

Katula, J.A., Rejeski, W. J., & Marsh, A.P. Enhancing quality of life in older adults: progressing resistance vs. Power training. Paper presented at the annual conference for the Society of Behavioral Medicine, March 2006, San Francisco, CA.

Wickley-Krupel, K.L., Rejeski, W.J., Katula, J.A., & Berry, M.J. COPD: Is obesity related to health-related quality of life and mobility disability? Paper presented at the annual conference for the Society of Behavioral Medicine, March 2006, San Francisco, CA.

Katula, J.A., Rejeski, W.J., & Fielding, R. The LIFE Study: Maintaining physical activity in older adults. Paper presented at the American College of Sports Medicine Walking For Health Conference, University of Illinois at Urbana-Champaign, 2005.

Fielding, R., Katula, J., Rejeski, W., King, A., Church, T., Glynn, N., Hsu, F., Guralnik, J., & Pahor, M. Physical Activity to Prevent Disability in Functionally Limited Older Adults:

The Art and Science of Tailoring Treatment. Paper presented as part of a symposium at the annual conference for the Geriatric Society of America, 2005, Orlando, FL.

Kritchevsky, S., Katula, J., Guralnik, J., Dunn, A., Newman, A., Pruitt, L., Wallace, K., Walkup, M., Hsu, F., Studenski, S., Gill, T., Groessl, E., Pahor, M. Recruiting a Functionally Limited Older Population for a Trial of Physical Activity and Disability Prevention. Paper presented as part of a symposium at the annual conference for the Gerontological Society of America, 2005, Orlando, FL.

Katula, J.A., Johnson, L.A., Rejeski, W.J., Marsh, A.P., Pacchia, N.F., Koury, K. Treadmill vs. overground walking in older adults: Attitudes towards training. Paper presented at the annual conference for the American College of Sports Medicine, Nashville, TN, 2005.

Katula, J.A., Sipe, M., & Rejeski, W.J. Strength training in older adults: An empowering intervention. Paper presented at the Annual Conference of the Society of Behavioral Medicine, Boston, MA, 2005.

Focht, B., Rejeski, W.J., Ambrosius, W.T., & Katula, J.A. Self-efficacy and improvements in mobility performance following exercise and dietary weight loss interventions in knee osteoarthritis patients. Paper presented at the Annual Conference of the Society of Behavioral Medicine, Boston, MA, 2005.

Mustian, K. M., Katula, J. A., Lang, D., Murphy, K. Breast cancer, Tai Chi, and health-related fitness. Paper presented at the annual conference of the American College of Sports Medicine, Indianapolis, IN, June 2004.

Davis, P. G., Mustian, K. M., Katula, J. A., Wideman, L. Tai Chi Chuan and insulin-like growth factor-I (IGF-I) in breast cancer survivors. Paper presented at the annual conference of the American College of Sports Medicine, Indianapolis, IN, June 2004.

Katula, J.A., Rejeski, W.J., & White, L. Older adults' desire for physical competence: Development and validation. Paper presented as part of the symposium, "Promoting Functional Health in Older Adults: Recent Innovations from Randomized Controlled Trials" at the annual conference of the American College of Sports Medicine, Indianapolis, IN, June 2004.

Katula, J.A., Rejeski, W.J., & Sipe, M. Strength training and empowerment in older adults: Self-efficacy and desire. Paper presented as part of the symposium, "Promoting Functional Health in Older Adults: Recent Innovations from Randomized Controlled Trials" at the annual conference of the American College of Sports Medicine, Indianapolis, IN, June 2004.

Wickley, K., Rejeski, W.J., Katula, J.A., & Berry, M.J. Difficulty and importance interact to determine satisfaction with physical function in older adults with COPD. Paper presented

at the annual conference of the Society of Behavioral Medicine, Baltimore, MD, March 2004.

Focht, B.C., Rejeski, W.J., Katula, J.A., Ambrosius, W.T. Physical activity, self-efficacy, and physical function in older adults with knee osteoarthritis: Evidence from the ADAPT trial. Paper presented at the annual conference of the Society of Behavioral Medicine, Baltimore, MD, March 2004.

Mustian, K. M., Katula, J. A., Lang, D., Murphy, K. Breast cancer, Tai Chi, and self-esteem. Paper presented at the annual conference of the Society of Behavioral Medicine, Baltimore, MD, March 2004.

Gabriele, J., Gill, D., & Katula, J.A., Exercise commitment and the stages of exercise behavior change. Paper presented at the annual conference of the Society of Behavioral Medicine, Salt Lake City, UT, April 2003.

Katula, J.A., Gaukstern, J., Hesse, A., Mustian, M., & Lang, D. Neuroticism, intensity, and the anxiolytic effect of exercise. Paper presented at the annual conference of the Society of Behavioral Medicine, Salt Lake City, UT, April 2003.

Mustian, M., Katula, J.A, Gaukstern, J., & Karnitz, A. *Breast cancer, physical activity, and physical appearance self-efficacy*. Paper presented at the annual conference of the Society of Behavioral Medicine, Salt Lake City, UT, April 2003.

Mustian, K.M., Katula, J.A., Gabriele, J. & Jamieson, K. *Breast cancer survival: Physical activity and quality of life*. Paper presented at the annual conference of the Society of Behavioral Medicine, Washington, D.C., April, 2002.

Katula, J.A., Gaukstern, J., Karnitz, A., Steadman, L., & Mustian, K. *Gender differences in exercise self-efficacy*. Paper presented at the annual conference of the Society of Behavioral Medicine, Washington, D.C., April, 2002.

Mustian, K., Katula, J., Gabriele, J., Gaukstern, J., Karnitz, A., Campbell, S., & Steadman, L. Physical activity influences on multidimensional self-esteem in breast cancer survivors. Paper presented at the North American Society for the Psychology of Sport and Physical Activity; June 2002; Baltimore, MD.

Katula, J.A., Gaukstern, J., Karnitz, A., Steadman, L., & Mustian, K. *Acute exercise and state self-esteem*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity; June 2002; Baltimore, MD.

Taylor, M. & Katula, J.A. *Dispositional correlates of flow*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity; June 2002; Baltimore, MD.

Mustian, K., & Katula, J.A. *Breast cancer survival, physical activity, and quality of life*. Paper at the National Cancer Institute/American Cancer Society Cancer Survivorship Conference; June 2002; Washington, DC.

Katula, J.A., & McAuley, E. *The influence of self-evaluative feedback on exercise-induced affective change*. Paper presented at the annual conference of the Society of Behavioral Medicine, Seattle, WA, March, 2001.

Katula, J.A., Mustian, K., & Bonaccorsi, D. *The influence of the exercise environment on physical appearance anxiety*. Paper presented at the annual conference of the Society of Behavioral Medicine, Seattle, WA, March, 2001.

Katula, J.A., Gaukstern, J.E., & Gabrielle, J.E. *The role of self-focus in exercise-induced affective change*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, St. Louis, MO, June, 2001.

Katula, J.A., & McAuley, E. *The mirror does not lie: Acute exercise and self-efficacy*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN, April, 2000.

Katula, J., McAuley, E., & Blissmer, B. *Exercise and self-esteem in older adults*. Paper presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March, 1999.

Blissmer, B., Katula, J., & McAuley, E. *Effects of exercise intensity and self-efficacy on anxiety reduction in healthy, older adults*. Paper presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA, March, 1999.

Katula, J., McAuley, E., Blissmer, B., & Marquez, D. *Social physique anxiety in older adults: Exercise, fitness, and efficacy influences*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Clearwater, FL, June, 1999.

McAuley, E., Blissmer, B., Katula, J., & Mihalko, S. *A randomized controlled trial of exercise effects on subjective well-being in older adults*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Clearwater, FL, June, 1999.

Katula, J., McAuley, E., Bane, S., & Mihalko, S. *The influence of different exercise settings on exercise self-efficacy*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, March, 1998.

Katula, J., McAuley, E., Blissmer, B. *Conscientiousness, goal commitment and exercise adherence in older adults*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Chicago, IL, June, 1998.

McAuley, E., Mihalko, S., Katula, J., Pena, M., Blissmer, B., & Dunn, E. *Antecedents of physical self-esteem in older women*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, March, 1998.

Pena, M., McAuley, E., Katula, J., Talbot, H.M., & Mihalko, S.L. *Exercise training influences on affective responses to maximal testing*. Paper presented at the annual meeting of the Gerontological Society of America, Cincinnati, OH, November 17, 1997.

Katula, J. & McAuley, E. *Conscientiousness, self-efficacy, and goal setting behavior in an acute bout of exercise*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO, May, 1997.

McAuley, E., Pena, M., Katula, J., Mihalko, S., & Talbot, H.M. *Affective responses to maximal exercise testing in older adults: Influence of in-task feeling states*. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO, May, 1997.

McAuley, E., Mihalko, S., Talbot, H.M., & Katula, J. *Efficacy, optimism, and exercise performance in the elderly*. Paper presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, March, 1997.

Katula, J., Talbot, H.M., Mihalko, S., & McAuley, E. *Temporal variations in the influence of causal attributions and perceived success on affective responses in exercising middle-aged adults*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Minnet, Ontario, Canada, June, 1996.

E.6. Invited Lectures

Katula, J.A. Physical activity and cognitive functioning: implications for prevention and management of cancer. Presented at Cognition and Cancer: Broadening the Dialogue; Graylyn Conference Center, Winston-Salem, NC, 3/2009.

Katula, J.A. Preventing Disability: An Integrated Approach. Presented at the 11th Biennial Graylyn Conference on Women's Cognitive Health, "Continuing the Dialogue: Cutting Edge Translational Research," Winston-Salem, NC, October, 2007.

Rejeski, W.J., Katula, J.A., & McAuley, E. The beneficence of physical activity on cognitive vitality in older adults. Presented at "From Bedside to Bench: Does Mental and Physical Activity Promote Cognitive Vitality in Late Life." Sponsored by the American Geriatrics Society & The National Institutes of Health, Philadelphia, PA, March, 2006

F. PROFESSIONAL DEVELOPMENT

Creative and Research Activities Development and Enrichment (CRADLE) Initiative Fellow; 2009-2010

Teaching workshop: How to make your class speaking intensive; 2002.

Teaching workshop: How to make your class writing intensive; 2002.

Grant writing workshop; Dr. Stephen Russell, Grant Writers' Seminars and Workshops; Fall '01-Spring '02; designed to develop, complete, and submit proposal to federal funding agency.

How to write grants; How to build multidisciplinary research teams; Robert P. Lowman, Office of Research Services, University of North Carolina at Chapel Hill; Spring '00.

Using the Web to find Funding Sources; Charna Housand, UNCG Office of Research Services; Fall '99.

G. PROFESSIONAL COMMUNITY ACTIVITIES

Moses Cone Family Practice Center/University of North Carolina at Greensboro community exercise program. Physical activity program for low-income, obese women.

Exercise Motivation Workshop: Conducted training workshop for employees of Pyramids Wellness Corporation; designed for increasing client exercise adherence, particularly new clients.

H. SERVICE

Manuscript reviewer: Health Psychology

Manuscript reviewer: Archives of Internal Medicine

Manuscript reviewer: Journals of Gerontology

Manuscript reviewer: American Journal of Preventive Medicine

Manuscript reviewer: Medicine & Science in Sports & Exercise

Manuscript reviewer: Journal of Applied Social Psychology.

Manuscript reviewer: Journal of Pain

Manuscript reviewer: Journal of Physical Activity and Health

Manuscript reviewer: International Journal of Behavioral Nutrition and Physical Activity

Manuscript reviewer: Journal of Sport & Exercise Psychology.

Manuscript reviewer: Research Quarterly for Exercise & Sport.

Manuscript reviewer: Journal of Physical Activity and Aging.

I. MEMBERSHIP

American Psychological Association
Society of Behavioral Medicine

American College of Sports Medicine

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